



December 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

Certified Visitors Make a Difference!

by Cindy Barefield, RN, CWOCN

Ostomy surgery...Physicians and surgeons can explain the technical aspects of what is planned. Wound and Ostomy Nurses can show you products and provide all kinds of educational booklets. Seeing is believing.

A visit from someone who has been where you are, knows what you're going through and is enjoying their life again—that's the beauty of a certified visitor!

Certified visitors can bring the patient who must undergo urgent/unplanned ostomy surgery a sense of hope and control like nothing else. They can also help the ostomate who had planned surgery with the transition back into their life.

I appreciate the dedication of these certified visitors. We have been fortunate to have some wonderful folks who show up when I call. Sometimes, the parties involved got to know each other over the phone and were able to maintain a supportive relationship in this manner. I so appreciate this dedicated group of individuals. It is my honor to support these efforts by teaching in the Visitor Training each time it is offered. Do you have what it takes to become a Certified Visitor?

Visitor Training coming on February 2, 2013. Watch upcoming newsletters for more details!

Flu and An Ostomy

By Anne Marie Knudsen, CWON, MN, CNS, CFCN
UOAA UPDATE 11/12, Edited by Patti Suler

Facts about the Flu

The Flu is caused by a virus spreading from an infected person to the nose and throat of others. Symptoms usually appear within 2-3 days after being infected and a person with a fever is considered contagious for another 3-4 days. Here in the U.S. the flu season generally runs from November to April. Flu symptoms include chills, fever, dry irritated cough, nasal congestion, a sore throat, muscle aches, pain and a headache.

It is a myth when people state they got the flu from the flu shot. Why do we need the flu shot every year? For the simple reason that the flu virus keeps changing and the vaccine must be replaced. Flu shots only protect for 1 year. Flu vaccine contains NO LIVE VIRUS which means it is impossible to get the flu from the flu shot. The flu shot is 90% effective against type A & B Influenza; but remember there can be different strands which means if one does get the flu the symptoms will be milder compared to not having gotten the flu shot.

Things to Do if you Get the Flu

First of all drink plenty of fluids and rest. Take some Ibuprofen or Tylenol for fever and pain. Wash your hand frequently and use Kleenex versus a handkerchief. Keep your hands off your face except for eating and daily hygiene. Rinse the nasal cavities with warm salt water or a steam bath with chamomile since these are soothing and will open the nostrils and bring down the viral population. Finally drink as many warm liquids as possible as the

(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.

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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.

Central Group News

We welcomed the Medline representatives, Sandy Sanderson and Latecia King, for our program. Medline can fill orders for Convatec, Hollister, and Coloplast. They have warehouses in Texas so can fill orders the next day. Leticia told us about and demonstrated two skin protection products that Medline offers, Sureprep No-Sting and Marathon Liquid Skin Protectant. Sureprep comes in two forms, wipes and wand applicator. If the skin around the stoma is broken or irritated, the Sureprep No-sting lives up to its' name and does not sting when applied. If the skin around the stoma is extremely irritated, the Marathon protectant might be a good choice to cover the skin so that it can heal. As always, your WOC nurse or ET can help with skin irritations and can direct you to the correct product for your situation. If you would like samples of Sureprep, I have Latecia's contact information. Medline Patient services can be reached at 800-404-4141.

UPDATE: The Visitor Training date has changed to February 2, 2012. The training is held every two years. We encourage all of our members to attend as the information learned and the skills practiced are helpful whenever you are talking with a new ostomate or someone contemplating surgery.

The UOAA National Conference will be held on August 7-10, 2013 in Jacksonville FL. Several of our members have attended the conference in the past and found it very informative and fun so mark your calendars.

If you have a topic or particular speaker that you would like to hear from, please let your local program organizer know. All the groups are setting up programs for the coming year. Our program for January at the Central group is Polly Johnson from Convatec.

I hope everyone has a good holiday season.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

Northwest Group News

There was no November meeting due to the Thanksgiving holiday.

Craig Cooper
281-948-6883

Tony Romeo
281-537-0681

*Happy Holidays to our Members
and their Families!*

Baytown Group News

In November, Baytown Ostomy Support Group met just after daylight savings time had occurred. How strange to look out and see total darkness at 6 p.m. This did not deter the hearty group that gathered to learn more about "Travel Tips for Ostomates".

Travel Tips from these resources were shared:

- www.c3life.com
- www.ostomy.org
- www.tsa.org

The c3life website had a great deal of information located under the Lifestyle tab. It covered a broad range of topics and didn't focus just on airplane travel. Topics such as food and drink and product storage launched some great discussion.

Ostomy Travel Tips from the UOAA has several links on the website to such things as UOAA's Travel Communication Card and TSA (Transportation Security Administration). The information is a great overview with less of the detail seen on c3life website. ConvaTec provided each attendee with a UOAA Travel Communication Card.

The TSA website provides an opportunity to become informed. Reading through this information allows some false rumors and fears about screening processes to be dismissed. It also allow you to get the information you will need *before* you travel! Traveler information for Travelers with Disabilities and Medical Conditions is available as well as Links for Pat Down Screening and Passengers who have ostomies. There is a toll free number to call for questions about screening policies, procedures or what to expect at the security checkpoint (1-855-787-2227). If you have not, check this out, it is worth your time to become an informed traveler!

In December, we will schedule a Roundtable session with an evaluation of 2012 and a discussion of topics for the coming year. We hope you will join us!

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

JUST FOR LAUGHS UOAA UPDATE 11/12

- Is it my imagination but do buffalo wings taste like chicken?
- My weight is perfect for my height which varies.
- I used to be indecisive but now I'm not sure.
- One thing nice about egotists: they don't talk about other people.
- What is a "free"gift? Aren't all gifts free?
- If swimming is so good for your figure, how do you explain whales?

The Legend of the Phoenix

By Lawrence Litwack

Revised slightly from the original, published in the OQ, Vol 3, No. 2, Spring 1966. Reprinted UOAA UPDATE 9/2012

“For now his feathers were afire, and the top of the palm tree burst into flame. Now there was nothing left of the bird but a still glow atop the charred tree. The flow took form and the color moved;



sparks renewed, assumed the shape of feathers and the gentle desert breeze blended the sparks together into the new Phoenix, tall, iridescent, magnificent. For now, his rebirth was complete. And as he rose from the flames, his song also rose like a silver clarion call proclaiming his rebirth to the world.”

The legend of the Phoenix was told and retold through the ages, appearing in

the literature of Greece and Rome, Arabia and China. It came to the United States to appear on the first Great Seal of the United States, the seal of the city of San Francisco and the State of Hawaii. In each case, the details vary, but the basic concept of rebirth from the fire remains constant.

Today, the name of the Phoenix appears through the universe from the Phoenix constellation in the southern hemisphere to the Phoenix Islands in the Pacific, from Phoenix, NJ to Phoenix, AZ. Always the symbols describe the bird rising from the flames.

First adopted by the Ileostomy Association of Arizona as its symbol, the Phoenix became the symbol of the United Ostomy Association in 1966. Selected by the board of directors, the Phoenix represents a fiery symbol of the spirit and feeling underlying the growth of the Association. For the ostomate, what more appropriate choice could have been made?

From the ashes of despair and disease, from the fear of disability and death, from the ebb tide of physical and emotional being to the full flood



of life—of hope—of health. Reborn to a life of fulfillment—of dedication—of giving to others. Although not ourselves immortal as was the legendary bird, we gain perhaps true immortality by giving of ourselves to others, so that we live on forever in the hearts and minds of others.

As the symbol of the constant renewal of spiritual values, of the flames of love and compassion of the seasonal spring of life may the Phoenix serve as a glowing, vibrant sign for each of us.

(Larry Litwack was elected the first president of the UOA and served from 1962 until 1964. He was later elected director, and honorary director. In 1967 he received the Sam Dubin Award.)

Flu and An Ostomy *(continued from page 1)*

warm liquid will produce a wash off, proliferating the virus from the throat to the stomach. Because of the high acidic content of the stomach the virus will not be able to survive.

What to do as an Ostomate with the Flu

Ileostomates

Diarrhea presents a big problem. In addition to causing excessive discharge a person with an ileostomy can risk an electrolyte imbalance. If vomiting and dehydration becomes an issue the ileostomate must go to the ER earlier than later. It cannot be stressed how important it is to go to the ER as an ileostomate cannot hydrate oneself fast enough.

Urostomates

Follow the same special care and make sure to protect the kidneys. Prompt attention of distress from the Flu will make a difference.

Colostomates:

Always protect the abdominal muscles if coughing or sneezing as a parastomal hernia can develop and a support belt can make a difference.

Get your Flu shot—it is worth it.

Helpful Hints

- If you notice a persistent odor after changing your appliance, check to make sure it is securely applied and check if you have cleaned the tailpiece. It isn't necessary to clean the inside of the pouch (as it is acting like the inside of your colon), but the tailpiece flap is exposed to the outside and will cause odor if fecal material is not removed with a swipe of a tissue.
- Gas at night can be largely controlled by not eating after 6:00 p.m. This gives the bowel time to 'quiet down'. Absolutely starved? Try a few crackers with water before bedtime.
- Try spraying the bathroom before emptying your pouch. It will be more effective.
- Of all the things you wear, your expression is the most important!
- Eat parsley. It is one of nature's best deodorants.
- Carry an extra tail closure or rubber band in case yours 'goes down the drain'. It could avoid a critical situation.
- Consider trying out a clip-less enclosure, Velcro could become your next BFF.
- Above all, use common sense. God gave it to you as a tool, not an ornament.
- Every day I beat my own previous record for the number of consecutive days I've stayed alive!



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

WOC Nurse 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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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.



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11/11 SG HLFAD

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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: **No December Meeting. Please join us at the Holiday Party on December 11.**

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: **December 3, 2012**
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 281-537-0681
sa1tmr@sbcglobal.net
Meeting: **No December Meeting. Please join us at the Holiday Party on December 11.**

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: **No December Meeting. Please join us at the Holiday Party on December 11.**

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

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.

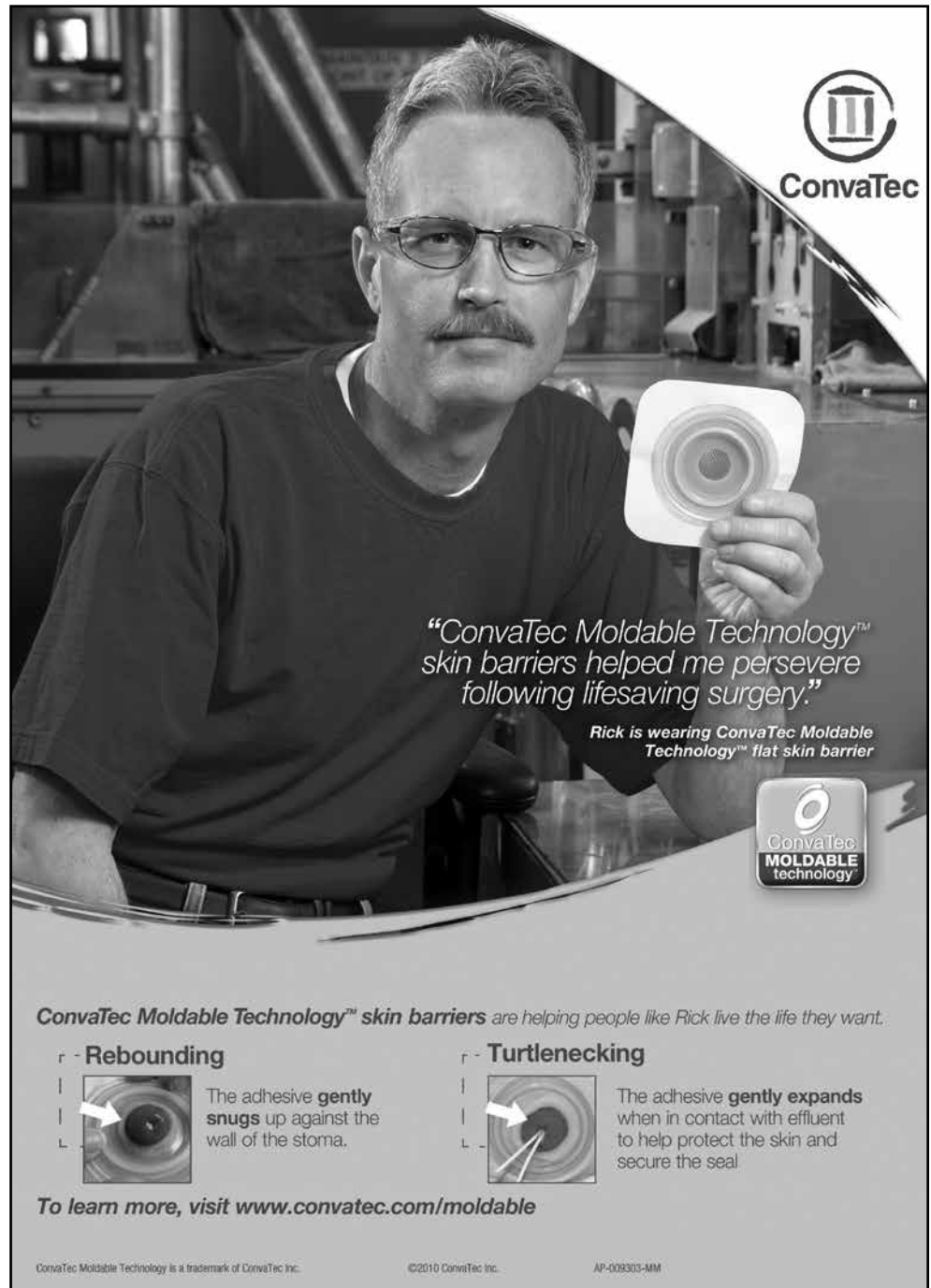
Donation of Supplies

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

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



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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

☐ 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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Monthly Support/Information
Meetings, Social Events,
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