



Oostomy Association of the Houston Area

January 2006

PO Box 25164
Houston, TX 77265-5164
www.uoahouston.org

"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."

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: Ed Wood 281-493-5015
(ewood6@houston.rr.com)

Meeting: January 16th, Monday evening

Program: Round Table Discussion

Join us for a discussion about programs for the coming year and any ostomy issues you wish to discuss.

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 (sa1tmr@sbcglobal.net)

Meeting: January 17th, Tuesday evening

Program: Round Table Discussion

Join us for a discussion about programs for the coming year and any ostomy issues you wish to discuss.

Happy New Year!

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: January 16th, Monday evening

Program: Round Table Discussion

Join us for a discussion about ulcerative colitis and the J-Pouch connection.

Baytown Group

Monthly: Fourth Monday
Time: 7:00 p.m.
Place: Cancer Center Community Room
4021 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671

Meeting: January 23rd, Monday evening

Program: Sterling Representative & Round Table Discussion

Jenny Janssen-Smith with Sterling will join us to talk about products and services.

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.

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

Thirty-two members and guests from the Central and Northwest groups enjoyed our December 6th Holiday Dinner at the beautifully decorated Pine Forest Country Club. It was great to see some first-time attendees and we hope to see them at some of our meetings this year. We are always appreciative of Tom and Dorothy Andrews who are our hosts at the event. We appreciate Barbara Bouse, Judy Swinger, and Clarice Kennedy who helped to arrange the door prizes and gifts this year. (The date for our Holiday Dinner in 2006 is Tuesday, December 5th.)

You may remember Mr. Alf Melling, a fellow ostomate, who visited us from Norway last December. Last month he sent me an article, which was published in the national ostomy magazine of Norway, about his visit to Houston. It contained a copy of the article and picture that appeared in the Spring 2005 issue of the *OQ*. He hopes to come back to Houston in the next year or so for another visit and will meet with us again.

Clarice Kennedy has been answering questions, four this month, that have come into "Ask the ET" that appears on our web site www.uoahouston.org. The most recent questions were from people in Ohio, California and Mississippi. We have had two requests for supplies this past month and continue to receive donated supplies. Both supply cabinets are 80% full.

Be sure to reserve Sunday, March 26, 2006 from 2 p.m. – 4 p.m. for the 50th Anniversary Celebration of our ostomy organization in the Houston area. We will meet at the Czech Cultural Center, 4920 San Jacinto Street, Houston, Texas. The board of directors continues to meet to plan this celebration. More information will be forthcoming.

We wish Gen Stephens, Dorothy Andrews, and Jane Fieldcamp well as they recover from illness.

Lorette Bauarschi reports that the IRS has approved our status as a non-profit organization. Lorette also reports that the result of our fundraising letter is quite encouraging. A special thank you to those who worked so diligently to accomplish both of these time-consuming tasks.

We will have a roundtable and discuss programs for the coming year when we meet January 16 for our first meeting of 2006. Hope to see you then.

Ed Wood
President

- ▲ I wonder how much deeper the ocean would be without sponges?
- ▲ The sooner you fall behind, the more time you'll have to catch up.
- ▲ A clear conscience is usually the sign of a bad memory.
- ▲ The early bird may get the worm, but the second mouse gets the cheese.
- ▲ Borrow money from a pessimist—they don't expect it back.

THE MONTH AFTER CHRISTMAS

'Twas the month after Christmas, and all through the house
Nothing would fit me, not even a blouse.
The cookies I'd nibbled, the eggnog I'd taste
At the holiday parties had gone to my waist —
When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber),
I'd remember the marvelous meat I'd prepared;
The gravies and sauces and beef nicely rared,
The wine and the rum balls, the bread and the cheese
And the way I'd never said, "no thank you, please."
As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt —
I said to myself, as I only can,
"You can't spend all winter disguised as a man!"
Get rid of the fruit cake, every cracker and chip;
Every bit of food that I like must be banished
"Til all the additional ounces have vanished.
I won't have hot biscuits, or corn bread, or pie.
I'll munch on a carrot and quietly cry.
I'm hungry, I'm lonesome, and life is a bore —
But isn't that what January is for?
Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet. ♦

HELPFUL HINTS

- Don't allow yourself to get overtired. It can lead to bowel upsets, especially when traveling.
- Asparagus generates a very strong odor in urine.
- Use a round clothespin to roll up your tube of paste.
- Spilled karaya powder can be removed from floor with ammonia and water.
- Help control gas by not eating after 6 PM.
- Never wait until you have used your last appliance before ordering more.
- Itching around the wafer could be caused by the body drying out. Drink more fluids!
- One container of yogurt daily has helped many control and reduce gas to a minimum.
- Foods to help eliminate odor in a fecal ostomy include parsley, spinach, orange juice, and yogurt. ♦

*"Though we travel the world
over to find the beautiful, we
must carry it with us or we find
it not."*

- Ralph Waldo Emerson

OPPORTUNITIES & 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: Chuck Bouse, 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
9643 Winsome Lane
Houston, TX 77063-3725

(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 supplies of all kinds. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Chuck Bayens at 281-497-7749 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. Call Clarice at 713-647-8029 for an appointment.

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
Chuck Bouse, Treasurer
P.O. Box 25164
Houston, TX 77265-5164

Use Those Shopping Cards: Krogers 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.

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 Chuck Bouse, Treasurer, at 281-495-1840 (dewitt@houston.rr.com) 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.

PREVENTING SKIN IRRITATION

via Evansville, IN Newsletter

You do not have to put up with irritated skin. A properly fitting pouching system changed as needed will prevent skin irritation in most instances. Irritation right around the stoma can be a sign of poor adhesion which permits leakage of body waste. Your skin barrier should be changed as soon as it starts to leak. The time you can wear it comfortably will vary depending on your activities. You may need to change it more frequently when you exercise strenuously or when the weather is hot and you are perspiring. Itching, redness, or rash may be caused by constantly pulling the adhesive away from the skin. It may also indicate that you are allergic to the adhesive. Report any such reaction to the doctor, nurse, or ET nurse immediately. There are several types of skin barriers available. You should be able to use at least one of these with no problem. ♦

ILEOSTOMATES

Can an ileostomy be controlled with strict diet or irrigation? The answer is a definite "NO" to both questions. Occasionally, a doctor may irrigate an ileostomy with a lavage set for food obstruction. This procedure should be done only by your doctor to prevent perforation of the small bowel and further surgery. An ileostomy cannot be controlled by any diet. It is vitally important that everyone with an ostomy eat at least three nutritionally balanced meals a day. If your doctor has given you a special diet, remember that when your stomach is void of food, it will fill up with gas. Excess gases result in a noisy ileostomy. It may also increase the activity of the small bowel, causing the ileostomy to discharge very liquid feces. Diet is an individual matter. Some people can eat all varieties of food, including foods with skins, without affecting the consistency of the stool or the activity of the bowel. Others find that any violation of a low residue diet leads to frequent and watery movements. Each person must discover his own dietary pattern through trial and error. ♦



I want to see only 75% of you at your next physical.

Christmas Dinner at Pine Forest Country Club



BAYTOWN SUPPORT GROUP

Ten members of the Baytown Ostomy Support Group met on December 13th. Laura Weldon's fitness presentation was enjoyed by all...even the exercises. Thank you, Laura, for sharing your tips and insights with us.

Although our group may be small in numbers, we are big in enthusiasm. Finding a way to reach out to others in like situations and to reach the community with information about ostomies and colon/rectal cancer is a focus for us.

We will meet January 23rd at our regular time. Jenny Janssen-Smith with Sterling Medical will be our guest speaker. She will share information about Sterling and answer any questions. We will also have a round table discussion. Won't you join us?

For more information, contact:

Cindy Barefield, RN, WOCN
281-420-8671

STAY AWAY FROM THE FLU: WHAT YOU CAN DO

Don't badger your doctor into prescribing an antibiotic until a culture or other tests show you need one. Antibiotics are powerless against flu and other viruses and may cause side effects. If you don't wear gloves, don't shake hands. Give friends a pat on the back rather than a handshake, embrace, or kiss. Use alcohol-based hand sanitizers such as Purell or Kimcare. Be aware that door-knobs, telephones, and computer keyboards may harbor dangerous germs. Polish and sanitize your home and work areas as much as possible to protect your family. NOTE: The Oriental people have a better way of greeting. Instead of shaking hands, take two steps back and bow. The "no-hands" custom helps avoid the flu. ♦

So You Think You Know Everything?

Almonds are a member of the peach family • Our eyes are always the same size, but our nose and ears never stop growing • There are more chickens than people in the world • Peanuts are an ingredient in dynamite • Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age • Your stomach has to produce a new layer of mucus every two weeks; otherwise it will digest itself • "Dreamt" is the only English word that ends in the letters "mt" • A "jiffy" is an actual unit of time for 1/100th of a second. Now you know everything!! ♦

NORTHWEST GROUP HAPPENINGS

Happy New Year!! After a break in December, we are ready to "gear up" for 2006. Our first meeting of the new year will be a round table discussion on Tuesday, January 17th.

Several members attended and enjoyed the December 6th Holiday Dinner at Pine Forest Country Club. Thanks to all who make this event possible.

See you on the 17th.

Tony Romeo
281-537-0681

SELECTING OSTOMY EQUIPMENT

When might a one-piece work better than a two-piece unit?

- When the patient has poor eyesight or shaky hands.
- When the patient is a youngster who is just learning self-care.
- When the new patient is depressed or uninterested and clearly will not be bothered with assembling anything.
- When the stoma is flush with the skin and a particular one-piece appliance offers the proper convexity in the wafer for obtaining the best seal.

When might a two-piece be better?

- When the patient wants to put the wafer over the stoma first to make sure that the stoma is correctly centered.
- When it is necessary to provide a very small wafer to avoid contours such as scarring, depressions, or high spots on or near the surrounding area. There are manufacturers who make pouches to meet those needs as well.
- For situations where a particular two-piece offers less silhouette or bulge under clothing.
- When the doctor or patient wants the pouch to be changed daily for cleaning. With a two-piece, this can be accomplished with ease while the wafer remains securely in place on the body. ♦

"It's amazing what can happen if you just put your arm around somebody. It's the truest and simplest thing that does the most good a lot of times."

- Julia Roberts

Mark your calendar now!!

50th Anniversary Celebration
Ostomy Association of the Houston Area
Sunday - March 26, 2006
2 p.m. - 4 p.m.

Czech Cultural Center
4920 San Jacinto Street
Houston, Texas

NEWSLETTER ADVERTISING:

Please contact the newsletter editor for sponsorship and advertising opportunities.

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

General Data: Name: _____ Date: _____
Street Address: _____ Phone: _____
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 |

____ 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.

**MEMBERSHIP BENEFITS INCLUDE: MONTHLY SUPPORT / INFORMATION MEETINGS,
SOCIAL EVENTS, MONTHLY NEWSLETTER**