



October 2014

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

Basic Ostomy Hints (a Compilation)

- Don't behave as if having an ostomy makes you less of a person or some freak of nature. There are lots of us and most of us are glad to be alive! Build a support system of people to answer questions when you have a problem.
- Don't play the dangerous game of making your appliance last by over taping or putting off a change. There aren't any prizes given for the longest wear time except accidents!
- Don't wait until you see the bottom of your supply box before ordering more. Always count on delays in shipping, holidays, etc. when calculating what is needed.
- Zip-lock sandwich bags are useful and odor proof for disposal of used ostomy pouches.
- Don't get hung up on odors. There are some great sprays and some internal deodorants. Remember: everybody creates some odors in the bathroom. Don't feel you are an exception.
- If you stay overnight, consider carrying a 'chuck pad' with plastic backing for your peace of mind. Put it on the bed and now you have no need to worry around nighttime 'leaks'.
- Sew or purchase a pouch cover if the plastic against your skin is uncomfortable.
- Always carry an extra replacement pouching system in case you spring a leak while away from home and always carry extra clips in case you drop one in the toilet.
- If you participate in very active sports, use a 10-inch strip of 2-inch tape to secure the pouch and barrier/wafer to your abdomen (picture frame).
- Consider putting Skin Prep (spray or wipes) around the edge of the wafer to prevent wafer from 'melting' away too quickly.
- Don't expect to get the same wear time in summer months.

The Swollen Stoma

Courtesy of 'The Ostomist' from the Greater Seattle Ostomy Association

It can be pretty scary to have your stoma swell for any reason and not be able to get your appliance off over it for fear of doing damage. An appliance that hugs the stoma too tightly may cause it (stoma) to swell. A fall or a hard blow or slipping appliance may cause the stoma to swell.



Rather than risk further damage to the stoma by pulling the appliance off over it, try filling your pouch with ice water and letting it swirl around the stoma to decrease the swelling. Ease the appliance off carefully. Replace it with an appliance that has a larger opening until all swelling is gone.

It is a good idea to keep a couple of appliances with larger openings around for such emergencies.

Patient Visiting and Support Services

Doctors and WOC 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, Marian Newman at 713-392-5768.

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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

Magan Ellis Cherry, Miss Texas USA 2007, was our guest speaker for the September meeting. Ms. Cherry has a J-Pouch and related her ulcerative colitis journey, with which many in our group could identify. When she first started having symptoms such as ulcers in her mouth and diarrhea, it was difficult to determine what was wrong. It was her family who insisted she get medical help. Then, because of the pageant process, she did not want to let anyone know that she was not well as she might be eliminated for not being able to serve the term. She was determined to not let the disease win and fought taking medication such as prednisone which can cause weight gain and swelling. How would that look in a swim suit?? During one of her hospitalizations, she had a couple of key persons who talked with her and eased her mind about having surgery. She knows that having her colon removed was the right decision. One concern was the surgery interfering with her ability to have a child. That fear was put to rest with the birth of her son almost eight months ago. We appreciate Magan sharing her story in a candid and humorous way.

For our small organization, dues, donations, and the grocery shopping cards (Kroger and Randalls) provide our income. We are pleased to announce another way to help this organization by using **AmazonSmile**. **On your first visit to AmazonSmile, you need to select a charitable organization (Ostomy Association of the Houston Area) to receive donations from eligible purchases before you begin shopping. AmazonSmile will remember your selection, and then every eligible purchase you make on AmazonSmile will result in a donation. The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping and handling, gift-wrapping fees, taxes, or service charges. You must go to AmazonSmile and not just Amazon for the donation to be in effect. The good news is that you see all the same Amazon features with your wish list, account information, Prime, etc. Here is more information about the program.** http://smile.amazon.com/about/ref=smi_se_ft_abt_saas. Further, AmazonSmile can be used by persons outside of the grocery shopping card area. So for example, my sisters in Denver can donate to our organization as they shop. For any questions, please contact one of the board members.

Other notes, in lieu of the December meeting, we will have the Holiday Party on December 9 at Pine Forest Country Club. The dinner is a nice time to meet members from other groups. Another key activity is coming in February when we have Visitor Training. There will be more about the training later.

Our speaker for the October meeting is Robert Martinez with McKesson Patient Care Solutions. It is good when members show up for a meeting no matter whether there is a speaker or not. We never know when someone may come who needs to talk with us about upcoming surgery or who needs our help after surgery. You may be just the person they need to talk with.

Best regards, **Denise Parsons**, President, OAHA 713-824-8841

Northwest Group News

Thank you Maggie McCloskey, MSW, for providing Dr. Burroughs for our group's presentation. Thank you twice for bringing the delicious snacks and desserts. Although our WON Pat Thompson gained the most from Dr. Burroughs' program, other lay members of the group were not disappointed. We had hoped more of our members would have attended, perhaps another presentation can be arranged in the future. It is a rare opportunity to have a seasoned Doctor, Surgeon and Researcher combination available to answer any question.

Next month is the annual picnic. This event has been a mainstay of the Northwest Group where members can come, eat and get problems resolved in an informal manner. There will be door prizes and other surprises. Contact Patti Suler at 281-352-2566 or pattiksuler@aol.com to RSVP your side dish or dessert (we don't want five banana puddings, now do we?) by October 10.

Tony Romeo

936-588-4031

Baytown Group News

Support Group met on Monday, September 8 to accommodate the Labor Day Holiday.

Chad Hagli, Regional Account Manager from Safe-n-Simple visited from his home town of Dallas. Safe-n-simple has four categories of ostomy accessories; each with a specific purpose.

- Cleanse—peristomal cleanser and adhesive remover (Chad offered a travel size sample of five individually wrapped wipes.)
- Protect—no-sting skin barrier film; larger size prep pads, spray and cloths available
- Secure—rings in two options: conforming (ileostomy or urostomy) turtleneck seal, highly absorbent and integrity (colostomy) durable, does not break down; x-large size skin barrier arc, skin barrier paste
- Assure—ostomy pouch deodorant, lubricating deodorant gel; both unscented

Chad explained that Safe-n-Simple products are covered by Medicare and most third party insurers. They are available through most medical suppliers, retailers and mail order suppliers. For those who need to purchase without insurance coverage, costs are much less than most of the major ostomy companies.

Special thanks to Chad for his informative presentation and samples. Everyone came away with a much better understanding of how Safe-n-Simple products can augment ostomy care.

In October, we are planning to have Donna Luce from Ostomy Resolutions Stoma Guard present. Make plans to attend.

Cindy Barefield, RN, CWOCN

281-428-3033

How the Ileostomy Changes Digestive Function

Sterling Area Ostomy Association via Metro Maryland

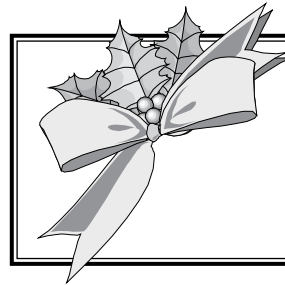
UOAA Update 08/2014

Some may wonder how it is possible to live without your colon (large Intestine). The major functions of the colon and rectum are storing intestinal contents, absorbing water, and carrying waste to the outside. Although these functions are necessary for you to live, they can be taken over by the small bowel.

The major function of the small intestine is to absorb the body's nutrients and water. Enzymes released into the small intestine break food into small particles so that vitally needed proteins, carbohydrates, fats, vitamins, and minerals can be absorbed. These enzymes will also be present in the ileostomy discharge and they will act on the skin the same way they work on foods. This is why the skin around an ileostomy must always be protected.

When the colon is present, the food you eat eventually reaches the large intestine, where it is stored and more water is absorbed. Many hours or perhaps days later, the mass is expelled through the anus in a formed stool. Peristalsis (muscle contractions of the colon) pushes the contents toward the rectum. When the stool reaches the rectum, the need to empty the large intestine occurs and nerve pathways from the brain initiate the process of defecation.

After removal of the colon and rectum, you no longer have the need or control. Unlike the anus, the stoma has no shutoff muscle. Digestive contents pass out of the body through the stoma and collected in an individually fitted drainable pouch, which is worn at all times. Because the small intestine does not store and make intestinal contents solid, your stool will never get thicker than toothpaste. However, the soft stool in your ileostomy pouch should not be confused with loose stool and diarrhea.



SAVE THE DATE!

*The Annual OAHA Holiday Party
will be on December 9, 2014 at
the Pine Forest Country Club.*

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

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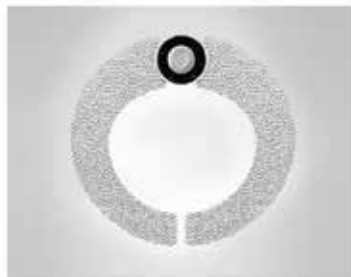
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Acidic Urine and its Importance for Urostomates

Ostomy Nutrition and More *by Allen & Price via West Texas Group*
UOAA Update 08/2014

Urine odor from the urostomy pouch indicates possible infection. More often this is due to stale alkaline urine residue (or poor hygiene), although some medications or foods will produce odor in the urine. Acidic urine tends to keep bacteria down, thereby reducing the incidence of infection, and decreases urine.

In chemistry, "pH" defines the degree of acidity or alkalinity of substance. When food you eat is burned in the body, it yields a mineral residue called "ash." This ash can be either acid or basic (alkaline) in reaction depending on whether the food burned contains mostly acidic or basic ions. The reaction of urine can be definitely changed by foods. Most fruits and vegetables actually give an alkalized ash and tend to alkalize the urine. Meats and cereals will usually produce an acidic ash that will acidify urine.

By taking Vitamin C (ascorbic acid), one can acidify urine pH. The normal dosage is 20 mg. four times daily. Do not take the total daily amount all at once. Several doses a day gives the best result. High alkaline urine may cause stoma stenosis or the narrowing of the stoma opening, often caused by bacteria in alkaline urine. High alkaline may also cause blockage of urine and subsequent ureteral and kidney damage. Persons with urostomies should maintain acid urine with a pH of 5.5 to 5.0. This range can be determined by dipping nitracine (litmus) paper into a drop of fresh (not from the pouch) urine that has come directly from the stoma. Never take a urine sample from urostomy pouch. Stale urine is almost always alkaline.

Airline Jokes

- On landing, the flight attendant said, "Please be sure to take all of your belongings. If you're going to leave anything, please make sure it's something we'd like to have."
- As the plane landed and was coming to a stop at Ronald Reagan International Airport, a lone voice came over the loudspeaker: "Whoa, big fella, WHOA!"
- A flight attendant's comment on a less than perfect landing: "We ask you to please remain seated as Captain Kangaroo bounces us to the terminal."
- "As you exit the plane, make sure to gather all your belongings. Anything left behind will be distributed evenly among the flight attendants. Please do not leave children or spouses...except for the gentleman over there."
- "Your seat cushions can be used for flotation; and, in the event of an emergency water landing, please paddle to shore and take them with our compliments."



WOC Nurse Directory

Cindy Barefield, RN, CWOCN Houston Methodist San Jacinto Hospital cbarefield@houstonmethodist.org	(281) 428-3033
Charlene Randall, RN, CWOCN Specialty Wound & Ostomy Nursing, Inc. charlene@swoni.com	(713) 465-8497
Pat Thompson RN, BSN, CWON Pat.thompson@tenethealth.com	(281) 397-2799

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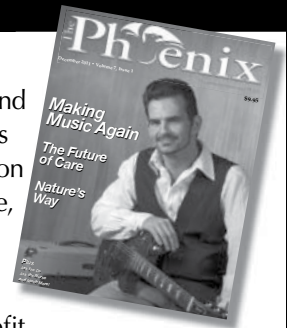
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The **United Ostomy Associations of America (UOAA)**
 can be contacted at:
www.uoaa.org or **800-826-0826**

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Subscriptions directly fund the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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11/11 SG HLFAC

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 20, 2014**
Program: **Guest Speaker: Robert Martinez**, with McKesson
 Patient Care Solutions

Baytown Group

Monthly: First Monday
Time: 6:00 p.m.
Place: Community Room in Lobby of Houston Methodist
 San Jacinto Hospital
 4401 Garth Road, Baytown
Contact: Cindy Barefield 281-428-3033
Meeting: **October 6, 2014**
Program: **Guest Speaker: Donna Luce**, Ostomy Resolutions
 Stoma Guard

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: Tony Romeo 936-588-4031
 sa1tmr@sbcglobal.net
Meeting: **October 21, 2014**
Program: **Annual Picnic**—Contact Patti Suler at 281-352-2566
 or pattisuler@aol.com to RSVP and let her know what
 you'll be bringing (by October 10).

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 20, 2014**

*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 Treasurer at the address shown below.

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.

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

(When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)

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/>

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 treasurer's address above.

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.

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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

☐ WOC 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,
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