



November 2013

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

The Flu and What to Do

from UOAA Update, October 2013

The flu brings with it headaches, upset stomach, diarrhea, muscle aches and pains. The advice to drink plenty of fluids and rest in bed remains sound medical advice for your general attack of the virus. But if your case of the flu includes diarrhea, the following may be helpful.

For those with a colostomy, it is usually wise not to irrigate during this time. Your intestine is really washing itself out. After diarrhea, you have a sluggish colon for a few days, so "leave it alone." Start irrigation again after a few days when your colon has had a chance to return to normal. For those with an ileostomy, diarrhea is a greater hazard. Along with the excess water discharge, there is a loss of electrolytes and vitamins that are necessary in maintaining good health. This loss is usually referred to as a loss of fluid, which in turn, brings a state of dehydration. Therefore, you must restore electrolyte balance.

First, eliminate all solid food. Second, obtain potassium safely and effectively from tea, bouillon and ginger ale. Third, obtain sodium from saltine crackers or salted pretzels. Fourth, drink a lot of fluids, including water.

Cranberry juice and orange juice also contain potassium, while bouillon and tomato juice are good sources of sodium. Increased water intake in the ileostomy patient results in increased urine output rather than increased water discharge through the pouch.

Vomiting also brings the threat of dehydration. If it is severe and continuing, your doctor should be notified.

You should also know that diarrhea may be symptomatic of a partial obstruction or acute gastroenteritis. Since the treatment of these two conditions is entirely different, a proper diagnosis should be sought immediately. It is very important to determine whether the diarrhea is caused by obstruction or gastroenteritis. If you do not know, check it out with your doctor. Do not guess—

(Continued on page 2)

How to Avoid Leakage of Your Appliance

By Maria Siegi, Ostomy International

*Reprinted from Winnipeg (MB) Canada Ostomy Association
"Inside Out" via Redstone Ostomy Chapter by Greater Seattle (WA)
"The Ostomist"*

There are many reasons why ostomy pouches leak. Below are nine of the most common problems, with suggestions for handling them. For further information, consult your physician or WOC nurse.

Poor Adherence to Peristomal Skin: Make sure that your peristomal skin is "bone dry" before applying your pouch. Hold a warm hand over the pouch and stoma for 30-60 seconds after application, to warm it and assure a good initial seal.

Wrong Size Pouch Opening: If the size of your stoma has changed (due to post-operative shrinkage or change in weight) and you have not re-measured and adapted the opening accordingly, undermining of the wafer and leakage may result.

(Continued on page 3)

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 281-485-1961.

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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

We were happy to welcome Frank Essig with Hollister to our October meeting. Frank showed us current products and answered our questions about Hollister ostomy products. Frank explained that due to retooling and the costs to change the manufacturing flows, legacy products would probably not get the newer filters. There was interest about the stoma caps so it is hoped that a new version of the cap with the newer filter can be added to Hollister's wish list. Frank was informed that one mail order supplier had declined to fill orders of M9 deodorant drops as they sometimes leaked during shipping. The substituted drops had a foil/plastic seal on the same bottle style. Hopefully, Hollister can fix that problem. One question about changing wafers brought a reminder to make sure the skin is dry before applying the wafer. The wafer can absorb water and reduce its wear time. Frank reminded us of Hollister's program to help new ostomates, Secure Start, and provided us with several informative brochures. Hollister's web site has a lot of good information, too.

Next month, our speaker will be Saravang "Sam" Dalal, Physical Therapist.

Note that our Holiday Dinner is Tuesday evening, December 10, at Pine Forest Country Club. Please get your reservations and menu choices turned in before December 3.

Our thoughts and prayers are with those in treatment and those recovering. We hope to see you again soon.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

Northwest Group News

The annual picnic was a huge success. Fifteen members gathered to partake in extensive feasting. Favorite Gay Nel was there and she brought chocolate chip cookie bars with cream cheese filling—this was just one of the many scrumptious desserts. The main entrée consisted of sliced turkey, sausage or brisket. Two kinds of potato salad, condiments, chips and dips, a sliced fresh fruit tray, and the list goes on. Thanks to Rudy's BBQ who provided the meat!

Door prizes consisting of handmade birdhouses and framed personal artwork prizes (courtesy of Paul) were eyed by everyone. Additionally, Paul provided a few bottles of his private label wine. Paul served as the event coordinator this year—thank you Paul!

November's program will be presented by Newsletter Editor Patti Suler on highlights from the 2013 UOAA Convention.

Craig Cooper
281-948-6883

Tony Romeo
936-588-4031

Baytown Group News

October's meeting had a small but enthusiastic gathering. Cindy Barefield facilitated the presentation for the evening which was titled, "Quality of Life for People with an Ostomy: What's Your Score?" The tool or scoring instrument the group used was the Stoma-QoL questionnaire. It was developed in 2001 and measures quality of life in people with a stoma.

Participants are asked to rate their response from "Always" (1 point) to "Not at all" (4 points) on each of 20 questions. Adding up the scores determined a single standard score (between 20 and 80 points). This final score indicates how you feel at a particular point in time—the higher the score, the better your quality of life at that time.

In honor of the upcoming holiday, each member was given a container of candy and a Halloween plate. For each question that they had a response of "Always" or "Sometimes", they added a piece to their plate. By question #20, we looked at how much each ostomate "had on their plate". Like candy piled on a plate, do we burden ourselves with worries, concerns, equipment issues and family problems that might have been more manageable one at a time or with help from a friend, spouse or resource such as a WOC nurse? This led to a great discussion of support group attendance, "Lifestyle" features on www.c3life.com website and all the major ostomy vendor websites. If you are interested in the Stoma-QoL Questionnaire, you will find it on the Coloplast website: www.us.coloplast.com/ostomycare/education/educationtools/stoma-qol/.

We missed several of our loyal friends Fredecia and Tommy and Mr. Bob this month. I hope that you all are on the mend and able to join us in November. Safe travels to Sharon—we look forward to seeing you as well!

The next regularly scheduled meeting is Monday, November 4 at 6 pm! We hope you will join us.

Cindy Barefield, RN, CWOCN
281-428-3033

The Flu and What to Do *(Continued from page 1)*

always call your physician unless you are 100 percent certain what you are doing.

No ostomate should take medicine for pain or a laxative without a physician's order. Do not use an antibiotic for a cough or flu unless ordered by a doctor.

When returning to a normal diet, use fiber-free foods at first, then gradually increase to a regular, normal diet.

Prompt attention to symptoms of distress of colds and flu could bring a happier and hopefully healthier winter.

Don't forget to get a flu shot!!!

How To Avoid Leakage of Your Appliance *(Continued from page 1)*

Folds or Creases: If folds or creases develop in the skin, and leakage occurs along the crease, wafer pieces or ostomy paste can be used to build up the area in order to avoid leakage. Consult your WOC nurse for proper methods.

Peristomal Skin Irritation: Pouches will not stick well to irritated skin. So, perform meticulous skin care in order to avoid irritated or denuded skin. If any of these problems develop, consult your WOC or physician at once, so that the problem can be nipped in the bud.

Improper Pouch Angle: If the pouch does not hang vertically, the weight of its contents can exert an uneven twisting pull on the wafer and cause leakage. Ostomates must find an optimal angle based on individual body configuration.

Too Infrequent Emptying: Pouches should be emptied before they become half full. If they are allowed to overfill, the weight of the affluent may break the seal and cause leakage.

Extremely High Temperatures: Wafer melt-out may cause leakage in warm weather. More frequent changes will prevent this.

Pouch Wear and Tear: Disposable wafers do wear out. If you are stretching your wear time, leakage may be due to the wafer wearing out. Change your appliance more frequently.

Improperly Stored Appliance and Ageing Materials: Store your ostomy supplies in a cool dry place, humidity may affect your pouch adhesive. Appliances don't last forever. Ask your vendor what the recommended shelf life is for your brand of pouch. Keep some extra pouches on hand.

Annual Holiday Dinner Party

Date: Tuesday, December 10, 2013

Deadline for reservations and payment is 12/3/13.

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 (Lemon Meringue Pie)

1. Chicken Seasoned Oscar, steamed asparagus, sauteed jumbo lump crab meat
2. Seafood-Stuffed Flounder with lobster beurre blanc
3. 5 oz Filet Mignon with Béarnaise sauce

Cost: \$32.00 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.



Man on the Street Interviews

Courtesy of the Greater Seattle Ostomy Association, "The New Outlook" and the Ostomy Association of the Greater Chicago via "The Optimist"

Lazarus Ephraim, a member of an affiliated support group in Chicago, conducted a survey during which he asked if people knew what an ostomy or ostomate is. Here are some of the answers he received to this question:

- "I think it has to do with people who have trouble with their feet."
- "I don't know what it is, but I understand those people don't have to go to the toilet. They just do it anywhere, put it in a bag and throw it away."
- "I think the former pope was one for a while when he got shot."
- "My aunt has one, but we don't talk about it."
- "They are members of some political party."
- "These people who have had some kind of operation and they wear a bag under their clothes. They take it off when they have to go to a party."
- "I saw one of them on television recently, and she was all happy about something."
- "I wouldn't want to be one, I heard it's bad."
- "My neighbor is one. I think. She goes to a party at the hospital every month. She meets people there like her and they drink cranberry juice."
- "I think it has something to do with farming. I heard two of them talking about irrigation."

Ephraim feels that we have quite a bit of educating to do in the communities—and he is correct.

WOC Nurse Directory

Cindy Barefield, RN, CWOCN (281) 428-3033
Houston Methodist San Jacinto Hospital
cbarefield@houstonmethodist.org

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

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: **November 18, 2013**
Program: **Guest Speaker: Saravang "Sam" Dalal**, physical therapist.

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: **November 4, 2013**
Program: Roundtable

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: **November 15, 2013**
Program: **Patti Suler**, Newsletter Editor, will present highlights
of the 2013 UOAA Convention.

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: **November 18, 2013**

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

Osto Group www.ostogroup.org

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11/11 SG HLFAC

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.

Donation of Supplies

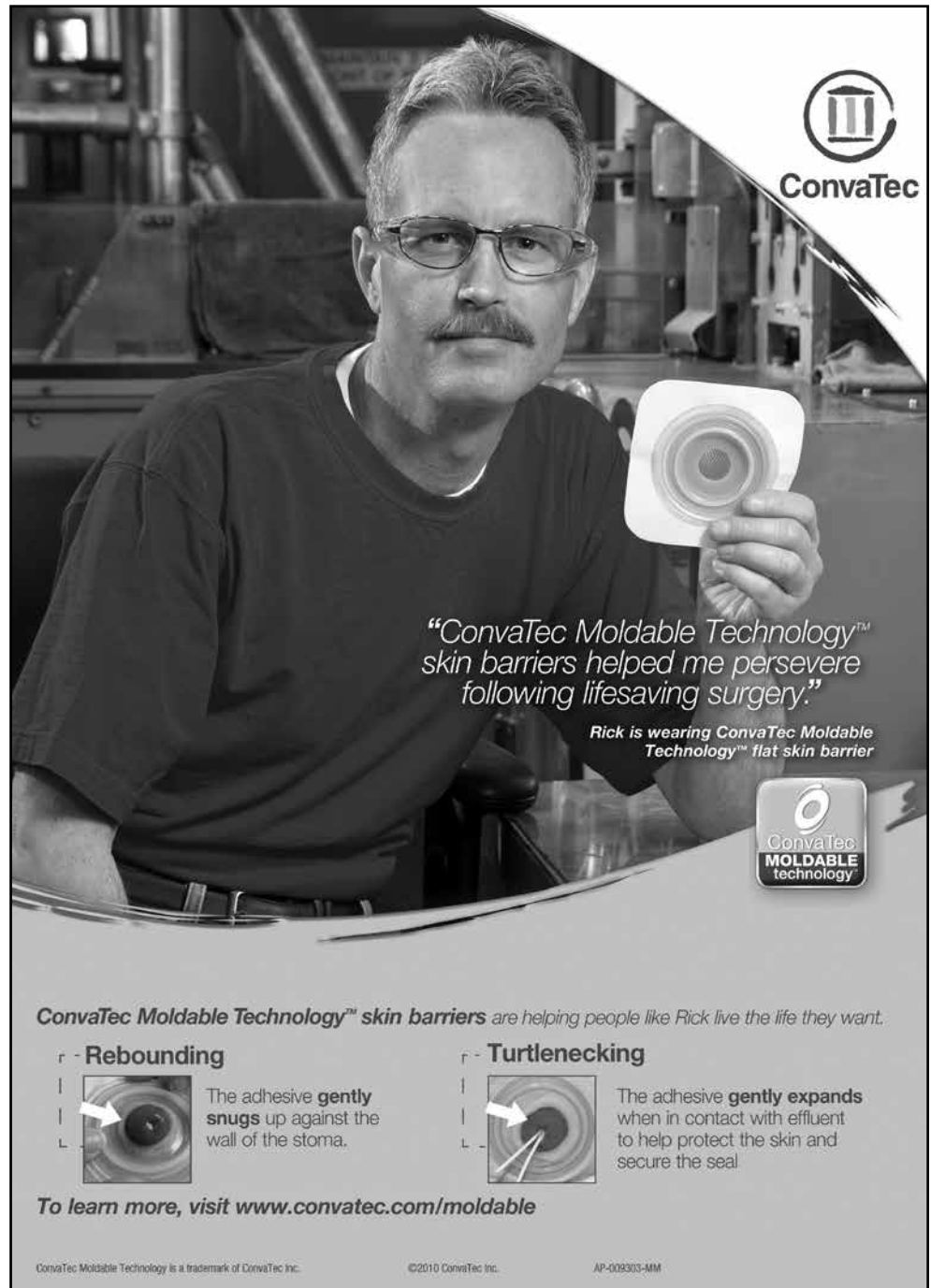
We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Elaine Anderson at 713-529-2724 or send email to thomasj744@yahoo.com with any questions.

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

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

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



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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/>

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.

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Meetings, Social Events,
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