



Ostomy Association of the Houston Area

AFFILIATED SUPPORT GROUP

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.

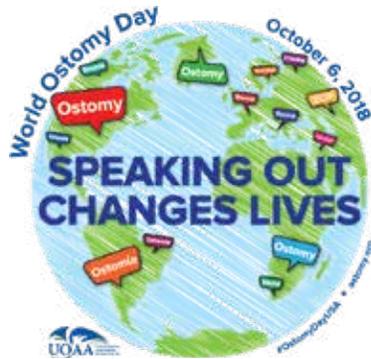
P.O. Box 25164
Houston, TX 77265-5164
www.ostomyhouston.org

"We help ourselves by helping others to help themselves."

World Ostomy Day

October 6, 2018 is a special day for all ostomates. It only happens once every three years—it's World Ostomy Day! All of us here at Ostomy Association of the Houston Area (OAHA) work to help ostomates change their lives. Ostomy surgery saves lives. We plan to encourage all of our members to reflect on how their surgery has saved their life and for just one day, share that news with others as appropriate.

There are all kinds of diseases, disabilities and illnesses—but few carry a daily reminder of just how much this surgery made their every moment afterwards possible. Ostomates find adjusting to their new lifestyles difficult in the beginning but soon learn how to move forward and often are motivated to give back. Increasing knowledge about the disease that resulted in their surgery is one way. Another is to share the news of how their surgery made their second chances possible. Removing the stigma associated with ostomy surgery can have a direct result on someone else's life decision making process.



This year's theme is "Speaking Out Changes Lives." The aim of World Ostomy Day is to improve the rehabilitation of ostomates worldwide by bringing to the attention of the general public and the global community the needs and aspirations of ostomates.

United Ostomy Associations of America (UOAA) estimates that 725,000 to 1 million people of all ages are living with an ostomy or continent diversion in the United States. An ostomy is a type of surgery that creates an opening (stoma) in the abdomen that allows for the removal of bodily waste into a pouch outside the body. This life-saving surgery may occur due to birth defects, cancer, Crohn's disease, ulcerative colitis, trauma (such as a military service injury or accident), and other medical conditions.

Think about participating this year with us. Start a conversation, post on our Facebook page or contact us for more ideas through our local groups or website feedback page.

OAHA Gathers "Get Your Guts in Gear" Team

This year the Ostomy Association of the Houston Area (OAHA) will be forming a team for the first time in the "Get Your Guts in Gear" 5K Family Run/Walk event. This fundraising event supports the Colon Cancer Coalition. Their specific mission is to increase awareness of colon cancer and promote early screening.

If you are reading this story, most likely you are a colon cancer survivor because the majority of ostomates are due to colon cancer. Ostomates with Inflammatory Bowel Disease (IBD) comprise the second leading group benefitting from life saving ostomy surgery. Colon cancer (also called colorectal cancer) is one of the most common forms of cancer. Colorectal cancer is the

(Continued on page 2)

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 WOC Nurses, please note:

Upon request from a doctor, nurse, or social worker, a specially trained visitor will be asked to contact an ostomy patient by phone or visit them in person before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. The visitor does not give medical advice, and there is no charge for this service. Please contact our Visitation Coordinator, Marian Newman at 713-392-5768, or newmarian@gmail.com.

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Central Group News

We had a great meeting in August. We welcomed Allison Rosen, who is the Lead Project Coordinator for the Dan Duncan Comprehensive Cancer Center. Allison told us her story of being diagnosed with Crohn's disease as a young girl, her diagnosis with colon cancer and her subsequent surgeries, including as the result of a failed J pouch. Amazingly, she has come through all of this with a great attitude and a desire to help other with ostomies. Allison came to our attention when she asked us to participate in a 5k walk/run she is planning for November. Look for more information on this as we get closer to the date. Also, as a reminder, Allison wrote a great article in the *Washington Post* about her experience as a young woman with an ileostomy. Here's a link to the article: <https://tinyurl.com/y7ayf2lr>.

Our next meeting is September 17th. Our presenter will be Brian Hakel, the President and CEO of StomaGear, Inc. Please join us to hear all about how to protect your stoma with Brian's products.

I look forward to seeing you.

Lorette Bauarschi, President, OAHA, 713-582-0718

OAHA Gathers "Get Your Guts in Gear" Team

(Continued from page 1)

second leading cause of cancer deaths in the United States because no one likes to talk about it.

We ostomates certainly understand stigma and how no one likes to talk about ostomies either. Colon cancer though is highly treatable. When found in its earliest stages, the five-year survival rate is 90%. 1 in 10 of those diagnosed with colon cancer are under the age of 50. Education and regular screenings go a long way in preventing a large number of colorectal cancers from happening. Colon cancer starts with polyps, small growths that in time can turn cancerous. Testing helps your doctor find (and remove) these growths.

At first we were just invited to host an information table to help us battle the ostomy stigma we continue to fight but then we were invited to create a team as well. OAHA has supported the IBD community for a decade in their Take Steps fundraiser. Now, please consider joining us in our own team to fight Colon Cancer. Save the date, Saturday, November 17, 2018, and watch for more details. Laurie Pitzer from the Northwest Group will be our Team Lead. She can be reached at 713-301-6351 for any questions.



Baytown Group News

August was a remarkable month to attend Ostomy Support Group in Baytown. Our new ConvaTec Territory Manager, Tracy Baranzky and Scott Moore, Regional Sales Manager for the Southwest United States, provided an outstanding presentation to the group.

Tracy and Scott introduced the Me+ Program which not only offers ostomy supplies if needed but is able to include WOC nurses on calls. When you enroll in the program, you are assigned a personal concierge and you talk to that same person each time!

Tracy passed around the new Esteem flex convex product which is a cut to fit one piece. This can provide flexibility for patients who need convex but do not have round shaped stomas. The group enjoyed an interactive discussion on various options for wafers and pouches with Tracy and Scott detailing features that ConvaTec provides.

Tracy and Scott also spoke of their partnership with other companies that benefit ostomates—such as Eakin® & Ostomy Secrets®. TG Eakin Limited is a medical device manufacturer, dedicated to the production of high-quality skin protection products for use in stoma and wound care. This company based in Ireland has a proud family tradition that dates back 40 years. Ostomy Secrets® is another great company dedicated to helping ostomates find a great fit. The result is functional and stylish. There are briefs, wraps and swimwear for men, women and kids.

Baytown Ostomy Support Group continues to meet the 2nd Monday of each month at 6 p.m. in the Community Room at the Cancer Center. Make plans to join us September 10th— Jay Walls with Ostomy Accessories is scheduled. Jay is an ostomate, lives locally in Katy and is the creator of custom ostomy belts. You can follow him on YouTube and Facebook!

Hope to see you soon!

Cindy Barefield, RN, CWOCA
281-428-3033

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.



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

Northwest Group News

We enjoyed hosting Allison D. Rosen, Lead Project Coordinator with the Dan L. Duncan Comprehensive Cancer Center. She shared her personal story of battling both Colon Cancer and Crohn's Disease. She led us through her inspirational journey while encouraging others.

We ran a small portion of her story live on Facebook and touched another 310 people in addition to the dozen who attended.

The Ostomy Association of the Houston Area will be forming a team in the upcoming Get Your Guts In Gear Family 5K fundraiser benefitting the Colon Cancer Coalition this coming November. Look for more information on this important upcoming event.

Our next meeting is September 19, 2018, at 7:00 pm. We will once again host Dr. 'Chip' Winkel III, a board certified Urologist. Many will remember hearing him speak several years ago and

know this is a lively, entertaining, down to earth, conversation with this second-generation urologist and surgeon. His charismatic talk is not limited to just urology issues and he shares candid, easy to understand answers to just about any questions. Dr. Winkel himself is a two time cancer survivor and was riding a Harley the last time we saw him.

Save the Date—October 17, 2018 is the Northwest Group's Annual Picnic Potluck gathering. All are welcome as we utilize this opportunity to kick off the holidays with a fun filled fellowship gathering with party games, door prizes and wonderful food! Contact Patti Suler at her contact information on the back of this newsletter to add your support.

Billy Locke
337-515-6354

From Imperfection to Perfection

By Ellyn Mantell, UOAA Newsletter, August 2018

My parents came in two different sizes...my father was extra large and my mother was narrow and slim. While it is not unusual for a daughter to model after her mother, I would say that my modeling was extreme. My mother not only was very weight conscious, she was very rigid and restricting of food and drink, and bingeing was a big part of her life, and as I found out later, unnamed bulimia. Her daily guidelines for foods to be consumed had a critique that usually ended with "remember, Ellyn," she would repeat, "a moment to the lips, a lifetime to the hips!"

Blueberries, watermelon, and oranges were on her DO NOT EAT list since they had too much sugar. Meat, potatoes, breads were all annotated with what could just as easily have been a skull and cross bone. So as long as I followed her dictum, I would be narrow and slim like her, or so I thought. The problem was, however, that although I inherited her very narrow and slim upper body, I inherited my father's larger and rounder lower body. Regardless of how much I tried, I was never to be lithe in my legs and hips. College not only brought the "freshman 15," it brought anorexia and eventually, bulimia. So I lived with an eating disorder that lasted for years, and the reality of body dysmorphia that plagued me for decades. And now, as an ostomate, I am finally grateful and humbled by my beautiful body...because it is an incredibly resilient organism and I am so proud to own it!

For over two decades my strong little body fought through surgeries, hospitalizations, PICC lines, infections, abscesses and lack of bowel motility. And yet, regardless of my physical state, I would expect it to be thin and attractive, fitting into whatever garment I wanted to wear. I never questioned its strength, its ability to weather weeks in the hospitals or the most grueling of tests and procedures. It was never an issue of can I travel alone to Rochester, Minnesota to the Mayo

Clinic by myself and stay for two weeks to have bowel retraining. I just wanted to be certain I could exercise, eat "normally" and not put on weight. Regardless of how many scars I had down and across my abdomen from 23 abdominal surgeries, the goal was to fit into my clothes and like what I saw on the scale. Enduring an enteroclysis study (a wire inserted down the nose to be able to see into the small intestine) I steadily focused on what I would allow myself to eat once I was finished. In retrospect, my expectation of my infirmed body to be perfect was abominable, and I would never, ever support anyone I love putting that expectation on their body.

And then four years ago, I had my ileostomy, and suddenly, my now very obedient body gave way to an imperfection I was forced to acknowledge. The first time I saw my reflection in the mirror after the surgery, I was horrified. My high-output bag, which is transparent, was reaching down my short frame to my right mid-thigh. But after the shock of my appliance and pouch, I began to relax and look at the possibility that I could have a new life, free of hospitals, surgeries and worry. I began to see the beauty in my stoma, and named it, as many do. Her name is Lily because my mother, Lillian, gave me my first life, and Lily has given me my second.

No longer striving toward an unrealistic goal, I am no so proud of the ability I have to live and love my life. My little body is strong enough to advocate for others; it is strong enough to lead my support group; it is strong enough to visit those suffering in the hospital, and it is strong enough to start a grassroots movement to open our ostomy center, one of the few in New Jersey! On a personal note, I am strong enough to enjoy my beautiful family, my wonderful circle of friends and celebrate each and every day. And I have learned that perfection may never really have been a possibility for me or others, but imperfection makes me very, very happy!



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Fax (713) 461-5806

WOC Nurse Directory

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

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

Pat Thompson RN, BSN, CWON (281) 397-2799
Patricia.Thompson6@hcahealthcare.com

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Each *Phoenix Ostomy Magazine* answers the many questions about returning to a full and active life after surgery. Topics include diet, exercise, intimacy, skin care, odor control, new products and so much more. Medical doctors and nurses offer concrete advice and solutions while personal stories show that almost anything is possible with an ostomy.



America's Leading Source for Ostomy Information, Education and Inspiration!

Each subscription directly supports the nonprofit United Ostomy Associations of America, www.ostomy.org, who provide information, support and advocacy to ostomates and their caregivers throughout the country.



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"The Phoenix magazine is the most important tool that ostomates can get a hold of."
M. Bauer, Nebraska

*Based on \$9.95 cover price. One-year Canadian subscription: \$35 Two-years: \$60. U.S. funds only. Published March, June, Sept. and December.



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Central Group

Monthly: Third Monday of the month
Date: **September 17, 2018**
Time: 7:00 p.m.
Place: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193
Contact: Denise Parsons 713-824-8841
 rockynme2@gmail.com
Program: **Guest Speaker: Brian Hakel**, President and CEO of StomaGear, Inc.

Baytown Group

Monthly: Second Monday of the month
Date: **September 10, 2018**
Time: 6:00 p.m.
Place: Cancer Center Community Room
 4021 Garth Road, Baytown
Contact: Cindy Barefield 281-428-3033
Program: **Guest Speaker: Jay Walls** with Ostomy Accessories

Northwest Group

Monthly: Third Wednesday of the month
Date: **September 19, 2018**
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: Billy Locke 337-515-6354
Program: **Guest Speaker: 'Chip' Winkel III, MD**, Board-Certified Urologist

J-Pouch Group

Monthly: Third Monday of the Month
Date: **September 17, 2018**
Time: 7:00 p.m. or by Appointment
Place: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193
Contact: Ron Cerrera 832-439-1311
 Ron Meisinger 281-491-8220

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

Opportunities and Announcements

Use Those Shopping Cards

Kroger (LB326) and Randalls (3698) 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/>

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.

AmazonSmile

On your first visit to AmazonSmile (smile.amazon.com), you are prompted to select a charitable organization from the list of organizations. You can change your selection at any time. To change your charitable organization: Sign in to smile.amazon.com on your desktop or mobile phone browser. From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. Or, from your mobile browser, select Change your Charity from the options at the bottom of the page. Select Ostomy Association of the Houston Area as your charity.

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? Changing Your Email Address?

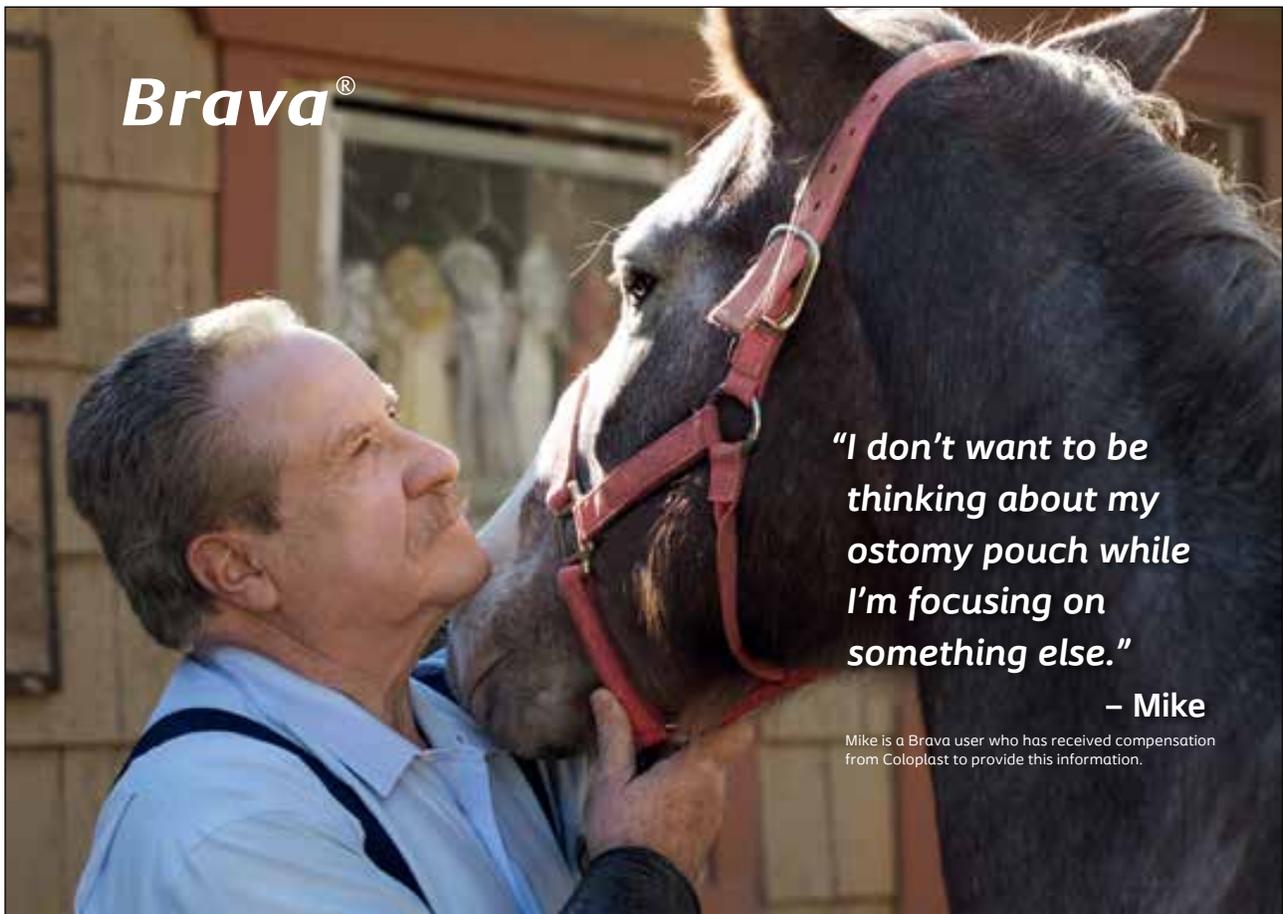
Please make sure we have your current contact information so we can reach you by email, US Mail, or phone. Send updates to Lorette Bauarschi at lorette@bauarschilaw.com.

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

Ostomy Association of the Houston Area
 Attn: Tony Romeo, 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.)

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– Mike

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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: **(required)** _____

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:
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<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
 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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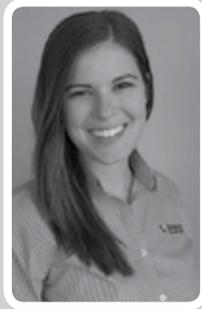
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