



October 2012

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

Be Your Own Advocate

By Bobbie Brewer, GAOA ATL, UOAA Update 9/2012

There is so much change and challenge in the health care arena that it has become more important to be our own advocate. We must become more informed about ostomy surgery and its influence on routine health care issues. Consider:

ADVOCATE: One who pleads the cause of another; one who defends: a voice

Emergency Room Visits

Speak up and let all the medical staff know that you have an ostomy. You may have to give a quick medical explanation of ostomy surgery and the changes that have been made to your systems (intestinal or urological). Ask about all of the procedures and/or medications that are offered and their impact on your ostomy.

Severe diarrhea in individuals with an ileostomy quickly becomes a dehydration problem and requires immediate infusion of fluids and electrolytes.

Intestinal blockage requires a determination of the difference in a food blockage or for some other reason. A quick ex-ray of the abdomen can help establish the cause and thus the solution. Most food blockages will pass with time, with fluid and with pain medication and possibly a nasal-gastric tube if nauseated.

If you are unable to communicate your concerns, be sure to have another knowledgeable person with you to speak for you.

Medications

Make sure all your healthcare providers know the type of ostomy you have, including your physician and your pharmacist. Absorption may vary with individuals and type of medications.

For individuals with an ileostomy, medications in the form of enteric-coated tablets, time-release capsules or long acting meds, may not be absorbed and therefore no benefit received.

Before the prescription is completed by the physician, inform or remind him of these limitations. A pharmacist can assist in choosing the form of medication that will be best absorbed.

Remember to speak up and ask questions. A well informed advocate is best!

Continuing Your Social Life with an Ostomy

Edited by B. Brewer, UOAA Update 9.2012

Your social life can be as active as it was before surgery. You can enjoy all activities: meeting people, attending concerts, sporting events, civic and social club meetings, parties, religious occasions or whatever you enjoyed before. The first time you go out of the house after surgery, you may feel as if everyone is staring at your pouch, even though it is not visible under your clothing. You can feel your pouch on your body, but no one can see it. Keep those concerns in mind. Did you know what an ostomy was or where a stoma was located or what it looked like before you had surgery?

You may also worry about your pouch filling with gas and sticking out under your clothing. A quick trip to the restroom can take care of this problem. If you are worried about your pouch filling

(Continued on page 3)

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.

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.

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Central Group News

Twenty attendees welcomed Anita Prinz, RN, MSN, CWOCN. Anita has written many articles for the *Phoenix* magazine and lives in our area. One of the challenges that almost all ostomates face at one time or another is leaks. Anita had several suggestions for avoiding leaks. One of the first things to check is that the proper size and shape of wafer is used. The hole for the ostomy should be 1/8" larger than the stoma, but no more than that, so that the skin around the site is protected. There are many different types of wafers from several manufacturers. There is one that will work for you. Your ET or WOCN has experience with which wafers work best for certain situations and they will be happy to help you navigate through the choices. Further, make sure the area is clean and free of oily residue before applying another wafer. If you have skin irritation which can prevent adhesion, please see your ET or WOCN for the proper powder to use. Many of us try to push the number of days that we wear a wafer. If you have leaks after five days, change your wafer on the fourth day. It might be helpful to keep a calendar note of wafer changes. If you must change your wafer more frequently than allowed by Medicare, it only takes a prescription from your doctor to get up to one wafer per day. No one should feel that they can't go places and socialize because of ostomy leakage. There are solutions and your WOCN or ET can help.

We are now on Houston Meetup. This is a web site that promotes meetings of people who have similar interests. It looks like there are all kinds of hobbies and interests meeting in and around Houston. Please Meetup with us soon. <http://www.meetup.com/ostomyhouston-org>.

In September, we had a table at the MD Anderson Survivorship Conference. We provided our pamphlets, newsletters, and *Phoenix* copies to those seeking information about our group and our services.

Did you ever play the game, Secret? The "secret" at the end of the line did not bear much resemblance to the original secret. The real information about ostomies has suffered the same fate. Most people only know about ostomies from the misinformation, rumors, and horror stories they have heard. October 6 is World Ostomy Day. The aim of World Ostomy Day is to promote better understanding of ostomies and the lifesaving surgery they are. Too many times the decision to not have the surgery has been made at the end of the "Secret" line and not from current, reliable sources of information. I'm asking each of you to talk to someone about ostomy surgery and to explain that advances have been made enabling ostomates to live fully, to fill their lives with activities, and to enjoy their lives. If talking about yourself is difficult, relate the experience of a "friend." By passing more reliable information along the "secret" path, we will overcome the prejudice and dark fears of living with an ostomy and perhaps save someone's life.

For those on Facebook, the UOAA is having a Virtual Picnic on Oct. 6th. See [Facebook.com/UOAAinc](https://www.facebook.com/UOAAinc) and you can join in the

discussion with others around the country and share your stories with each other and help us spread the World Ostomy Day Message of "Let's Be Heard!"

Our thoughts and prayers are with those facing surgery and other challenges.

Please join us at our next meeting on October 15. Emily Cerreta, Nurse Practitioner, will be our speaker.

Best regards,

Denise Parsons, President, OAHA

713-824-8841

Baytown Group News

The September meeting of the Baytown Ostomy Support Group was rescheduled to the 17th as Labor Day was celebrated on the first Monday. Polly Burleson Johnson, ConvaTec Ostomy Care Specialist presented, "ConvaTec Update—New Product Technology".

Polly demonstrated the upgrades of the "plus line" for those individuals with a colostomy or ileostomy. Upgrades to urostomy pouching systems are scheduled for next year. Upgrades were made based on input from ostomates, WOCN's and physicians. These "plus line" upgrades include:

- a moisture wicking panel along the back side of the pouch,
- a lip along the bottom of the pouch to aid emptying and improve the seal when closing,
- a wider opening at the bottom of the pouch for drainage,
- a stronger closure with removal of the extra flap.
- a "comfort feature" which allows the ostomate to shorten the pouch if desired to more of a closed end appearance
- re-designed filter to prevent moisture from inside pouch and replacement of charcoal with carbon (This filter may actually outlast the pouch!)
- closed end and mini pouches have had the shapes changed based on feedback to fit better on the body.
- flat moldable wafer is now available with an acrylic tape collar which is more aggressive and "will hold on longer"

The group was interested in these improvements to the ConvaTec product. Many requested samples so that they can see how these improvements may impact their wear time and comfort with their pouching system. Kudos to Polly for bringing us the GOOD NEWS!

For October, we are looking forward to a presentation by Nick Sprague from Coloplast and in November, we will have an update on "Traveling with an Ostomy".

We hope you will join us!

Cindy Barefield, RN, WOCN, 281-428-3033

Northwest Group News

We had 13 people attend the Hollister product presentation by Frank Essig. Mr. Essig shared how big his territory was in Texas and that it included Houston, San Antonio and Austin. He does drive an economy car! Hollister's latest innovations include a FormaFlex shape-to-fit skin barrier and improvements to their pouch line. He advised that the new products were additions to their existing line and that no existing products were being discontinued.

Next month is the annual Picnic. This year it will be held at a private residence near our original meeting location. Please contact Patti Suler at 281-352-2566 no later than October 9, 2012, to RSVP and identify your side dish.

Craig Cooper
281-948-6883

Tony Romeo
281-537-0681

Annual Holiday Dinner Party

Date: Tuesday, December 11, 2012

Deadline for reservations and payment is 12/4/12.

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

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

Menu: Entrée Choices: Includes salad, rolls, tea, coffee and dessert (Key Lime Pie)

1. 5 oz. Filet Mignon with Béarnaise sauce. Served with garlic mashed potatoes and seasoned asparagus.
2. Chicken Piccata with capers, white wine, lemon butter and fresh herbs in a cream sauce. Served with twice-baked potato and seasoned asparagus.
3. Herbed pan-seared Atlantic salmon with creamy lemon sauce. Served with rice pilaf and asparagus tips.

Cost: \$30.00 per person (includes gratuity)

Reservations can be made by sending your check (payable to Ostomy Association of the Houston Area) to **Ron Cerreta, 1218 Pelican Hill Court, Katy, TX 77494**. Your check will serve as your reservation. Please include your entrée selection(s) with your check.

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.



Continuing Your Social Life with an Ostomy

(Continued from page 1)

up immediately after eating at a social event, remember, people without ostomies often need to go the restroom after eating and nobody will think it is unusual if you do the same! You will probably find that you need to empty your pouch less often than you need to urinate.

You may be wondering about your relationship with others. Now that you have an ostomy, you may feel that it will change your present relationships and decrease new opportunities for friendship and love. True friendships and deep relationships on any level are built on trust and mutual understanding. These qualities depend on you and other persons. You have the same qualities you had before surgery and your ability to develop friendships is unchanged. If you care about yourself, others will feel your strength and will not be deterred. If your ostomy does cause a break in friendship, a sexual alliance or even marriage, this relationship was not built upon trust and mutual respect and probably would have crumbled sometime in the future anyway.

LBJ Hospital Outreach Event

From the desk of Jenrose Foshee, OAHA Secretary

Dear Ed:

You might like to have a little report on last Saturday's Ostomy event at LBJ General Hospital. It took three of us to replace you—Dorothy, Ron and me! The Ostomy Workshop was extremely well organized. I'm guessing that there were around 30 patients in attendance, along with four exhibitor tables. We talked with several patients, handed out newsletters and talked up our organization.

The hospital's WOCN was exceptional. She spoke from 9:00 am to 10:30 am, and then the hospital's chaplain spoke for about 45 minutes. They had a little style show, one young girl, one young boy, a man about age 40, also one of their nurses modeling a dressy cocktail dress. Supposedly they all had ostomies and the purpose was to show that ostomy pouches are not obvious. Following the style show, the WOCN continued her educational talk until 12:30 pm after which they gave away door prizes. The exhibitors departed at 1:00 pm but the patients were given a sack lunch.

I am so glad our organization decided to participate in this patient education event at LBJ General Hospital and I'm particularly sorry that you were unable to attend. Next year is another opportunity—but you must promise that I can help you again. Hope you are up and about soon. May God bless you and let you hurry and get well.

*Kindest regards,
Jenrose*



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) 428-3033
San Jacinto Methodist Hospital
cbarefield@tmhs.org

Clarice E. Kennedy, CET (713) 647-8029
claricekennedy1@comcast.net

Anita Prinz, RN, MSN, CWOCN (281) 824-2382
aprinzn@yahoo.com

Charlene Randall, RN, CWOCN (713) 465-8497
Specialty Wound & Ostomy Nursing, Inc.
charlene@swoni.com

Pat Thompson RN, BSN, CWON (281) 397-2799
Pat.thompson@tenethealth.com

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11/11 SG HLFAD

Central Group

Monthly: Third Monday

Time: 7:00 p.m.

Place: American Cancer Society Building
6301 Richmond Avenue, Houston

Contact: Denise Parsons 713-824-8841
rockynme2@aol.com

Meeting: **October 15, 2012**

Program: **Guest Speaker: Emily Cerreta**, Nurse Practitioner

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 281-428-3033

Meeting: **October 1, 2012**

Program: **Guest Speaker: Nick Sprague** from Coloplast

Northwest Group

Please note: Special time and location for the Picnic!

Monthly: Third Tuesday of the month

Time: 5:30 p.m.

Place: 414 Savannah Springs, Spring, TX 77373

Contact: Patti Suler 281-352-2566 by October 9th.

Meeting: **October 16, 2012**

Program: **Annual Picnic**

J-Pouch Group

Monthly: Third Monday

Time: 7:00 p.m. or by Appointment

Place: American Cancer Society Building
6301 Richmond Avenue, Houston

Contact: Ron Cerreta 832-439-1311
Ron Meisinger 281-491-8220

Meeting: **October 15, 2012**

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

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.

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

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 Treasurer at the address shown at the right.

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 below. 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 Ron Cerreta, Treasurer, at 832-439-1311 or texasronc@aol.com or send your request to the provided address below.

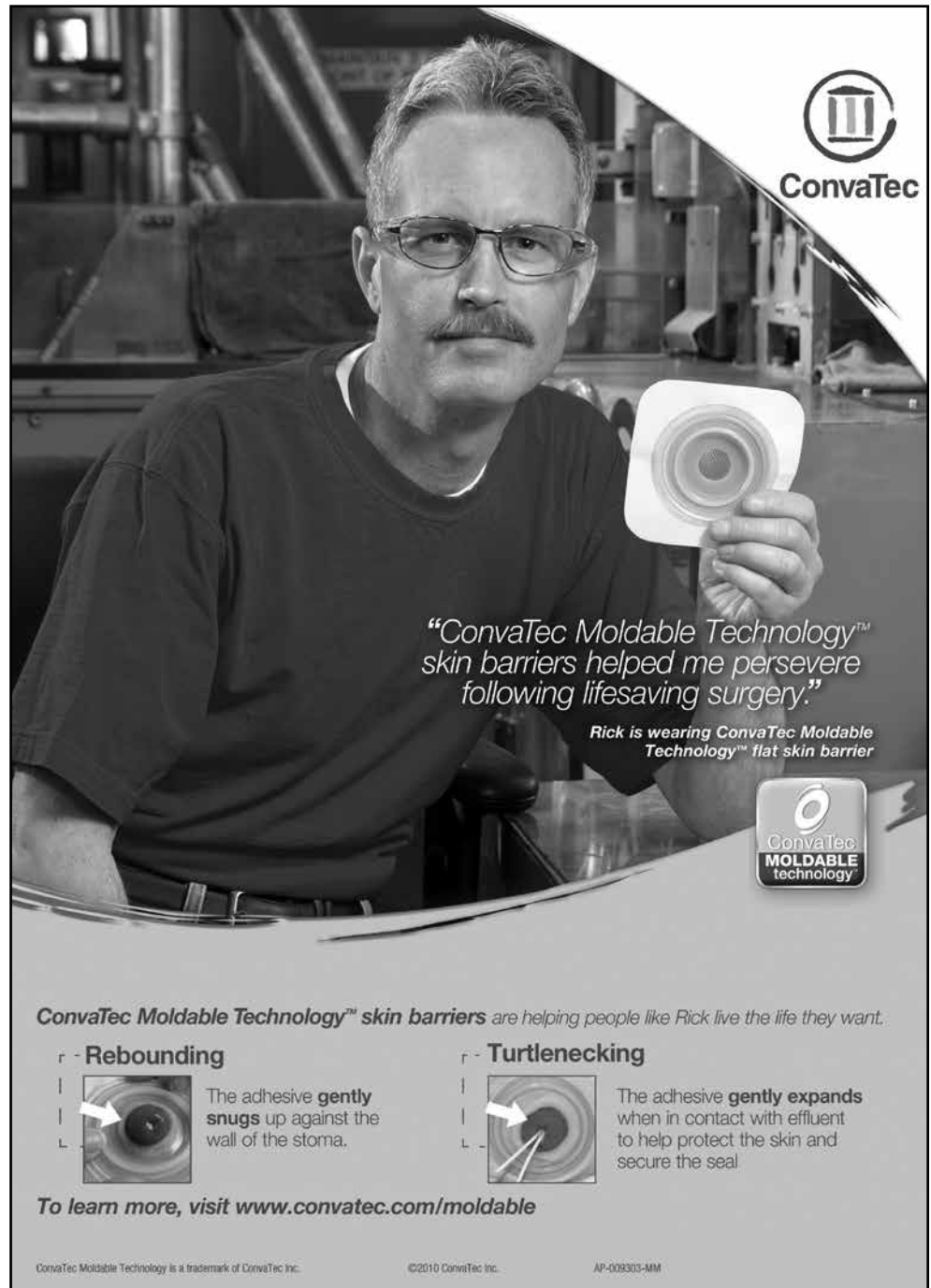
Donation of Supplies

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.

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

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

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<http://www.ostomyhouston.org/>

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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

☐ WOCN or ET ☐ 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.

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Monthly Support/Information
Meetings, Social Events,
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