



Houston Chapter United Ostomy Association

February 2005

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

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

"UOA is 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.

Baytown Group

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

Meeting: February 14th, Monday evening

Program: Coloplast Representative

Diane Saufley, RN, with Coloplast will present our program. Join us to learn about new products & services.

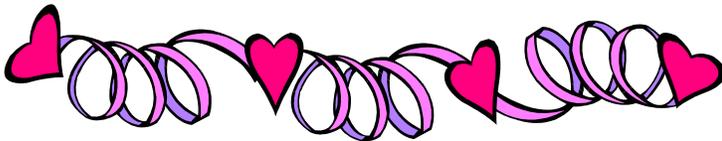
Central Group

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: February 21st, Monday evening

Program: Coloplast Representative

Diane Saufley, RN, with Coloplast will present our program. Join us to learn about new products & services.



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: February 21st, Monday evening

Program: Round Table Discussion

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

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 (saltmr@sbcglobal.net)

Meeting: February 22nd, Tuesday evening

Program: Coloplast Representative

Diane Saufley, RN, with Coloplast will present our program. Join us to learn about new products & 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. Membership fees and donations are tax deductible.

Chapter News

We had 25 members at our first meeting of 2005 on January 17th. Welcome to first time attendees Jane Fieldcamp and Mary Beth Melvyn.

During our business meeting, it was decided by voice vote that the Central Group will begin meeting 30 minutes earlier each month—at 7:00 PM. This starting time will continue through June when we'll re-evaluate and decide if we want to continue to meet at the earlier time for the rest of the year.

Suggested topics and speakers for the remainder of 2005 include a pharmacist, exercises, WOCN from MD Anderson, colorectal doctor and supply company representatives. Other ideas can be referred to Floyd Swinger who is in charge of our programs.

After our business meeting, we broke into Ileostomy and Colostomy discussion groups. The smaller groups added to the sharing and allowed for more questions from participants. We hope that everyone who came for help and information felt that they received it.

2005 is off to a busy start:

- ♥ Ron Meisinger and Juan Guerra have volunteered to be contacts for telephone and email, respectively, for J-Pouch inquiries from the San Antonio Chapter.
- ♥ Clarice Kennedy has answered numerous requests from her "Ask Clarice" link on our chapter's website. The most recent one was from someone in the state of New York.
- ♥ Over 100 Houston Chapter brochures have been sent to various WOCN's in hospitals in the Houston area. Our supply of updated brochures has been exhausted. A "sticker party" will be held in February to update more brochures so we will be ready for the next requests.
- ♥ We have received 2 donations of supplies to be sorted, distributed, and/or placed in our cabinet at the American Cancer Society building.
- ♥ Chuck Bouse has sent out notices for local dues to members who are to renew in the first six months of the year.
- ♥ Planning has been completed for the Visitors Training which will be held Saturday, February 12th. See Page 4 for details.
- ♥ The Nominating Committee, John Flowers and Floyd Swinger, is making contacts and plans to give us nominees who will be announced in the March newsletter.
- ♥ For \$1, we now have available through librarian, Barbara Bouse, a laminated card which has suggested instructions to follow should a blockage occur with your ostomy.

- ♥ Chuck reports that we will be receiving a check from Kroger's for \$140+. This is 1% of purchases made by people using our chapter charity card for the fourth quarter of 2004. We hope to have a similar report from Randall's. Thanks to the stores for making these programs available **and** to the people who are using the cards for their purchases. Information about the two programs is being included in the letter with the dues notice. If you have any questions about these programs, call Ed Wood at 281-493-5015.

In December, 2004, the National UOA office began sending **national** dues notices directly to each member's address for annual dues of \$17.50. This will be the amount to pay the National UOA **if** you pay local dues. (If you do not pay local dues, then the National UOA will bill you as an associate member at an annual rate of \$25.) If your membership is due to renew between January and June, you will also receive a **local** dues notice for \$10.50. Those who are due to renew in the second half of the year will receive a **local** dues notice in June or July. We anticipate questions as we change over to this new billing procedure. If you have questions about a bill for UOA dues please call Ed Wood at 281-493-5015 or Chuck Bouse at 281-495-1840.

Since our newsletter is sent by bulk mail, the Post Office does not forward it to the new address of someone who moves. This applies even if you fill out a forwarding request. To continue receiving the newsletter you need to contact Chuck Bouse, Treasurer, or Judy Swinger, Newsletter Editor. See details on Page 8.

The 49th Anniversary of the Houston Chapter will be celebrated with a potluck dinner at the American Cancer Society Building on Monday evening March 21st. More information about food items will be in the March newsletter. You might want to bring ideas how we can celebrate our 50th Anniversary in 2006.

Hope to see you in February when Diana Saufley from Coloplast Products will present our program.

Ed Wood
President



"Middle age is when your age starts to show around your middle."

- Bob Hope

ANNIVERSARY GIFT

After seeing the following suggestion in the Tyler Chapter newsletter, it was decided to offer the same to members of the Houston Chapter.

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Houston Chapter UOA. A gift of \$1.00 for each year you have had your ostomy is a guideline; however, each person determines the amount, if any, he/she wishes to give. If you desire to make such a gift, make your check payable to Houston Chapter, UOA and please send it to:

Houston Chapter, UOA
Attn: Chuck Bouse, Treasurer
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.

MEMORIAL FUND

The Houston Chapter of UOA has established a Memorial Fund. Donations can be made to the fund to memorialize or honor individuals. All donations should be made payable to the Houston Chapter, UOA and sent to:

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.

NEWS ITEMS

Source AARP Bulletin

Cell Phones...411 on the Run

The Cellular Telecommunications and Internet Association is compiling a directory of wireless phone numbers. It claims that only people who choose to be listed will be included. But to be sure to minimize unwanted calls, add your cell phone digits to the Federal Trade Commission's National Do Not Call Registry online at www.donotcall.gov or call 888-382-1222.

DRUG PRICES....Rx Ratings

Consumers Union has launched Consumer Reports Best Buy Drugs, a free website that compares the effectiveness and prices of prescription drugs. Go to www.crbestbuydrugs.org.

ATTENTION... Ostomates and Medical Personnel

Clarice E. Kennedy, Certified Enterstomal Therapist and Immediate Past President of the Houston Chapter, UOA, is available for consultations by appointment only at Spring Branch Medical Supply at 8700 Long Point Road, Houston, Texas. Clarice is an ostomate herself and has 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. The Houston area is fortunate to have such a dedicated individual available for personal consultations. Appointments can be made by calling Clarice at 713-647-8029.

Donation of Supplies

If you have ostomy supplies that you no longer use, please consider donating them. The Houston Chapter of UOA is contacted on a regular basis by individuals who are in need of donated supplies of all kinds. This is one way that you can assist your fellow ostomates in the Houston area. Please contact Ed Wood at 281-493-5015 with any questions.



"We're going to take a link out of your food chain."

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.

WHICH POUCHING SYSTEM IS RIGHT FOR YOU?

By Gwen Turnbull, BS (a pioneer ostomy nurse) via Fort Worth *New Directions*

With so many ostomy products available, it's hard to know which one is right for you. Regardless of the brand of product or type of surgery you have, there are a few basic features an ostomy pouching system must have to give you a sense of security and confidence.

First, it must contain urine or stool, gas and odor without leaking.

Second, it must help protect the skin around the stoma from the damaging effects of stool or urine.

Third, the system should remain in place for a sustained and predictable wear time.

Wear Time—This means you should be fairly certain your pouching system will remain intact without leakage for a definite period of time. That time period varies among individuals and ranges from 24 hours to 7-10 days. Wear time has a lot to do with the amount and character of your output, the climate in which you live, your daily activities, and the type of skin barrier you use.

Output—High-volume liquid output will melt standard, pectin-based barriers faster than the more modern synthetic extended-wear barriers. Using a skin barrier paste as “caulking” around the stoma or a “bead” on the back of the skin barrier, can help increase wear time and skin protection.

Visibility/Intimacy/Cost—Once the above criteria have been met, look at other pouching system features that might impact the way you feel about yourself. For example, is the pouch visible under your clothing, and does that determine your feelings about yourself during periods of intimacy? Do ostomy supply costs, or worry about them, overwhelm you?

Your Adjustment—Researchers believe that such concerns can affect your adjustment to, and satisfaction with, your life after ostomy surgery. That's why it's important to look at the fine distinctions about ostomy pouching systems. Consider a system's wear time as it relates to its costs. Calculate your ostomy supply costs on a yearly total-cost basis rather than on a cost per change basis. You may find that an inexpensive pouch that must be changed daily costs more in the long run than the more expensive pouch you can wear for three days.

Conclusion—Investigate the size, shape, color, profile and ease of application and emptying of a variety of pouching systems. Which one will be right for you? The one YOU FEEL is right for you. ♥

Give a person a fish and you feed them for a day. Teach that person to use the Internet and they won't bother you for weeks.



Don't Forget...

Visitor Training is February 12th

On Saturday, February 12, the Houston Chapter will have their biannual Visitor Training at the American Cancer Society building at 6301 Richmond Ave. This will train new visitors and will renew for another two years those visitors who previously have been trained. We will use the new training video that was produced by the Fort Worth Chapter of UOA. Training will take place from 9 AM to 12 noon. For more information call Ed Wood 281-493-5015 or Dorothy Andrews 713-789-4049.

OVER ONE MILLION AMERICANS ARE OSTOMATES

Each year more than 100,000 people in the United States undergo ostomy surgery. Ostomy is not a disease. Rather, it is often a life-saving answer to birth-defects, paraplegia, trauma, inflammatory bowel disease, ulcerative colitis or cancer which involves removal or lack of functions of basic elements of the vital gastrointestinal or urinary tract. Ostomy is a means to structure an alternate system for waste removal of urine or feces. ♥

Ten (new) Commandments for Ostomates

1. Thou shalt allow thyself to be sad, or angry, or depressed on occasion. Who said you always have to have a good attitude.
2. Thou shalt not let the above emotions become a way of life.
3. Thou shalt seek help, education, and support if thine unhappy emotions overcome thee.
4. Thou shalt learn to care for thy ostomy. Letting others do it for you, if you are physically able, is a cop-out.
5. Thou shalt seek out thy ET nurse if thou art not satisfied with thine products.
6. Thou shalt not hide thyself away. Get out and do the things you used to do. You can.
7. Thou shalt not be ashamed.
8. Thou shalt cultivate a sense of humor about thine ostomy. There are worse things. Far worse.
9. Thou shalt set an example to the non-ostomy world. An example of triumph over adversity, courage over pity, and pride over embarrassment.
10. Thou shalt help other ostomates. Join your local UOA chapter, donate money, volunteer your time.

BAYTOWN SUPPORT GROUP

Many of us may be more capable than some of us.... but none of us are as capable as all of us!

The Baytown Support Group is off to a great start thanks to support from San Jacinto Methodist Hospital and the sales representatives from ConvaTec, Hollister and Coloplast. We hope that the coming year will see our group double in size! I especially want to thank Debbie Boone for her volunteer efforts. Debbie is the friendly voice on the phone each month reminding you about our meeting on Monday night. In addition, Debbie has a knack for scrapbooking and has started a wonderful book for us!

Hope to see you on the 2nd Monday of every month in Baytown. Ostomates, their families, and friends are invited to attend.

Cindy Barefield, RN

281-420-8671

Pager 713-404-0296

MEDICAL ASPECTS OF AN ILEOSTOMY

By Dr. R. B. Kelleck, Great Britain, via Evansville, Indiana UOA Chapter

The new ileostomate may find it difficult to believe that life without a colon can be completely healthy. To understand this, one needs to know what is the normal function of the colon or large bowel which has been removed. This organ is only found in land animals and its major function is to absorb water from food residue. The only other substance that is absorbed from the colon is salt. All the other things we get from our food and which we need for energy and health are absorbed from the small intestine which is unaffected by the usual operations for ulcerative colitis. People with an ileostomy get just as much food—whether carbohydrates, fats or proteins—as anyone else. The other function of the colon is to act as a reservoir for the waste products of the body until there is a convenient moment for disposing of them. This function is simply taken over by the pouch whether external or internal. ♥

March is Colon Cancer Awareness Month

- ♥ **Spread the word**
- ♥ **Get screened and get someone else screened**

Colon Cancer Screening...It's a good thing to get behind you.

NORTHWEST GROUP HAPPENINGS

We had a round-table discussion in January with 11 members present. Ed Wood, Houston Chapter President, joined us also. "Thanks, Ed, for taking the time to be with us."

Diane Saufley, RN and Coloplast representative, will join us for our February meeting. Come to hear about Coloplast's latest products and services.

We will soon announce the date for our program by Dr. E.C. Winkel, Urologist.

See you on February 22nd!

Gay Nell Faltysek

281-446-0444

OH OOH! OWW!!!

via Evansville, Indiana UOA Chapter

It is several months since you had your surgery and you have become adapted to your new plumbing. You have a beautiful stoma. Changing your pouch is almost routine. Your skin has now accepted the patch you apply and you can wear your pouch several days before changing. Boy, this is living again! No more pain! You can go out without worrying about bathroom locations and even your arthritis seems to bother you less. You accept an invitation to a party for the first time in two years and really rejoice in being out with your friends again. You drink with freedom and down a handful of nuts. You wander to the table set with raw vegetables and dip and join in. The dinner is delicious including the corn on the cob. This has been a truly great night—just like old times....

Two o'clock in the morning and you haven't been asleep yet. There has been a persistent pain around your stoma that won't let you sleep. And now it is increasing. You recall that you have not had much effluent in your pouch and what you had was almost plain water. By three it is much worse and by four you are considering calling your doctor, but you decide to tough it out. You remember reading about blockages and try to remember remedies that were mentioned. You drink some warm tea, pull your knees to your chest and rock back and forth. You eat some crackers, drink some liquid, and knead the area around the stoma. You drink some more, eat a piece of bread and get in the shower and let warm water roll down your back. About the time you are ready to pack it in for the emergency room, things seem to ease up a bit and then you notice that your pouch is no longer empty. When you finally empty your pouch, it's like pouring a bag of peanuts in the toilet. You have learned a great lesson. Sure you can eat nuts, popcorn, corn on the cob, or raw vegetables, but common sense will tell you in the future, not to eat them all at the same time. Eat them in moderation and CHEW, CHEW, CHEW!

Editor's Note: Contact Barbara Bouse, Houston Chapter Librarian, to obtain a laminated card which has suggested instructions to follow should you experience a blockage. ♥



Mark your calendar now!

American Cancer Society

2005 Relay for Life

A Team Event to Fight Cancer

Relay For Life is a community gathering where everyone can participate in the fight against cancer. Teams of people camp out at a local high school, park, or fairground and take turns walking or running around a path. Each team is asked to have a representative on the track at all times during the event – because cancer never sleeps.

Please join us as our honorary guest in the Survivors Lap. Relay For Life always begins with this wonderful Survivor Celebration. The Survivors are the first ones to make their way around the track to the sound of cheers from the teams and other participants. Caregivers are welcome to join the celebration and walk the second half of the lap with the survivors. When the sun goes down, the track is glowing with the light of hundreds of luminaria to remember those lost to cancer, those fighting cancer and those who have fought cancer and won.

With 14 different events in the Houston area during March and April, it's easy to participate as a survivor, a team member, or by purchasing a luminaria. For a list of locations, or to register for the Survivor Celebration near you, please call the American Cancer Society at 713-266-2877 or visit our website at www.cancer.org. ♥

HELPFUL HINTS

- ♥ Try strong brewed tea before purchasing a diuretic. Hot tea twice a day will wake up your sluggish kidneys.
- ♥ When ill with nausea and diarrhea, try eating pretzels. They are easy to digest and high in sodium.
- ♥ Rice Krispies can help slow the amount of stool; a great breakfast choice with a small amount of skim milk, or eaten dry.
- ♥ Control the amount of fat in your diet. Fats induce an increased flow of bile into the intestines and make body waste more liquid and harder to control, while also producing more gas.
- ♥ Cheap club soda is an extremely effective cleaner for feces and urine spots. It is also great for pet and baby cleanups.
- ♥ Yogurt is very helpful in controlling gas. The bacteria used in making yogurt help in digestion and in regulating bowel action. These bacteria are enemies of the E-coli bacteria and others.

HEARD YOU WERE AN OSTOMATE

By Louis J. Wray

I heard that you're an ostomate. Is it true what I heard about you?
 That you have no guts, your bladder is gone, and that you're all washed up and through?
 Yet, whenever I look at you, you're beaming with joy and grace.
 You never hint at the strife you've borne, disguised by the smile on your face.
 You seem to be a special breed, bent on helping others to live.
 Your suffering must have battered your life, yet you reach out and always forgive.
 I'd think that you might be angry at the way fate has picked on you.
 But, I'd never suspect it if you are, for your love always seems to shine through.
 I assume your second chance at life makes each day a pleasure.
 And, your thankfulness for health and friends makes itself a treasure.
 Now, I better appreciate the Phoenix (bird), the symbol of your dear UOA,
 "Reborn from the ashes of disease"What a message of hope this conveys.
 See, I know you are an ostomate—a pattern you have set for me.
 Like you, I'll try to help others cope with their new way of life, cheerfully.
 A second chance, reborn to serve, and as happy as can be.
 Ostomates inspire me and my friends with service offered so free.
 So, out in the open—your secret is known, your formula for success is in view.
 You're an asset to this weary old world—we're blessed for having ostomates like you!

YOUR BODY IS A BUSY MACHINE

For an adult of average weight, these accomplishments of the human body have been estimated over a 24-hour period:

Your heart beats about 103,690 times. Your blood travels 168 million miles. You breathe 23,240 times, You inhale 438 cubic feet of air. You eat at least 3.25 pounds of food. You drink 3 quarts of liquid. You activate 7 million brain cells. You speak 7,800 words. You use 750 muscles. You turn in your sleep 25-30 times a night.

Did you ever consider how perfectly your body is tuned and controlled—how your blood pressure is normally regulated at just the right level? How a normal body temperature of 98.6 degrees is maintained? Why you breath 12 times and the heart beats 72 times a minute? How the food you eat is digested chemically and the nutritive part transformed into body tissue, bone, muscle and fat, hair and nails, blood and skin, and properly distributed while wastes and poisons are eliminated with no ill effects? THINK ABOUT IT and keep your body healthy and fit. ♥



**2005 UOA National Conference
August 3 - 6 ■ Anaheim, CA**

Anaheim Marriott
\$99.00 plus tax single or double*

Come join fellow ostomates this summer in sunny California. The hotel has great meeting space in one area, indoor and outdoor pools, a health club, plus several restaurants within a short walk. In 1985 and 1992, UOA hosted successful conferences at this hotel and this year's conference promises to be even more successful with great programming, exciting conference events, sight seeing and meeting old and new friends.

United Ostomy Association, Inc.
www.uoa.org, info@uoa.org
or 800-826-0826 for more information.

**To reserve a room at the host hotel, please call 800-228-9290 and mention you are with the UOA to receive the conference rate. Everyone who reserves their room at the conference rate will be automatically entered into a drawing to win free conference registration for the 2006 UOA National Conference. Online reservations do not qualify.*

NEW SCREENING TESTS

Source AARP Bulletin

As of January 1, Medicare Part B will pay for three more screening tests that identify risks of potentially serious health conditions so they can be treated early or even prevented. You can get a cardiovascular test, for risk of heart disease and stroke, every five years. You can be tested for diabetes annually if you have normal blood sugar levels, twice a year if they're slightly elevated. (Ask your doctor about eligibility.) If your Part B coverage begins after January 1, Medicare will cover, one time only, a physical exam if done within six months of entering the program. For more information, call the Medicare hotline at (800) 633-4227. ♥

Moving??

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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 you need to contact Chuck Bouse, Treasurer, at 281-495-1840 (dewitt@houston.rr.com) or Judy Swinger, Newsletter Editor, 281-463-0069 (swingcon@ev1.net). You may also send your request to UOA, Houston Chapter, P.O. Box 25164, Houston, TX 77265-5164.

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ANTI ANTIHISTAMINE

Source: AARP *Bulletin*

At one time or another nearly everyone has taken diphenhydramine, an antihistamine that can have a sedating effect on the central nervous system. Millions of people take it for dust, pollen and other allergies; others for nausea, vomiting or vertigo; some for Parkinson's disease. And untold millions use it as a sleep aid.

Best known under the brand name Benadryl, it's also in myriad other over-the-counter medications, including Excedrin PM, Nytol, Sleep-Eze, Sominex, Tylenol PM and Unisom, to name just a handful.

For people age 60 and older, however, diphenhydramine is mostly bad news because its adverse effects are amplified in older people.

A study published in 2001 in the *Archives of Internal Medicine* found that a group of hospitalized patients 70 and older who were given the drug "had significantly increased risk of altered attention level, disorganized speech, change in consciousness and alertness, and behavioral disturbances," according to the study's lead author, Joseph V. Agostini, a professor at the Yale University School of Medicine.

In the worst cases, diphenhydramine can cause delirium and even hallucinations. What's more, it often causes urinary retention, which can lead to urinary tract infections.

"It really can have profound effects in older people," says Agostini. "When you weigh risk-benefit overall, you may experience more harm than good, and that's never the end result that you want."

But, millions of older Americans use forms of diphenhydramine with no knowledge of the medical problems it can cause. And bad advice abounds: A popular website on arthritis, for example, calls the medication "particularly useful in the elderly patient."

Agostini's assessment of the drug as a sleep medication for an older person is blunt: "This is a horrible choice—I almost can't think of anything worse." ♥

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors but they all have to learn to live in the same box.