

Ostomy Association of the Houston Area

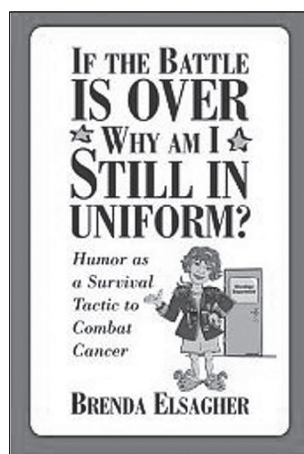
"We help ourselves by helping others to help themselves."

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

Book Review: "If the Battle is Over Why Am I Still in Uniform?"

Reviewed by Ann B. Mueller, Board of Directors



This book, by Brenda Elsagher, would-be stand-up comic, serious colorectal cancer survivor, wife and mom, will make you laugh, cry, and heave a sigh of relief: that your experiences as a cancer survivor are not nearly as awful as Brenda's!

Brenda was diagnosed with cancer of the rectum in her late thirties. Her first "battle" (and there were many), as she mentioned in the title, was to find a way to describe her cancer—cancer of the rectum.

She referred to it by a certain nickname (unmentionable), because to say cancer of the rectum gave the cancer too much dignity!

The surgeon, who was actually to save her life, seemed to Brenda to be cold and unfeeling, so she called him "the Rear Admiral", an example of the way she used humor as her weapon against her disease. Later she came to realize that what she viewed as coldness was this doctor's serious determination to cure her at all costs.

What was determined by multiple tests was that Brenda's cancer had grown, undiagnosed, so that it involved several internal structures as well as her lower colon. She faced what turned out to be a seven-hour surgery, which included creating a colostomy and a reconstruction of those structures.

It turned out that this doctor, who had thirty years' experience, had operated on only one other woman with the same problems as Brenda. Most doctors had never even seen the situation she faced.

As she recovered, humor helped her through each day, and she carried the military motif as she wrote the book, using quotes about war and battles to begin each chapter. Some examples are:

- Bringing up the Rear
- The Plan of Attack
- I Want to go AWOL
- Assembling the Troops
- Scars and Stripes Forever
- Daily Roll Call

After her recovery, Brenda Elsagher went on to succeed at her long-held dream of being a stand-up comic. However, as word got around groups such as cancer survivors, ostomates and organizations devoted to educating people about cancer, ostomies, etc., she was called upon to use her experience, knowledge and humor as a presenter to groups such as ours. She found that to be her real calling, and is still "performing" and also writing books.

The Ostomy Association of the Houston Area has a library that includes copies of Brenda's book and many others. Copies are available to all members. Just contact our Library Coordinator, Jenrose Foshee.

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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.

Central Group News

Twenty-seven members, including two newcomers, attended our September meeting, to listen to Dr. J.R. Cali speak about hernias and the new techniques available to surgeons.

The meeting was hosted by Second Vice President Ron Cerreta since our President, Terry Marriott, was traveling through Europe and our First Vice President Denise Parsons, was on a cruise, which proves ostomates are able to continue to enjoy travel.

After some technical difficulties, Dr. Cali described the treatment options for incisional and ostomy hernias. He mentioned that the incident rate of hernias for ostomates is as high as 50%. The risk of hernia is increased due to weight gain, heavy lifting, steroidal use or chronic cough.

The classic "fix" has been to relocate the ostomy or repair it with stitches while leaving the ostomy at the current site. An alternate solution has been to repair the hernia with a synthetic mesh, however, the synthetic mesh has been known to become infected and require additional surgery, therefore, not currently the best solution.

The latest and greatest remedy is to use a biologic mesh derived from pig, horse, and yes, human tissue. The pluses of the bio mesh are: it will not become infected and there is no rejection, however, it is not as strong as the synthetic mesh. The cost of a piece of horse bio mesh is \$8-10,000 and bio mesh from human tissue is even more expensive.

Dr. Bailey, a colleague of Dr. Cali, is currently conducting a study using bio mesh at the time of the original ostomy surgery in the hope of preventing future hernias.

Dr. Cali concluded by stating that "the jury is still out" on how and when to treat hernias, however, it seems that the recent breakthroughs are encouraging.

Although hernias may be asymptomatic, some symptoms of hernias to watch for are: bloating, ostomy stopped working, pain, abnormal bulging or a change in bowel function. If you notice any of these, changes, contact your surgeon.

A lively question and answer period followed Dr. Cali's presentation and one question in particular interested me and others concerning which exercises are best for ostomates. Rather than weight lifting, aerobic exercise would be better for an ostomate, also crunches and of course walking.

A special thank you to Dr. Cali for an informative presentation and his continued support of our group.

We look forward to seeing you at our October 18th meeting.

**Ron Cerreta, Second Vice President,
Ostomy Association of the Houston Area**

Baytown Group News

"Roundtable" was the topic for September's Ostomy Support Group meeting. It is always a joy to have a new ostomate attend our meeting. I was startled by some research that I came across recently which stated that new ostomates were not helped by support groups. Where did researchers find those people? I have witnessed new ostomates overwhelmed with their circumstances welcomed by a group of individuals who have "been in their shoes" and are eager to help them through those first few months of so many unknowns. In support groups across the country, the UOAA provides our support group leadership with resources and training to mentor the membership. Support from WOCN's, vendors and other healthcare professionals are a bonus for many groups as well.

I have a chance to talk with ostomates who say THEY don't need a support group. THEY are doing well. I challenge them to attend our meetings and help someone else! You could be an awesome teacher or an inspiration to someone you don't even know.

Next meeting is scheduled for Monday, October 4. We hope to have a representative from Coloplast with us. Please join us.

Cindy Barefield, RN, WOCN
281-420-8671

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.

Annual subscriptions: \$25 (4 issues)

Send check or money order to:

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Northwest Group News

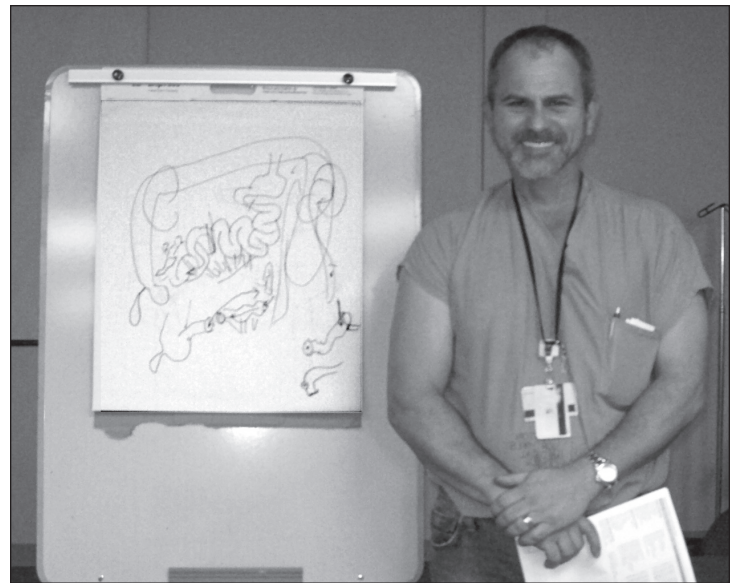
This month at the Northwest Group there were 18 attendees for our visit with Dr. Erwin C. Winkel, a urologist. To our new members—*welcome and thanks for coming!* There were a lot of questions and answers filling the room as everyone was interested in Dr. Winkel's drawings and his colorful language. It is always a pleasure having him come out to our meetings once a year. A special thanks to Jen for setting up our special visitor. Discussion was held about the upcoming picnic which will be October 19 at the monthly meeting. Everyone is welcomed to attend and enjoy great food and fellowship. Jane was kind enough to provide a wonderful chocolate cake for everyone to enjoy—thank you Jane!

Gay Nell Faltysek

281-446-0444

Anthony Romeo

281-537-0681



Dr. Erwin C. Winkel was the guest speaker at the September meeting of the Northwest Group. (above)

Dr. Winkel with members of the Northwest Group (at left)

Annual Holiday Dinner Party

Date: Tuesday, December 7, 2010

Deadline for reservations and payment is December 3, 2010.

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 (pecan balls)

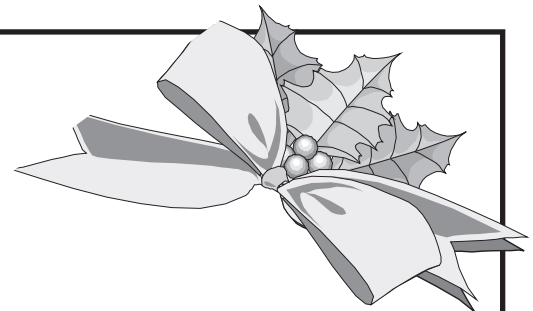
1. 5 oz. Filet Mignon with Béarnaise (chargrilled medium-medium rare). Served with garlic mashed potatoes and seasoned asparagus.
2. Chicken Saltimbocca (applewood smoked, cheddar cheese, prosciutto, fresh sage marsala sauce), wild rice blend, seasoned asparagus.
3. Shrimp Pasta Primavera (pan-seared shrimp), with organic garden vegetables with parmesan cream sauce.

Cost: \$30.00 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.

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.



UOAA National Conference

August 7–11, 2011

Start saving now for an incredible experience
at convention prices!



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

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

WOCN and ET Directory

Cindy Barefield, RN, CWOCN	(281) 420-8671
Clarice E. Kennedy, CET cekenedy1@peoplepc.com	(713) 647-8029
Charlene Randall, RN, CWOCN Specialty Wound & Ostomy Nursing, Inc. charlene@swoni.com	(713) 465-8497
Pat Thompson BSN, RN, CWOCN Pat.thompson@tenethealth.com	(281) 397-2799
Catherine Walsh RN, BSN, CWOCN UTMB @ Galveston cmwalsh@utmb.edu	(409) 747-3070 Fax: (409) 747-3038

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.

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
marriot@rice.edu
Meeting: **Monday, October 18, 2010**
Program: **Roundtable**

Baytown Group

Monthly: First Monday
Time: 6:00 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 4, 2010**
Program: **Guest Speaker: Coloplast**

Northwest Group

Monthly: Third Tuesday of the month
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: Anthony Romeo 281-537-0681
sa1tmr@sbcglobal.net
Meeting: **Tuesday, October 19, 2010**
Program: **Fall Picnic**

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 18, 2010**
Program: **Roundtable**

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

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 to the ***Ostomy Association of the Houston Area*** and sent to the address shown at the right (in the box).

Use Those Shopping Cards

Kroger and Randalls return a percentage of your purchases to the Ostomy Association on a quarterly basis. For information about shopping cards, please visit the website:
<http://www.ostomyhouston.org/>

Memorial Fund

Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the address at the top right (in the box). When sending a donation, be sure to include the name of the person being honored so that acknowledgement can be sent.

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 provided address at the top right of this page.

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. Please make the check in the amount of \$25.00 payable to ***Ostomy Association of the Houston Area*** and send to the address at the top right.

For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

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



ConvaTec

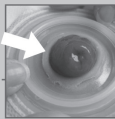
"ConvaTec Moldable Technology™ skin barriers helped me persevere following lifesaving surgery."

Rick is wearing ConvaTec Moldable Technology™ flat skin barrier

ConvaTec MOLDABLE technology

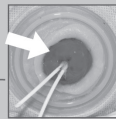
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Membership Application

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 _____

Do you speak a foreign language? ☐ Yes ☐ No Foreign language spoken: _____

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 |

☐ 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 am interested in volunteering. ☐ Yes ☐ No

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

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



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