



October 2009

# Ostomy Association of the Houston Area

"We help ourselves by helping others to help themselves."

We are a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions.

P.O. Box 25164  
Houston, TX 77265-5164  
[www.ostomyhouston.org](http://www.ostomyhouston.org)

*Monthly support and information meetings are held in three locations for member convenience.*

## Central Group

**Monthly:** Third Monday  
**Time:** 7:00 p.m.  
**Place:** American Cancer Society Building  
6301 Richmond Avenue, Houston  
**Contact:** Terry Marriott 713-668-8433  
[marriott@rice.edu](mailto:marriott@rice.edu)  
**Meeting:** **Monday, October 19, 2009**  
**Program:** **Guest Speaker: Polly Burleson, Sales Representative from Convatec**

## Baytown Group

**Monthly:** First Monday  
**Time:** 7:00 p.m.  
**Place:** Community Room in Lobby of San Jacinto  
Methodist Hospital  
4401 Garth Road, Baytown  
**Contact:** Cindy Barefield 281-420-8671  
**Meeting:** **Monday, October 5, 2009**  
**Program:** **Roundtable Discussion**

## Patient Visiting and Support Services

*Doctors and ET Nurses, please note:*

Upon request from a doctor or nurse, a specially trained visitor will be sent to visit an ostomy patient before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. There is no charge for this service. The visitor does not give medical advice. Please contact our Visitor Coordinator, Dorothy Andrews at 713-789-4049.

We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

## Northwest Group

**Monthly:** Tuesday following the third Monday  
**Time:** 7:00 p.m.  
**Place:** NW Medical Professional Bldg.  
(The Cali Bldg.)  
17117 Cali Drive, Houston (This location is just off of 1960 and west of I-45. Turn north on Cali Drive from 1960. At the stop sign turn left on Judiwood and left again to park behind the Cali Building.)  
**Contact:** Tony Romeo 281-537-0681  
[saltrmr@sbcglobal.net](mailto:saltrmr@sbcglobal.net)  
**Meeting:** **Tuesday, October 20, 2009**  
**Program:** **Annual Picnic and 'Show and Tell' Informational Exchange**

## J-Pouch Group

**Monthly:** Third Monday  
**Time:** 7:30 p.m.  
**Place:** American Cancer Society Building  
6301 Richmond Avenue, Houston  
**Contact:** Ron Meisinger 281-491-8220  
**Meeting:** **Monday, October 19, 2009**  
**Program:** **General Discussion**

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## Central Group News

There were 20 in attendance at the September 21st Central Group meeting. Lynn Simpson, Pharm.D. who is a Professor in the College of Pharmacy at the University of Houston gave us a very interesting and informative presentation entitled "Drugs and the Ostomate." She went over the concept of bio-availability which basically means the drug has to be absorbed before it is available to be used by your body. Since the ostomate has a shortened length of intestine where drugs are primarily absorbed they have a variety of mal-absorption problems depending on how much bowel has been removed and the nature of the drug ingested. One thing she stressed was that ostomates (*esp.*, ileostomates) must not try to take any form of timed-release medication since you will likely not get full benefit of the drug and crushing such medications before taking could cause an overdose or additional problems. She also stressed that a person must read and understand how and when to take certain drugs when they are prescribed. Such as, certain antibiotics cannot be taken with certain foods or calcium and iron or other heavy metal containing supplements, and some drugs should be taken with food and some other drugs cannot be taken with food or at least some specific foods. If you are unsure how to take a particular drug when your doctor prescribes it and he doesn't give you a specific way to take the drug you should ask your pharmacist. Also, if you are taking many other medications and you don't have one doctor who is aware of and monitoring everything that you are taking, then you should definitely ask your pharmacist about any possible interaction when you get a prescription for a new drug. She suggested that everybody should have at least one physician who knows all the medications that you are taking including the over-the-counter supplements so that they can act as a gate keeper to help prevent interaction problems.

UOAA National election candidates information can be found on page 63 of the September issue of The Phoenix magazine or at the link: [www.uoaa.org/forum/viewforum.php?f=10](http://www.uoaa.org/forum/viewforum.php?f=10). Each member of our local Ostomy Association of the Houston Area who attends the Central Group, Northwest Satellite Group, or Baytown Satellite Group meeting in October should be casting six votes in the UOAA National election for following candidates:

One vote each for the unopposed positions are:  
 Dave Rudzin—President Elect (2 year term)  
 LeeAnn Barcus—Vice President (2 year term)  
 Scott Bowling—Treasurer (3 year term)  
 Carol Haack—Secretary (3 year term)

Two votes for any two of the following three candidates for Board of Directors (2 year term):  
 Susan Burns  
 Harvey Shatz  
 Steve Strizic



The Central Group will be voting at their October meeting, hopefully, each of the Satellite Groups will be able to place their votes in October as well and then return their results to me.

The October presentation for the Central Group meeting will be given by Polly Burleson who is a sales representative with Convatec, See you all on October 19th.

**Terry Marriott**

## Baytown Group News

In September, Baytown Support Group shuffled our usual first Monday meeting over to Wednesday to accommodate the Labor Day Holiday. We had an outstanding presentation "Nutrition for Ostomates—Preventing Gastrointestinal Distress." Laura Sprehe and Rebecca Kelly, registered dietitians from San Jacinto Methodist Hospital, provided the group with some interesting "food for thought" and facilitated a lively question-and-answer period.

We were pleased to share birthday cake with devoted member Ken who agreed that he much preferred being 39 for the 39th time! Happy Birthday Ken—you earned every bite!

In October, we are scheduled for Roundtable. One item on the agenda is participation in the fundraising event for Youth Rally. Macy's is offering a \$5 shopping pass for the "Shop for a Cause Event" on October 17. The Savings Pass includes 20% off most regular and sale priced items with some exclusions. The Youth Rally Organization will keep 100% of the proceeds from the passes it sells. If you would like to sell passes please contact **Jude Ebbinghaus** at [youth.rally.fundraising@gmail.com](mailto:youth.rally.fundraising@gmail.com).

We hope to see you on the first Monday in October!

**Cindy Barefield, RN, WOCN**  
 281-420-8671

## Northwest Group News

Thirteen attendees braved the rainy weather to hear Dr. 'Chip' Winkel speak. Dr. Winkel is a local urologist and surgeon who followed in his father's footsteps. Although we were saddened to hear of his father's recent passing, it was an honor and pleasure to have him speak at our group. We were treated to a down to earth history of urostomy procedures filled with insight and humor. Dr. Chip's presentation left us all with more than plenty think about as we learned about continent urinary diversions, Indiana vs. Koch pouches and some of the factors that determine a patient's options such as health, age and other conditions. We also heard about significant improvements in treating bladder cancer using a bacteria-based treatment. Gay Nell brought a cinnamon swirl cake and chocolate iced chocolate brownies for everyone. Next month is the annual Northwest October picnic. We will also be hosting our first 'Show and Tell' where members are encouraged to bring an example of their regular pouching system and accessories.

**Gay Nell Faltysek**  
 281-446-0444

**Tony Romeo**  
 281-537-0681

## Nutrition for People with Ostomies

By Kathy Glazer, MS, RD, LD, Registered & Licensed Dietitian

Reprinted with permission (Part 3 of 3 Parts)



### Some Eating Do's and Don'ts

- Swallowing air can cause gas. Avoid chewing gum, drinking with a straw, carbonated beverages, smoking, chewing tobacco, eating quickly.
- Take small bites of food and chew them thoroughly.
- Keep a regular schedule for meals and snacks.
- Have small frequent meals and snacks instead of large meals.
- Eat your largest meal at mid-day. This may help decrease stool output at night.
- People with a J-pouch and ostomates should drink beverages with meals to prevent obstructions.
- Choose foods that may decrease odor: buttermilk, yogurt, kefir, parsley and cranberry juice.
- Eat foods that thicken stool: applesauce, cheese, pasta, potatoes, rice, pectin (used to thicken jam), smooth peanut butter, marshmallows.
- Use: skim milk, soy milk, low-fat ice cream, sorbet, sherbet, cheese, yogurt.
- Avoid: If lactose intolerant use lactase products or lactose free products and avoid milk altogether. Try soy milk and soy milk products.
- People may be able to tolerate hard cheese or yogurt.
- Use: meat, poultry—prepared without added fats, smooth nut butter (peanut, almond, cashew, soy), fish, eggs, soy.
- When eating fish or eggs try small amounts. They may cause odors.
- Avoid fried meats, fish and poultry, fatty meats which may cause diarrhea.

**Editor's note:** The information presented in these three parts was originally presented by Ms. Glazer to a Northern Virginia Ostomy group via PowerPoint slides. Ms. Glazer is married to an ileostomate. Reprint permission must be obtained from her at [kglazerrd@aol.com](mailto:kglazerrd@aol.com).

## Annual Holiday Dinner Party

**Date:** Tuesday, December 8, 2009

**Time:** 6:30 p.m.—Hor d'oeuvres and Cash Bar  
7:30 p.m.—Dinner

**Place:** Pine Forest Country Club  
18003 Clay Road, Houston, Texas 77084

**Menu:** Entrée Choices: Includes salad, rolls, tea, coffee & dessert (key lime pie)

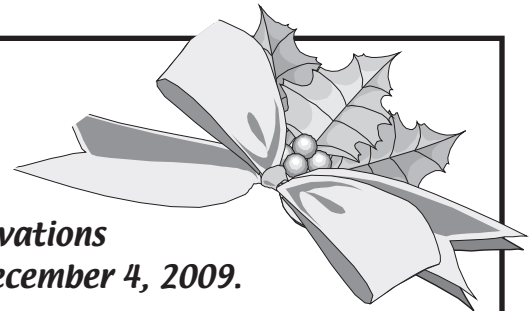
1. 5 oz. Filet Mignon with Béarnaise (chargrilled). Served with garlic mashed potatoes and seasoned asparagus.
2. Chicken Oscar (chicken stuffed with caramelized crabmeat, asparagus, Boursin cheese and lobster sauce.)
3. Rainbow Trout Meuniere (sauteed trout with light lemon butter sauce). Served with rice pilaf and seasoned asparagus.

**Cost:** \$28.00 per person (includes gratuity)

Reservations can be made by sending your check (payable to Ostomy Association of the Houston Area) to Lorette Bauarschi, Treasurer, P. O. Box 25164, Houston, TX 77265-5164. Your check will serve as your reservation.

To make your Entrée selection, please call Terry Marriott, 713-668-8433 (Leave a message if no one answers) or email him at [marriot@rice.edu](mailto:marriot@rice.edu).

**The holiday dinner is a wonderful way to start this joyous season. Please join us to enjoy the beautiful surroundings, great food, and good friends.**



**Deadline for reservations  
and payment is December 4, 2009.**

## How Awful! Don't Tell Anybody!

By Mohna Bos, Metro Maryland Ostomy Association  
Reprinted with Permission from Sue Rizvi, Metro Maryland Newsletter Editor

When I had my colon operation and became an ostomy patient, I thought I was unique! I had never heard of an ostomy before. One visit to the Metro Maryland Ostomy Association meeting opened my eyes to the fact that I certainly was not the only person to have that kind of problem. Back home after surgery, one of my neighbors came to welcome me back from the hospital and wanted to know what had happened to me. I told her I had a colon operation and was now an ostomy patient. Promptly came the question "What is that? Never heard of it." Halfway through my explanation, her face looked as though I was telling her a dirty joke. "Please stop!" She said. "This is awful! Don't tell anybody!" "What is so bad about it?" I said. "So I had an operation and am now wearing a pouch. So What?" Her remark reminded me of the fact, that about one year earlier she had been in the same hospital for a cancer operation. When I visited her at the time, it never occurred to me to say, "How awful! Don't tell anybody." It was just one of those things that happened to thousands of women all over the world, everyday of the year. Why was it then that her remark to me made me almost feel guilty? Was that just my impression, or do other people also have that problem? Is it because of the area of the body that is involved? Is that why ostomy is so much less known than cancer, diabetes, Parkinson's disease or any other? I have never seen the health section of any newspaper or magazine mentioning ostomy. Are we the "forgotten people?" What can we do about it? My first answer might be, "Nothing, just grin and bear it." But we can change people's perception by the way we accept our ostomy. Only then can we inform people. Someday the word "ostomy" may not be so unmentionable as "cancer" once was. Without realizing it, I had just educated one more person whether she liked it or not.

**Editor's Note:** Mohna Bos is from the Netherlands and was about 90 years old when she wrote this article. Now at 96, she is still very energetic and active. She is pleased to see her timeless article continuing to circulate and encourage ostomates everywhere.



The United Ostomy Associations of America (UOAA) can be contacted at:  
**www.uoaa.org** or  
**800-826-0826**

## Who Are We?—The Series Denise Parsons, First Vice President

Denise Parsons is currently serving as our First Vice President. She is responsible for setting up the monthly programs and ensuring that speakers have what they need for their presentations. Denise follows up with all presenters by sending a group thank you note. She also provides support to the President when needed.



Denise had her ostomy surgery in April 2002 and is thrilled to report she just finished her 7-year checkup and was released from M. D. Anderson. She is an active member of our Visitor program and advises that she began volunteering with the Ostomy Association after taking early retirement from Texas Instruments.

When she began volunteering, the group wanted to explore the availability of grants to augment income. Denise volunteered to look into grants that might be applicable to our organization. In the process of filling out several grant applications, she states, "I learned much about the group, about its history, and got better acquainted with the officers and members."

Denise has previously held the Secretary position and worked on the committee for the 50th Anniversary celebration. She loves to travel with her husband. They enjoy fishing, sailing, kayaking, and just being on the water. Her main hobby is quilting. She enjoys the traditional patterns, but lately has been learning about Art quilts. Denise will have an art quilt on display for the Ike Commemoration in September at Galveston.

The most important thing she wants new ostomates to know is she is able to do everything that she did before her surgery. Denise shares that "Caring for my ostomy has become just one more of those 'self maintenance' things we do like flossing. I'm alive and enjoying my family and friends."

### Attention Phoenix Subscribers

Please bring your back issues to meetings. We are going to recycle them into new member and visitor information kits.

**Disclaimer:** The information contained within this newsletter is presented expressly for informational purposes only and may not be applicable to everyone. It should not be substituted for professional medical care or attention by a qualified practitioner. Always check with your doctor if you have any questions or concerns about your condition.



## Opportunities and Announcements

### Anniversary Gift

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Ostomy Association. Checks should be made payable and sent to:

Ostomy Association of the Houston Area  
Attn: Lorette Bauarschi, Treasurer  
P. O. Box 25164  
Houston, TX 77265-5164

### Donation of Supplies

We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Mary Harle at 713-782-7864 with any questions.

### Sponsorship

You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Send your check in the amount of \$25.00 to:

Ostomy Association of the Houston Area  
Lorette Bauarschi, Treasurer  
P. O. Box 25164  
Houston, TX 77265-5164

### Moving?

Our newsletter is sent by bulk mail, which the Post Office will not forward even if you fill out a forwarding request. To continue receiving the newsletter after a move, contact Lorette Bauarschi, Treasurer, at 713-582-0718 or lbauarschi@sbcglobal.net or send your request to the Ostomy Association of the Houston Area, P. O. Box 25164, Houston, TX 77265-5164.



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*We encourage you to bring your spouse or significant other and members of your immediate family to our meetings.*

## It's All Here!

*The Phoenix* is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.



Half of each subscription funds the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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## Membership Application

Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown.

Dues of **\$25.00 per year** are payable to:

**Ostomy Association of the Houston Area, Attention: Treasurer**

**P. O. Box 25164, Houston, TX 77265-5164**

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ E-mail: \_\_\_\_\_

Surgery Date: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Reason for surgery: ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects ☐ Other \_\_\_\_\_

### Procedure or Relationship:

To help us complete our records, please answer the following. **Check all that apply.**

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Colostomy         | <input type="checkbox"/> Continent Ileostomy | <input type="checkbox"/> Parent of Child with procedure |
| <input type="checkbox"/> Ileostomy         | <input type="checkbox"/> Continent Urostomy  | <input type="checkbox"/> Spouse/Family Member           |
| <input type="checkbox"/> Urinary Diversion | <input type="checkbox"/> Pull-Through        | <input type="checkbox"/> Physician                      |
| <input type="checkbox"/> Other: _____      |  | <input type="checkbox"/> Nurse                          |

*Membership benefits include:  
Monthly Support/Information  
Meetings, Social Events,  
Monthly Newsletter*

- ☐ I would like to attend meetings with the (**please circle one**):

Central Group

Baytown Group

Northwest Group

J-Pouch Group

- ☐ I would like to become a member but cannot pay dues at this time. (*This will be kept confidential.*)

I learned about the Ostomy Association from

- ☐ ET Nurse ☐ Physician ☐ Newsletter ☐ Surgical Shop ☐ Website ☐ Other: \_\_\_\_\_

I have enclosed an additional \$\_\_\_\_\_ as a donation to support the association's mission of helping ostomates.



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