



# 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 Doctor/Patient Partnership

By Carol Larson

When support groups of people who have survived a serious illness gather, it's a good bet that eventually their doctors become the topic of conversation. Because of the life and death issues involved, strong feelings emerge. Good experiences tend to breed hero worship, while unpleasant encounters can leave everyone bitter. The impressions that make these relationships work the best are based mostly on the gifts of a good diagnostician and the ability of doctors to connect with their patients while dispensing care. Stories about insensitive physicians top the list.

We have our good stories too, praising the doctors who have what is known as "a good bedside manner." The realities of modern medicine make it hard to establish much of a personal exchange. Time allocated for most appointments is short, and patients are usually scheduled in tightly. Instant judgments abound. Some

*(Continued on page 3)*

### Central Group has a new location for meetings!



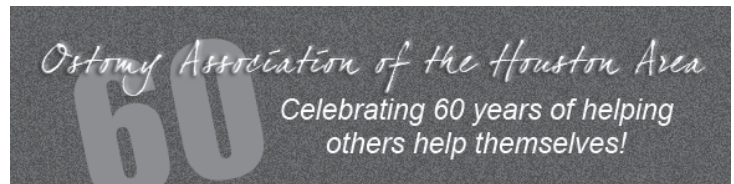
**Tracy Gee Community Center**  
3599 Westcenter Drive, Houston,  
Texas 77042

**Our speaker for February:**  
**Ann Friedman, PhD**  
**Licensed Psychologist**

*Our topic for the February meeting  
will be Mindfulness.*

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## When to Contact a WOC Nurse

By Julie Powell, WOC Nurse

Living with an ostomy can be a bit challenging at times. One of the most important things to remember is that everyone's ostomy is different. The following are reasons to contact a WOC nurse for advice:

- A change in the size or appearance of the stoma.
- Skin problems around the stoma including a rash, open sores, redness or weeping.
- Ongoing leakage of the pouching system.
- Weight gain or loss that may cause difficulty with pouching system.
- A cut in the stoma.
- Difficulty in getting an appliance to secure to the skin around the stoma.
- General questions regarding ostomy care and management. Issues may revolve around diet, bathing, activity, odor, diet and travel.
- Contemplating a change in pouching system.

*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.

## Central Group News

Happy New Year! I hope everyone had a wonderful holiday break and that 2016 will be happy and healthy!

We had a great turnout for our first meeting of 2016. We were so happy to welcome Laura Cox, the Ostomy Lifestyle Expert at Shield Healthcare to speak at our meeting. Laura is a fellow ostomate who produces helpful online videos with ostomy tips and advice. Many of our attendees were very familiar with Laura's helpful videos. They are very informative and fill a real need for information for young ostomates. In fact, our ostomy nurse, Kimberly, shared that Laura's videos (particularly her visit to the Comedy Central show Tosh.0 a few years ago) have been instrumental in helping Kimberly advise her teenage ostomates. Laura's videos can be found on the Shield Healthcare website ([shieldhealthcare.com](http://shieldhealthcare.com) under the Community tab) and on You Tube (under Ostomystory). You can find her visit to Tosh.0 by googling Tosh.0 and Laura Cox—it's definitely worth a look.

Our next meeting will be on February 15. Our speaker will be Ann Friedman, Ph.D. Ann is a Licensed Psychologist who served as an Adjunct Professor at the University of Houston Counseling Psychology Graduate Program for over ten years. Ann holds both a Doctorate in Counseling Psychology and a Doctor of Jurisprudence from the University of Houston. She completed her Residency in Clinical Psychology at U.T. Medical School and her Post-Doctoral Fellowship in Clinical Neuropsychology at Baylor College of Medicine. For the last ten years, Ann has studied mindfulness intensively with various national teachers. In 2015, she received a Certification in Mindfulness Facilitation from the Semel Institute of Neuroscience and Behavioral Medicine at UCLA. Ann will be speaking to us about the research on mindfulness with inflammation and stress and will do a basic meditation.

**We have a new location for our meetings!** As you know, the American Cancer Society is moving its location at the end of January and unfortunately, we have found out that they will no longer be able to accommodate our meetings. Our meetings will now be just four miles away at the **Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193**. There is handicapped parking in front of the community center and plenty of parking behind it. You can enter the center from the front or the back. This month, we will be in **Room C** (because early voting for the primaries will have started). **Please note that we must start our meeting promptly at 7:00 pm so please plan to be there on time.**

I look forward to seeing everyone in February.

Regards,

**Lorette Bauarschi**

President, OAHA, 713-582-0718

## Baytown Group News

Baytown Support Group began 2016 with their first meeting on the second Monday of the month. Cindy Barefield, RN and WOC Nurse for the group took the opportunity to present "Ostomy Resource Update—An Opportunity to Enrich Your Life." Handouts with websites that would be highlighted were distributed. This allowed attendees what they found interesting or jot down information they wanted to visit again.

We found that discussion forum [www.C3Life.com](http://www.C3Life.com) had been replaced with the Inspire Ostomy Support Community at [www.Inspire.com](http://www.Inspire.com). Past [C3Life.com](http://www.C3Life.com) content is archived under "Links and Resources" on the Inspire page. This is an active ostomy support community with 10,500 members.

For those who enjoyed the blog on [C3Life.com](http://www.C3Life.com) of Brenda Elsagher, she now has her own website at [www.livingandlaughing.com](http://www.livingandlaughing.com). This is a vibrant and energetic site with lots of information. Brenda survived colorectal cancer, became a comedian and has written several books. Her latest book, *Your Glasses Are on Top of Your Head* features a short story submitted by Cindy.

The group enjoyed moving around the [www.convatec.com](http://www.convatec.com) site. We found a NEW "me+ Services and Care" section. The group found the site easily navigated, beautifully illustrated and easy to read.

Went to [www.coloplast.com](http://www.coloplast.com) and discovered NEW info about Sensura Mio Convex. This site too was easily navigated, colorful and easy to read. Researched product question for an individual with Urostomy. Easy access to samples.

Another website with awesome resources of many kinds is [www.hollister.com](http://www.hollister.com). Found this site also easily navigated, illustrated well and easy to read. We found the Competitive Product Converter very helpful.

We enjoyed our review and discussion with "Ostomy Resource Update." Enrich your life in the coming year—update your ostomy resources!

Baytown Ostomy Support Group will meet again on the Second Monday—February 8, 2016.

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

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

## Northwest Group News

Northwest group members held the 2016 planning discussion including a few suggestions for presenters. Popular selections were bringing in a doctor to discuss specific topics like hernia management and blockage, stoma prolapse and complications—how to deal with them.

A return WOC round table discussion with other nurses was requested based on the success of last year's event. A dietician was requested for a meeting to highlight ostomy diets.

Discussions also centered on reviewing suppliers to explore options for ordering supplies for those with and without insurance.

Once again the major manufacturers were included in the 2016 invitation list: Coloplast, Convatec, Hollister, and Stomocur.

The gift exchange benefited everyone when Paul showed up with lots of goodies including wine, birdhouse book, bottle opener, and insulated bag.

Our thoughts and prayers went out to absentee members such as Jane, Gen, Patti, Craig, Gay Nell and others.

February's program will be presented by Jenny Jansson Smith RN, MS, a clinical Consultant with Stomocur by FOR LIFE. Ms. Smith's programs are personal and educational not only about her products but about ostomy life itself. Come join us on February 17, at 7:00 pm.

**Tony Romeo**  
936-588-4031

## Ostomy A to Z

### H: Handicapped Bathroom

*Used with permission from Brenda Elsagher from:  
Like to Buy a Bowel Please: Ostomy A to Z,  
www.livingandlaughing.com*

An usher at the theater downtown would guard the handicapped bathroom and only let "handicapped" people in to use it before or during the plays. When I walked toward the door, she said, "This bathroom is for handicapped people only." Am I handicapped I thought? No, but I knew the bathroom upstairs had no sinks in the stalls, and I had not brought things with me that I would need. Instead, I said, "Some handicaps cannot be seen. Although I am not handicapped like some people, I would prefer to use a stall with a sink in the same room." She seemed perplexed, but I would have done a show-and-tell and embarrassed her if I needed to get my point across. Luckily, she stepped aside.

# H

## The Doctor/Patient Partnership *(Continued from page 1)*

hasty comment, look of boredom, or impatience on the part of the doctor can influence the effectiveness of care more than it should. But rudeness works both ways. Patients need to do their part to pay attention and make the best use of this time.

*"Look in the bandaged place. There you will see the light." —Rumi*

## How to get the best care possible:

### Be Selective

- If you have insurance, call the number on your card and find out which doctor is in your network.
- Call another doctor you admire and ask for a referral.
- Find a doctor who is convenient for you to see and who works in a hospital you would prefer.

### Be Efficient

- Be on time for your appointments.
- Bring in a list of your medications and insurance information.
- Deliver your information concisely. If you are experiencing pain, grade the pain from 1-10. Be specific about your concerns.
- Don't expect a doctor to want to listen to unrelated facts.
- Don't overwhelm the doctor with a diagnosis you pulled off of the Internet or from well-meaning friends.

### Listen Carefully

- Take notes. Bring a list of questions you had beforehand.
- Write down treatments or words you don't understand.
- Be reasonable and respectful. Understand that both of you will not always be at your best, especially when an illness is hard to treat.
- It is primary to your care to be able to accept honesty and not try to persuade your doctor to give you glib promises.
- Repeat the doctor's message out loud so that you truly understand what is being said.

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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**WOC Nurse Directory**

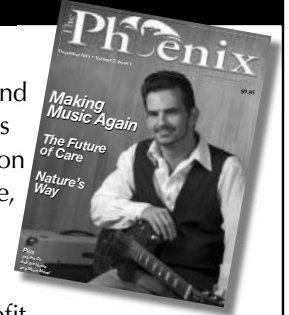
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cbarefield@houstonmethodist.org

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Specialty Wound & Ostomy Nursing, Inc.  
charlene@swoni.com

Pat Thompson RN, BSN, CWON (281) 397-2799  
Pat.thompson@tenethealth.com

**Get Ostomy Answers!**

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.



Subscriptions directly fund the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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## Central Group

**Monthly:** Third Monday  
**Time:** 7:00 p.m.  
**Place:** **NEW LOCATION! Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193**  
**Contact:** Denise Parsons 713-824-8841  
 rockynme2@aol.com  
**Meeting:** **February 15, 2016**  
**Program:** **Guest Speaker: Ann Friedman, Ph.D.,**  
 Licensed Psychologist

## Baytown Group

**Monthly:** **SECOND** Monday (Please note new meeting day!)  
**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:** **February 8, 2016**  
**Program:** **Guest Speaker: To be determined**

## Northwest Group

**Monthly:** Third Wednesday 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:** **February 17, 2016**  
**Program:** **Guest Speaker: Jenny Jansson Smith, RN, MS,**  
 clinical Consultant with Stomocur by FOR LIFE

## 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:** **February 15, 2016**

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

## Opportunities and Announcements

### 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/>

### 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](mailto:texasronc@aol.com) or send your request to the provided address below.

### 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.)

### Sponsorship

You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Please make the check in the amount of \$25.00 payable to ***Ostomy Association of the Houston Area*** and send to the treasurer's address above.



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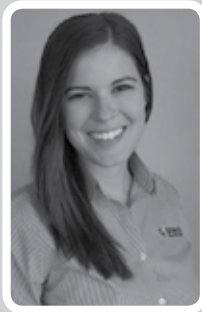
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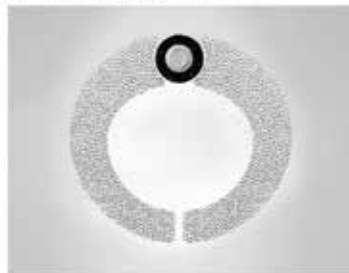
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**Membership Application**

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: \_\_\_\_\_

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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

*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.