



Ostomy Association of the Houston Area

Formerly known as Houston Chapter of the UOA

March 2006

PO Box 25164
Houston, TX 77265-5164
www.ostomyhouston.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: No regular meeting in March due to 50th Anniversary Celebration on March 26th. See page 5 for details.

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 21st, Tuesday evening

Program: Round Table Discussion and Coloplast video.

Bring your questions for our discussion. See you there!

50th Anniversary Celebration Ostomy Association of the Houston Area

Sunday - March 26, 2006 - 2 p.m. - 4 p.m.
Czech Cultural Center

See page 5 for additional details

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: March 27th, Monday evening

Program: Colorectal Cancer Awareness

We will celebrate Colorectal Cancer Awareness Month with support of American Cancer Society Community Presentations and educational programs. Come join us!

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: No regular meeting in March due to 50th Anniversary Celebration on March 26th. See page 5 for details.

Patient Visiting and Support Services

Doctors and WOC 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

The Ostomy Association of the Houston Area met February 20 with 26 people in attendance. Dr. H. Randolph Bailey, a member of our Medical Advisory Board, talked to us concerning the different types of ostomy procedures and J-Pouches. He also covered topics relating to Crohn's disease. Dr. Bailey has been a great supporter of our organization, and we thank him for his presentation.

We welcome three new visitors, Charles, Leonard, and Rita, and hope to see them at other upcoming meetings. It was nice to see Donna who also visited in January.

It was a pleasant surprise to see Floyd back so soon after his surgery. We send our best thoughts to Shirley, Marian, and Ervin and Debbie as they recover from recent surgeries.

Lorette reports that our fundraising efforts have now reached a total of \$5,305.

The planning of the Board of Directors is about to come to fruition on March 26th at our **50th Anniversary Celebration** at the Czech Center. See page 4 for more information about the event. Other information about the Czech Center can be found at www.czechcenter.org. The invitations have been printed, addressed and mailed. The invitation has an RSVP, with the number attending, which can be replied to by telephone or email. Please do this as soon as possible so that we can turn in a final number to the caterer. We appreciate Mary Beth, a member of our group, for organizing her fellow musicians into a quartet who will perform that day.

Ed and Chuck attended the Northwest group in February to present information concerning the 50th and visit with the people in attendance. It was good to see some "old" friends and new members. We hope to have representatives at the Baytown group for a similar presentation.

Our incorporation and name change continues to have ramifications. A new permit for our bulk mailing is required by the post office and, since there is no longer a UOA, we have changed our website from www.uoahouston.org to www.ostomyhouston.org. Both names will direct people to our website until the old name expires in November.

Dues notices have been sent out for those who joined in the months from January through June. If you have received an invoice, please return payment to Chuck Bouse, Treasurer. These monies are utilized to provide services that the group offers.

We will not have a regularly scheduled meeting on the third Monday in March. I hope to see all of you at the **50th Anniversary Celebration** on Sunday, March 26th.

Ed Wood
President

EMBRACING HAPPINESS...How to have your ostomy and be truly happy, too

Excerpt from ConvaTec's *Health & Vitality* magazine

"If you have your happiness, you have everything. You don't have to have your health, as society defines it, to be very, very happy."

Dan Gottlieb, PhD, a Philadelphia-based psychologist who hosts a public radio show, should know. He lost the use of his legs in a catastrophic car accident 25 years ago. He lost his hope. And ultimately lost his wife to divorce.

"My wheelchair, your ostomy—they're just facts," he says. "They signify losses, of course—formidable ones. But the losses themselves don't determine how happy or how miserable we're going to be. We do that. You and me."

First you cry. When you got your ostomy, you lost an important part of your body. You lost the image you'd always had of that body, and you lost your sense of normalcy. Put your arms around everything that is gone, and allow yourself to feel your pain, outrage, and grief fully and deeply.

Stop fighting. We know we have to stop fighting in order to make peace in the world. The same is true of our own battles. Stop fighting the fact that you have an ostomy, and life—with its ups and downs—will fill in the space that opens up. If you have an ostomy, you've been introduced to death. You know it, you've seen it. So you also know that what you want is life. Let it in.

Be grateful. When we're grateful, we feel indebted for our gift. When we're indebted, we give back. And nothing fosters happiness more than giving. Grateful people don't deny or ignore the negative aspects of life, they just view them with more compassion—toward themselves and others.

Don't waste your pain. Ronald A. Burton, PhD, opted for early retirement to pursue helping fellow ostomates. "I wanted to be the person someone with a new ostomy could call on when they couldn't embrace it psychologically. I understand that feeling. I get it. And I want to use my experience to help. I need to use my experience to help, because it helps me." ♦

"According to a recent study, the top three requirements for happiness in the U.S. are autonomy, competence, and a sense of closeness with others."

"An optimist is the human personification of spring."

- Susan J. Bissonett, author

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. Contact cekennedy@ev1.net or call 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.

MARCH IS COLON CANCER AWARENESS MONTH

Know Your Risk....

- family history of colon cancer
- personal history of inflammatory bowel disease
- age (more than 90% of cases occur in adults over age 50)
- diet rich in fats from animal sources such as red and/or processed meat
- sedentary lifestyle
- obesity
- diabetes
- smoking
- excessive alcohol consumption

Facts You Should Know....

- Nearly 146,000 new cases of colon cancer were expected in 2005
- More than 1/3 of colon cancer deaths could be avoided if people over age 50 had regular screenings
- People who have polyps or colorectal cancer don't always have symptoms
- Colon cancer is one of the most curable cancers

Contact the American Cancer Society at 1-800-227-2345 for a Colon Cancer Information Kit.

TIPS & HINTS...

- With an ileostomy, I find the best time to change my appliance is about half an hour after getting up. I eat after the appliance is changed.
- I save the plastic bags from my newspaper for disposing of my wafer and pouch.
- A water bottle with a sport cap is very convenient for flushing & cleansing the pouch and stoma.
- Record appliance changes on a calendar along with any notes about type of equipment and/or pastes used. You'll be keeping track of what works best and what to order next time.
- Leaving about 2 tablespoons of water in your pouch will help it flush easily and helps to reduce odor.



"Oh! I cut myself shaving!"

RESOLUTION

WHEREAS: People who have undergone ostomy and related surgeries have found the need to join together to share their personal experiences, stoma management advice, moral support and encouragement to one another; and,

WHEREAS: These organized groups of volunteers have provided vital humanitarian services in their communities through the provision of educational meetings, informative publications and internet websites; and,

WHEREAS: Visiting Programs have been instituted to provide new surgical patients, those facing surgery, and their care-givers and families with the opportunity to meet with a certified rehabilitated visitor who has experienced similar surgery, and who, by serving as a role model, can demonstrate the positive quality of life that can reasonably be expected, and in so doing, allay many fears and dispel many myths surrounding ostomy surgery; and,

WHEREAS: Through this support the group becomes an important adjunct to the multi-disciplinary medical team directing the patient's rehabilitation; and

WHEREAS: 50 years ago, when the concept of these mutual aid groups, where ostomates helped ostomates, was still in its infancy, visionary people in the Houston, Texas area organized such a group, and under the guidance of dedicated and committed leaders witnessed the growth of a successful organization that over the years has touched and positively influenced the lives of thousands; therefore,

BE IT RESOLVED that the Management Board of Directors of the United Ostomy Associations of America hereby acknowledges the excellent work accomplished by its affiliate,

THE OSTOMY ASSOCIATION of the HOUSTON AREA

and through this resolution, on the celebration of its 50th Anniversary, evidences its congratulations and well wishes to the leaders and members, past and present, that made this most noble occasion possible.

Signed and Sealed this 26th day of March 2006




Kenneth W. Aukett, President
United Ostomy Associations of America

“My personal best wishes to your association in acknowledgement of your 50th Anniversary.”

Ken Aukett, President
United Ostomy Associations of America

FREQUENTLY ASKED QUESTIONS

How soon after ostomy surgery can I return to a normal diet? Begin slowly, depending upon your recovery and/or other medical complication. Add back one new food at a time. ♦ **In the past, certain foods caused me trouble with digestion. How will they affect me after ostomy surgery?** Check them out. You may find that some foods continue to be troublesome and others may not. ♦ **Will my ileostomy continue to produce output even if I do not eat?** Yes, gas and digestive juices continue to be produced. Eat small meals to keep something in the gut. ♦ **After ostomy surgery, I gained excess weight. What happened?** Relaxation of dietary restrictions, freedom from debilitating illness and malabsorption promotes a rapid weight gain. Eating small quantities of a well-balanced diet and increasing water/fluid intake will assist with weight reduction. ♦ **Will spicy foods cause any damage to my stoma?** If you can tolerate spicy foods through your digestive system, the stoma is tough and can tolerate spicy foods. ♦ **What effects will oral odor medications have on my ostomy?** Some individuals with colostomies report experiencing some constipation from bismuth products found in odor control medications. Ileostomates have more benefits and fewer side effects from oral preparations (chlorophyll tablets, bismuth products). Most foods do not affect Urostomates. A strong urine odor may be an indication of dehydration. Increase fluid intake. ♦

BAYTOWN SUPPORT GROUP

The Baytown Ostomy Support Group had a great February meeting. Two new ostomates were in attendance. Welcome!!

Diana Saufley, Sales Specialist from Coloplast, had a dynamic presentation which included the newest developments in ostomy appliances and accessories.

Ed Wood, President, came out to share news about the upcoming celebration for the 50th Anniversary of our Houston Area ostomy support group. The celebration will be held at the Czech Cultural Center in Houston on March 26th.

For March, our group plans to celebrate Colorectal Cancer Awareness Month with support of American Cancer Society Community Presentations and educational programs. The March meeting will be Monday, March 27th at 7 p.m.

See you then!!

Cindy Barefield, RN, WOCN
281-420-8671

NORTHWEST GROUP HAPPENINGS

Diana Saufley, Coloplast Sales Representative, presented our February program. Thank you Diana for taking time to tell us about the Coloplast products, show examples, and order free supplies for us. Thirteen members and guests attended the meeting.

Ed Wood and Chuck Bouse from the Central group were present to talk about the 50th Anniversary celebration and distributed maps for those interested in attending.

One new visitor was present and everyone enjoyed the homemade bread and chocolate bundt cake provided by Pat Thompson. Thank you Pat!!!

The program for our next meeting will be a round table discussion and viewing of the Coloplast video. Join us at 7:00 p.m. on Tuesday, March 21st.

Tony Romeo
281-537-0681

BOTTOMS UP? A sports beverage fairly shouts health and vigor, but according to a new report, these drinks can hurt teeth even more than sodas do. Damage to enamel from sports drinks was up to 11 times greater than that caused by colas. The culprit isn't sugar but the whole acidic mix. To limit damage, don't sip; chug it! ♦

FEARS...

To manage your fears, learn all you can about ostomy surgery and how to care for your stoma. You can carry an extra pouch, modify what you eat to minimize gas, rearrange your schedule to allow for mishaps. Start sharing the details of your daily reality, too—because when you explain what you're dealing with, claiming your ostomy out loud, you're not only teaching the person you're talking to how to accept your situation, but you're teaching yourself how to accept it, too. ♦

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

!! RSVP - 281-493-5015 or ewood6@houston.rr.com

NINE REASONS FOR POUCH LEAKAGE

Poor adherence to peristomal skin - Apply pouch to dry skin. A warm hand over the pouch for 30 to 60 seconds assures a good seal.

Wrong size of pouch opening - Be sure that the size of your stoma has not changed. Re-measure and adapt accordingly.

Folds and creases - Ostomy paste can be used to build up an area in order to avoid leakage. Consult your nurse for proper methods.

Peristomal skin irritation - Avoid irritated or denuded skin. If any of these problems develop, consult your ET nurse.

Too infrequent emptying - Pouches should be emptied before they are full. Weight of the effluent may break the seal causing a leak.

Extremely high temperatures - Wafer melt may cause leakage in warm weather. Change pouch more frequently or try different wafer.

Pouch wear and tear - If you are stretching your wear time, leakage may be due to wafer wearing out. Change pouch more frequently.

Improper storage - Store your ostomy supplies in a cool, dry place. Humidity may affect your pouch adhesive. Appliances don't last forever. Ask your vendor what the recommended shelf life is for your brand of pouch. ♦

My Ostomy Song

By Mike Leszcynski, Merrimack, NH

Editor's Note: These lyrics were posted to the International Ostomy Association World Discussion Forum on January 29, 1999 by Mike, who has had his ileostomy since 1976. Sung to the tune of the Beatles' song "Yesterday."

Ostomy, that's what the doctor said to me.
Then he made it a reality.
Now I have an ostomy.

Suddenly, my ileum is sticking out of me.
That's not where it used to be.
Oh, I believe in ostomy.

When I have to go it just flows outside of me.
And my bag's in place to catch my waste.
Thank you ostomy.

Ostomy, without you where would I be?
Now I can eat the food that's put in front of me.
Oh, I believe in ostomy.
Ooze ooze ooze ooze ooze

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: _____
Phone: _____

Street Address: _____

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.

Colostomy Continent Ileostomy Parent of Child with procedure
 Ileostomy Continent Urostomy Spouse/Family Member
 Urinary Diversion Pull-Through Physician
 Other: _____ 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**