



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

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
Meeting: **November 17, Monday evening**
Program: **David A. Thompson, MD, FACS**, member of the Colon and Rectal Clinic of Houston. Dr. Thompson will be speaking on "Possible Stoma Complications Associated with Ostomy Surgery."

Baytown Group

Monthly: Fourth 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: **November 24, Monday evening**
Program: **General Discussion**

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
sal1mr@sbcglobal.net
Meeting: **November 18, Tuesday evening**
Program: **Fall Picnic**

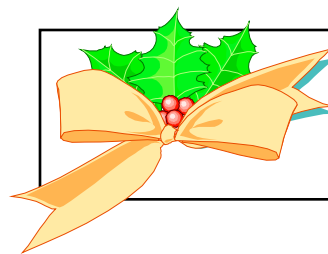
J-Pouch Group

Monthly: Third Monday
Time: 7:30 p.m.
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Ron Meisinger 281-491-8220
Meeting: **November 17, Monday evening**
Program: **General 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.



See page 5 for details about our upcoming Holiday Party!

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

We had 26 in attendance at our October 20 Central Group meeting of the Ostomy Association of the Houston Area to hear the very interesting presentation by Dr. Ira Flax who is a gastroenterologist on our Medical Advisory Board. He spoke about medicines that you should and shouldn't take just prior to having surgery, persistent viruses on cruise ships, travel antibiotics to avoid bacterial infections while traveling, and the importance of always keeping your body hydrated. Hydration is especially important after ileostomy surgery since there is no longer a colon to absorb water from what you eat and drink, and things tend to pass through you much more quickly. He suggests drinking any of the Gatorade-like drinks to enhance liquid and electrolyte absorption to help avoid dehydration.

Floyd and Clarice gave a report on a talk they gave to ostomates and interested others at Ben Taub Hospital and found that there was quite a bit of interest in the information in our Newsletter and they got approximately a dozen names and addresses to send trial subscriptions to people who might be potential new members of our organization. In addition to getting useful information to a new group of people, we also need to occasionally bolster our bulk mail list so it doesn't fall below the minimum required by the Post Office to be able to do bulk mailing; our list undergoes some attrition due to people who move and drop off the list for a variety of reasons.

Remember that those who wish to attend our Ostomy Association Christmas Dinner that will be at the Pine Forest Country Club on December 9 need to get their reservations, payment, and entry choices in before Thursday, December 4; see the Christmas dinner information on page 5 of this newsletter.

Our featured speaker for the November Central Group meeting is David A. Thompson, MD, FACS who is a member of the Colon and Rectal Clinic of Houston. He will be speaking on "Possible Stoma Complications Associated with Ostomy Surgery."

Hope to see you all at the November meeting,

Terry Marriott

**The United Ostomy Associations
of America (UOAA) can be
contacted at www.uoaa.org.**

Northwest Group News

Eleven members were in attendance at the October meeting. Two new attendees were Bill and Jason with their families. Most of the meeting was a question and answer session about living with an ostomy. We hope Bill and Jason will attend again. Plans were also made for the November picnic which will happen on the regular schedule meeting night in November. We wish Barbie well in her recovery from surgery. Gay Nell will call the members as a reminder of what each person had signed up for to bring to the picnic. Gay Nell was happy to show her latest grandbaby pictures.

Baytown Group News

November marks the Fourth Anniversary for our Support Group. Research reveals that Fourth Anniversaries have contemporary, traditional, and modern ways in which to be recognized.

Traditionally, the geranium is the flower that marks a Fourth Anniversary celebration. Just as the geranium symbolizes comfort and gentility, Baytown has a core group of members who have continued to support this group since its inception in 2004. Hats off to Sharon, Bobbie, Herman, Luis, and Bob.

Linen or silk is a more modern celebration of a Fourth Anniversary. This is representative of Eddie and Gloria and Martha who have slipped right into the group and made themselves at home. The support for them is a give and take when needed.

The contemporary celebration of Fourth Anniversary is appliances. This brings to mind an analogy of our members working faithfully and steadily to accomplish their goals and to sustain others.

The Baytown Support Group welcomes ostomates, family, and friends on the fourth Monday of every month. We hope you will join us in the Community Room in the Lobby of San Jacinto Methodist Hospital, 4401 Garth Rd., Baytown, at 7:00 p.m.

Cindy Barefield, RN, WOCN
281-420-8671

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

Memorial Fund

Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable and sent to: Ostomy Association of the Houston Area

Attn: Mary Harle
P. O. Box 25164
Houston, TX 77265-5164

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

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 Laura Beth Jackson at 281-530-8912 with any questions.

Consultation with ET

Clarice E. Kennedy, Certified Enterostomal Therapist, is available for consultations. Clarice is an ostomate with over 30 years of knowledge and experience to share with anyone who has questions about, or needs assistance with, the care of an ostomy both prior to and following surgery. Contact cekennedy1@peoplepc.com or call 713-647-8029.

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

Use Those Shopping Cards

Kroger and Randalls return a percentage of your purchases to the Ostomy Association on a quarterly basis. For card applications, contact Ed Wood at 281-493-5015 or ewood6@comcast.net.

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:

The Phoenix, P.O. Box 3605, Mission Viejo, CA 92690.
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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 713-460-1955 or lbauarschi@sbcglobal.net or send your request to the Ostomy Association of the Houston Area, P. O. Box 25164, Houston, TX 77265-5164.

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

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.

Special Event

Former Editor, Judy Swinger, Honored at October Meeting

By Clarice E. Kennedy, CET
 Honorary Lifetime Member
 Member of the Board of Directors

The Ostomy Association of the Houston Area honored Judy Swinger at our October 20, 2008 meeting. It was my honor, on behalf of our organization, to present Judy, the former Editor of our monthly newsletter, a lovely plaque inscribed with our motto "Reborn from the Ashes of Disease" and the Phoenix which is the national symbol for the Ostomy Association. Judy also received an American Express gift check. These were presented to Judy with our gratitude and deep appreciation in recognition of her outstanding and invaluable service as our newsletter Editor for the past six years. Judy's extraordinary dedication and creativity in preparing our newsletter for publication each month have been an inspiration to all of us, not only locally, but throughout the U.S. It has been said by the National UOAA and other chapters that our newsletter is one of the best in the U.S. "Thank You" Judy for a job well done!



Clarice Kennedy expresses appreciation to Judy Swinger for her years of service as editor of this newsletter.

Vitamin B12, Folic Acid and Potassium

UOAA Update, October, 2008

There is only a small section of the intestine that absorbs vitamin B12. It is located near the joining point of the small and large intestine. In the ileostomate, especially if there have been revisions, too much of the small intestine may have been used up and the area which absorbs vitamin B12 may be gone. The ileostomate can then no longer absorb vitamin B12 from food or even from supplements.

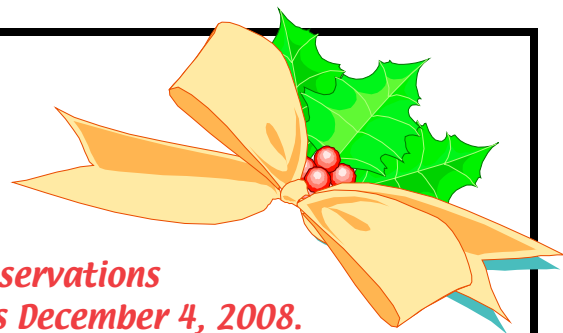
The answer to this problem is vitamin B12 shots, usually 1cc, given anywhere from each week to once a month, depending how the patient feels. The "worn-out" feeling that one has occasionally can develop into a constant thing. That is a pretty good indication of vitamin deficiency.

In case of a suspected deficiency, there are three elements the doctor should check: vitamin B12, folic acid, and potassium. The shortage of any one or all three can keep us down and without any pep or ambition even to do our daily chores. B12 and folic acid interact to the point that a deficiency of any one might be mistaken without complete tests for the deficiency of the other. We all need both of these to make the other one work right.

There is no danger of taking too much vitamin B12; the body throws off what it does not need. Folic acid should not be taken in large doses. Studies are not really complete, but it seems that the most a person should take is 0.4 milligrams per day. Potassium in natural foods cannot be overdone. The greatest source is bananas, with orange juice also being very good. However, if you have a shortage of potassium, which can also lead to a run-down feeling, you probably cannot get enough from foods without gaining weight.

Previously, an ileostomate who could not absorb enough vitamin B12 from food or from pills had to take shots. Now vitamin B12 is available in a "sublingual" tablet (under the tongue) or through a patch. Folic acid and potassium can usually be absorbed in pill form, but the ileostomate should watch that the pills are not going through the digestive tract whole, without being absorbed by the body. If an ileostomate feels tired all the time, he/she should consult his/her physician.

Annual Holiday Dinner Party



Date: Tuesday, December 9, 2008

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 ball)

1. 6 Oz. Filet Mignon with Béarnaise (Chargrilled). Served with garlic mashed potatoes and seasoned asparagus.
2. Chicken Maison (Chicken sautéed with mushrooms, artichoke hearts, and sun dried tomatoes in a brandy semi-glaze.) Served with rice pilaf and seasoned asparagus.
3. Herb Seared Salmon with a light butter sauce served with rice pilaf and seasoned asparagus.

Cost: \$27.00 per person (includes gratuity)

**Deadline for reservations
and payment is December 4, 2008.**

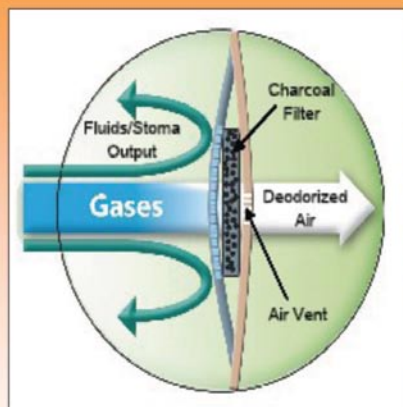
Reservations can be made by sending your check (payable to Ostomy Association of the Houston Area) to Lorette Bauarschi, Treasurer, P.O. Box 25164 Houston, TX 77265-5164.

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.) This must be done at the time of your reservation.

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.

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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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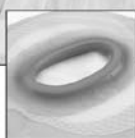
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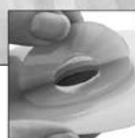
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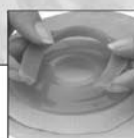
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