



Houston Chapter United Ostomy Association

March 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: March 14th, Monday evening

Program: To Be Announced

Come and join us for a meeting of ostomates from the Baytown area.

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: March 21st, Monday evening

Program: 49th Anniversary Dinner

Join us for the festivities and a potluck dinner to celebrate the 49th anniversary of the Houston Chapter.



meetings

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: March 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 (sa1tmr@sbcglobal.net)

Meeting: March 22nd, Tuesday evening

Program: Dr. E.C. Winkel, Urologist

Join us for this informative presentation with question and answer session.

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

The Houston Chapter met February 21st with 30 people in attendance. We welcome Sylvia Matzner and Veronica Okere who attended for the first time. Veronica is a WOCN at Memorial Southwest Hospital. We wish Jane Fieldcamp a quick recovery from her fall. It was good to see Ricky Cassel at the meeting and we wish him the best in his recovery.

Thanks to Clarice Kennedy, Dorothy Andrews, Judy and Floyd Swinger, and Diana Burkett who led 17 members in Visitor Training at the American Cancer Society building on February 12th. Several who had planned to attend were sick on that day and we hope to join with the Northwest group for an additional training session in April. Denise Parsons has already put her training to use with a visit the week after training.

Diana Saufley, who represents Coloplast, gave a very informative talk about the products and services that her company offers. She showed an excellent video for those who are to have ostomies. Thank you, Diana, for an excellent program.

We continue to seek grants to help fund our communication project that would inform our community about the Houston Chapter of UOA. We appreciate Denise Parsons who directs this effort in the search for grants.

May is election time and most of that meeting will concern our national and local UOA elections. Our Nominating committee, Floyd Swinger and John Flowers, report the following nominations for the Houston Chapter of UOA: Second Vice President-Mary Harle and Secretary-Denise Parsons. We thank Mary and Denise for their willingness to continue serving our Chapter. This would be their first two-year terms of office. This announcement will appear in the next two newsletters until the election in May. We should have forthcoming information, either in the newsletter or on the website, about the candidates for the national offices.

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. All Houston Chapter members (Baytown, Central and Northwest groups) and guests are invited to attend. Those present at the Central group February meeting signed up to bring a side dish. Mary Harle is coordinating the side dishes and can be reached at 713-782-7864. The Chapter will provide the meats, and we will need a count of those who plan to attend **no later than March 17th**. Please call Ed Wood at 281-493-5015 if you plan to attend and have not yet signed up. Also, bring ideas to share about how we can celebrate our 50th Anniversary in 2006. Needless to say, we want our "Golden Anniversary" to be a special occasion!

The National UOA office has begun sending a notice for **national** dues of \$17.50 directly to each member's address. This is the amount to pay the national UOA **if** you pay local dues. If you do not pay local dues, then national UOA will bill you as an associate member at \$25. Houston Chapter Treasurer, Chuck Bouse, has sent a **local** dues notice of \$10.50 for members who were due to renew during the first six months of the year. We had a 95% return from those who received notices for the first six months. Thank you for your prompt response. In June or July, Chuck will send a notice for those who are due to renew in the second half of the year. If you have any questions about the dues billing process, you can call Ed Wood at 281-493-5015 or Chuck Bouse at 281-495-1840.

For \$1, we now have available through our librarian, Barbara Bouse, a laminated card which has suggested instructions to follow should a blockage occur with your Ileostomy. We have had a tremendous response to the offering of these cards. Contact Barbara at 281-495-1840 or dewitt@houston.rr.com for information where to send your check and to determine the amount to pay for postage for the number of cards you are requesting. You can also contact Barbara by writing to P.O. Box 25164, Houston, TX 77265-5164.

I hope that you plan to attend the potluck dinner on March 21st and look forward to seeing you there.

Ed Wood
President



THE BEST GIFTS TO GIVE

To your friend....loyalty
To your enemy....forgiveness
To your boss....service
To a child....a good example
To your parents....gratitude and devotion
To your mate....love and faithfulness
To all men and women....love
To God....your life.

"We don't receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us."

- Marcel Proust

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.

TIPS

- ♣ Make a note of the day you change your appliance so that you know when it's time to change again.
- ♣ Do not keep a lifetime supply on hand. Shelf life may be limited. Let the stores stock up on your appliances.
- ♣ Fats of all kinds should be kept to a minimum by most ostomates. Fats induce an increased flow of bile into the intestines and make the body wastes more liquid and harder to control. They also tend to produce gas.
- ♣ Do not apply a double coating of adhesive. A second coat rewets the original coat and results in an inconsistent adhesive layer with unpredictable results. ♣

Editorial Clarification to January, 2005 article, "Ask the ET":

Regarding bathing/showering....."For a one- or two-piece system, just pat it dry after your bath/shower. Also, with a two-piece system, you can replace the damp pouch after bathing, clean it, let it dry, and use it later." ♣

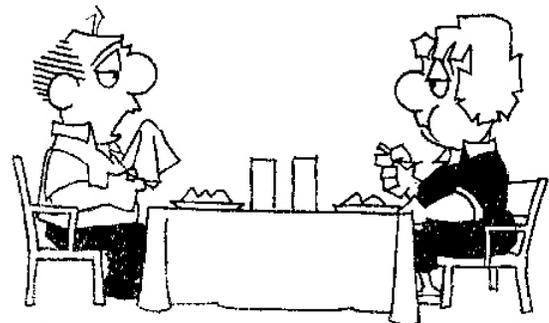
ATTENTION...

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.



"LOW-CARB, HIGH-CARB...JUST AS LONG AS THERE'S BI-CARB."

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.

VISITOR TRAINING HELD FEBRUARY 12TH

Seventeen individuals participated in a very successful Visitor Training session on Saturday, February 12th. The objectives of a UOA Visitor Training Session are:

- ~ Understand the purpose of the Visitor Program
- ~ Learn the role and responsibilities of a visitor and basic visiting policies
- ~ Review the anatomy and physiology of intestinal and urinary diversions
- ~ Recognize psycho-social issues of individuals with diversionary surgeries.

In the absence of Ed Wood, who was ill with the flu, the session was conducted by Clarice Kennedy, Dorothy Andrews, Floyd Swinger and Judy Swinger. The video and participant workbooks, which were made available last year by the Ft. Worth Chapter, were excellent in content and thoroughness. The interaction following each of the four segments within the Training Session Agenda enhanced each participant's knowledge and proved to be enjoyable as well. Because of the well-planned training materials, the session was completed in 3 hours rather than an all day class as in previous training sessions.

There were a number of re-certifications among those participating as well as several ostomates becoming certified visitors for the first time.

Diana Burkett of the American Cancer Society gave an interesting overview of the extensive services provided by ACS in our area. Thank you, Diana!!

Thank you, also, to those who provided breakfast 'munchies' for everyone.

Due to scheduling conflicts, illness, etc., several individuals were unable to attend this training so another training session is being planned for a Saturday in April. Call Ed Wood at 281-493-5015 for specific details. ♣

KEEP THE WEIGHT OFF!!

Source: *Prevention Magazine*

- ♣ Sit down to eat. Take the time for 3 or 4 meals.
- ♣ Snack only when you're hungry.
- ♣ Use shopping lists to avoid fattening impulse buys.
- ♣ Peruse the produce section, check labels, and generally eat a nutritious diet.
- ♣ Relieve stress by learning alternative ways of coping. Walk or talk with a friend instead of spooning up ice cream.
- ♣ Dance, bicycle, join a softball team—whatever it takes to make exercise pleasurable.
- ♣ Enjoy chocolate guilt-free, but limit intake to two candy bars a week.
- ♣ Don't be on and off a diet. Creating a healthy lifestyle is a week-, month-, and year-long practice that takes time. ♣

All of us could take a lesson from the weather. It pays no attention to criticism.

FOODS AND THEIR EFFECT ON AN OSTOMATE

via Rose City Ostomy News, Tyler, TX

The following foods may present problems for some ostomy patients. The problems and foods will vary with each individual and are grouped to help you decide how you and your stoma can best function together.

Low fiber foods: (Diet of choice for the first 6 weeks after ostomy surgery). White bread, cooked/steamed or canned fruits and vegetables, diluted fruit juices, tortillas, pastas, white rice, chicken, fish, biscuits, plain muffins, plain jello, custards, and puddings.

Gas-forming foods: Asparagus, alcohol, beer, broccoli, brussel sprouts, cabbage, carbonated drinks, cauliflower, corn, strong-smelling cheeses, cucumbers, dairy products, dried beans and peas, eggs, fish, melons, mushrooms, nuts, onions, radishes, spinach, string beans, sugar, sweet potatoes, and yeast.

Gas-producing activities: Chewing gum, drinking through straws, missing meals, talking while eating, chewing with mouth open, and snoring.

Odor-forming foods: Asparagus, beans, cabbage, chicken, coffee, dairy products, eggs, fish, garlic, onion, peas, and some spices.

Foods that prevent odor: Buttermilk, cranberry juice, cottage cheese, parsley, and yogurt.

Bulk forming foods (fiber foods): (Ileostomates must give special consideration before eating these foods because if not chewed well, these foods can block the ileostomy stoma). Celery, Chinese foods, coconut, coleslaw, corn, dried fruits, foods with seeds or kernels, meats in casings, nuts, popcorn, whole grain, whole vegetables, and wild rice.

Diarrhea-causing foods: Beer, broccoli, greens beans, highly seasoned foods, fatty and fried foods, raw fruits and vegetables, popcorn, nuts, caffeine beverages, and refined sugar.

Foods to control diarrhea: Applesauce, bananas, creamy peanut butter, white rice, tapioca, potatoes without skins, and cheese.

Actions / foods that control mild constipation: Increase fluids, increase fruit juices, increase cooked fruits and vegetables, 3 oz. prune juice at bedtime, or 4 or 5 dried apricots. ♣

NUTRITION TIP

Via AARP NEWS@news.aarp.org

Try plain, nonfat yogurt as a healthy alternative to mayonnaise and sour cream in dips, salad dressings, and other recipes. You'll get healthy bacteria, less fat (0 grams per eight-ounce serving instead of 75 for mayo and 47 for sour cream), and fewer calories. A whole cup of plain, nonfat yogurt has the same number of calories — 100 — as only one tablespoon of mayo!! ♣

BAYTOWN SUPPORT GROUP

"The older I get, the greater power I seem to have to help the world; I am like a snowball—the further I am rolled, the more I gain." - Susan B. Anthony

Thank you to Diane Saufley from Coloplast who presented our February program. Diane is an RN and understands the needs of ostomates. She showed a 20 minute video which was a thorough explanation of and introduction to life with an ostomy.

There may be a change in our meeting day so call to confirm when we will meet in March. Ostomates, their families, and friends are invited to attend.

Cindy Barefield, RN
281-420-8671
Pager 713-404-0296

Doctors will tell you that if you eat slowly you will eat less. Anyone raised in a big family will tell you the same thing!!

DID YOU KNOW?

Researchers at the Centers for Disease Control and Prevention reported in December that more than 41 million people who are candidates for **colorectal cancer screening** have not been screened. This is the first time the size of the unscreened population has been measured and compared to the number of tests being performed to determine if the demand for screening can be met. It is recommended that every-one over the age of 50 undergo testing.

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.

WHY?

- ♣ **57,000 Americans die of colon cancer every year.**
- ♣ **90% could be saved through early detection.**
- ♣ **1 in 20 colorectal cancers may result in an ostomy.**
- ♣ **Colon cancer is preventable, treatable, beatable!!**

NORTHWEST GROUP HAPPENINGS

We had a great turnout for our February meeting with 14 in attendance and two new members joining the chapter. Our guest speaker for February, Diane Saufley, RN and Coloplast representative presented the latest products from Coloplast. We will be viewing their latest video at a future meeting.

We have tentatively scheduled a Visitor Training session to be conducted on a Saturday in April, with five members interested in attending. The date will be announced soon.

I would like to thank Jane Price for volunteering to send out extra newsletters when requested.

See you on March 22nd.

Tony Romeo
281-537-0681

URINARY DISCHARGE CAN AFFECT SKIN AND KIDNEYS

via So Nevada's *Town Karaya* and Evansville, IN Chapter Newsletter

Urostomates have to be especially careful about cleanliness. Bacteria from stale urine can cause white, gritty deposits on the skin and stoma which can be irritating, abrading the skin like sand paper. Fresh urine doesn't usually hurt the skin unless it is trapped in contact with it. If urine collects under the appliance, the bacteria multiply rapidly. This skin should be completely cleansed and dried before applying tapes, barriers, wafers, etc. Empty the pouch frequently. Keep the urine acid to prevent gritty deposits. A quarter cup of half water and half white vinegar sloshed in the pouch around the stoma will dissolve any deposit. Solutions for cleaning and disinfecting urostomy equipment can be obtained at your appliance dealer. ♣

FROM HERE & THERE . . .

- ♣ In the 1990's, the average adult gained 10 lbs. In 2000, airlines spent about \$275 million on fuel to carry our extra weight.
- ♣ From 1997 to 2001 soda consumption in the United States increased 150%.
- ♣ Americans put away an extra 345 calories per day every weekend. Cumulative effect of Friday's nachos and beer, Saturday's third pizza slice, and Sunday's cinnamon bun: 5 pounds a year.
- ♣ Say what? Half of all baby boomers (38 million) are experiencing some hearing loss, a new study shows. Most blame it on loud noise. (Led Zeppelin, maybe?)



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 www.cancer.org. ♣



Note from the Editor:

Three of the area Relay For Life events are being held on the following dates:

- Southeast Harris County,** April 1 & 2 - San Jacinto College - Central Campus Stadium
- Northwest,** April 22 & 23 - Tomball High School
- Katy/West Houston,** April 29 & 30—Katy VFW Park

If you interested in participating in one of the Relay For Life events as part of a team for UOA and/or participating in the Survivor's Lap, please contact Judy Swinger at 281-463-0069.

THE FEW THINGS YOU REALLY NEED TO REMEMBER

Remember that your presence is a present to the world.

Remember that you are a unique and unrepeatable creation.

Remember to always reach for the best that is within you.

Remember that nothing wastes more energy than worry.

Remember that not getting what you want is sometimes a wonderful stroke of luck.

Remember that the longer you carry a grudge, the heavier it gets.

Remember not to take things too seriously.

Remember to laugh.

Remember that a little love goes a long way....and that a lot goes forever.

Remember that happiness is more often found in giving than getting.

Remember that life's treasures are people, not things.

Remember that miracles can still happen. ♣

EXPERIENCE IS THE BEST TEACHER

via Rose City Ostomy News, Tyler, TX

Having an ileostomy does require some patience, I'm afraid...even though, as a person with an ostomy, I have a 100% better quality of life than I did when I had ulcerative colitis.

There are, of course, some minor drawbacks. One of which is pouch leaks; infrequent, but not predictable. The best approach to these situations is to be calm and relaxed as best one can. I have had several accidents (pouch leaks) in the last three years and have dealt with them in various ways.

In the beginning, I would get frantic and anxious and thought that this was the ultimate in disasters. I really did not have the coping skills to deal with a half-full or full pouch coming off or leaking. Almost always it was due to my not completely clicking the two-piece together or not closing the end of the pouch completely.

My first reaction was horror...not, "what can I do?" Of course, the answers were obvious...clean myself up, throw out the pouch that leaked or fell off, put on a new one and go about my business. However, in the early months after surgery, I was very apprehensive that an "accident" was going to occur and I really was not prepared as to how to deal with one. Now I have experienced occasional leaks and, thankfully, know what to do. ♣



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.*

SUPPORT UOA WHILE YOU SHOP. . .

Locally: Remember to use your Kroger and Randall's shopping cards. Both stores return a percentage of your purchase to the Houston Chapter on a quarterly basis. For card applications, contact Ed Wood at 281-493-5015.

Nationally: Through links on the UOA Web site, you can effortlessly help the UOA while you shop for your family, friends and loved ones at amazon.com, barnesandnoble.com, igive.com and buyforcharity.com. Tell your friends, neighbors, family, coworkers and everyone else you know that they can help a worthy cause while they shop. Visit:

http://www.uoa.org/donations_associates.htm.

Questions? Call 800-826-0826. Happy shopping!!

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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TAKE NOTE OF A NEW WEB SITE: Advocacy for Patients with Chronic Illness

This site has been launched for people with IBD. Jennifer C. Jaff, author of "Know Your Rights: A Handbook for Patients with Inflammatory Bowel Disease," has inaugurated a new nonprofit corporation to advocate for patients with chronic illnesses, especially IBD. Visit www.advocacyforpatients.org to use this free service.

DEALING WITH THE BURDENS OF LIFE . . .

- ♣ Accept that some days you're the pigeon, and some days you're the statue.
- ♣ Always keep your words soft and sweet, just in case you have to eat them.
- ♣ Always read stuff that will make you look good if you die in the middle of it.
- ♣ Drive carefully. It's not only cars that can be recalled by their maker. If you can't be kind, at least have the decency to be vague.
- ♣ Never buy a car you can't push.
- ♣ Nobody cares if you can't dance well. Just get up and dance.
- ♣ Birthdays are good for you. The more you have, the longer you live.
- ♣ A truly happy person is one who can enjoy the scenery on a detour. ♣



WILD ABOUT WILDFLOWERS??

Make a beeline for the best wildflower displays this spring with a little help from the Texas Department of Transportation. Each year, TXDOT spreads more than 33,000 pounds of wildflower seeds along the roadsides. Each pound includes about 170,000 seeds and some 30 wildflower varieties. You can find the prettiest viewing spots by calling TxDOT's 24-hour hotline, 800-452-9292 (open from early April through late June), or at www.dot.state.tx.us.