



Oostomy Association of the Houston Area

March 2007

PO Box 25164
Houston, TX 77265-5164
www.oostomyhouston.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. Next meeting, Monday, April 16th.

Dr. Cali will be our speaker in April. See you there!

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 20th, Tuesday evening

Program: Urologist, E. C. Winkel, MD

We have been anxious to have Dr. Winkel as our speaker. Join us for his presentation.

Happy
St. Patrick's
Day!!



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 26th, Monday evening

Program: Coloplast Ostomy Specialist

Rosalie Johnson, Ostomy Specialist from Coloplast will present our March program. Come see samples and hear about Coloplast's products.

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 19th, Monday evening . . .
Reservation required. No obligation. Please call 281-491-8220 for reservation.**

Program: Round Table Discussion

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

Patient Visiting and Support Services

Doctors and ET Nurses please note: Upon request from a doctor or nurse, a specially trained visitor will be sent to visit an ostomy patient before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. There is no charge for this service. The visitor does not give medical advice.

Please contact our Visitor Coordinator, Dorothy Andrews at 713-789-4049.

We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

Central Group News

The Ostomy Association of the Houston Area met February 19 with 24 people in attendance. Pat Carroll, Director of Education for Remington College, presented the program. Her presentation on the intricacies and procedures for filing insurance appeals was excellent and informative. When coverage has been denied for a medical procedure or service that is covered by your insurance provider, it is important to understand your right to appeal. We value Ms. Carroll's expertise and appreciate her taking time from her schedule to be with us.

We welcomed Mr. and Mrs. Costello Green as visitors and hope to see them at future meetings.

We wish Jerry Hammack success during his medical treatment. "We are thinking of you, Jerry, and wishing you well."

March 6 was the celebration of our 51st year as an ostomy organization in the Houston area. Thanks to Tom and Dorothy Andrews for hosting us at Pine Forest Country Club in west Houston.

For the past two years in June, we have been invited to have a booth at the MD Anderson event for cancer survivors. Volunteers from our group pass out newsletters and brochures and answer questions about our group. The Veterans Hospital Oncology department gave us a similar invitation to participate in their Cancer Awareness event on March 8. It was held from 8:30 AM to 3:30 PM at the Veterans Hospital on Holcombe. We would like to thank Edgar Wood, John Flowers, Marian Newman, Sharon Peebles, and Denise Parsons for their participation at the booth. If our group is given the opportunity to participate in either of these events in the future, please consider giving some of your time to represent us at the event.

The first step in our project to communicate with the home healthcare organizations in the Houston area has been completed. We thank Kathleen Duplessis and Lorette Bauarschi for creating the letter and mailing labels for the project. A special thanks to the rest of the board of directors who help to address and prepare the letters after the February meeting of the board of directors. We are now receiving responses from that letter informing us how we can best communicate with home healthcare workers to better serve their ostomy patients.

On Saturday February 10, the biannual visitors training session was conducted at the American Cancer Society building. This training allows us to give back the help that many of us have received from the support group over the years. It is also a requirement that we have an ongoing visitors program in order to affiliate with the United Ostomy Associations of America. We trained 22

volunteers that day. 18 were doing their two year renewal and 4 were training for the first time. We thank all who gave up their Saturday morning to attend the training. We also thank members of the board of directors who helped plan this event, participated in presenting the program, and for providing refreshments. Hope to see "you" at the training in 2009. In addition, we owe a debt of gratitude to Kathleen and Lorette for preparing and mailing an announcement to 150 doctors and nurses in the Houston area that these 22 trained visitors are ready for "duty".

Thanks to the Nominating Committee of Clarice Kennedy and Jane Fieldcamp. Terry Marriott and Marian Newman have agreed to be nominated for terms on the board of directors. We will be voting to fill two seats on the board of directors at the May meetings. At the board of directors meeting shortly after the election in May, officers will be elected for the next few years.

We send out dues notices two times a year. In January, we sent out notices for those who joined January through June of the preceding year. In July, we will send out notices to those who joined July through December of 2006.

In April, Dr. J. R. Cali, colorectal surgeon, will be our speaker. Hope to see you then.

Ed Wood
President

OSTOMY HINT

By Tom Noble, Mission Ostomy Group, Tucson, AZ

I would like to share some significant information with you which is guaranteed to alter the image of any ostomate. The next time you have occasion to explain your surgery, state that you had an "intestinal amputation".

I got this gem from the late colorectal surgeon, Dr. Rupert Turnbull of Cleveland Clinic at an ostomy seminar. He stated that when an ostomate fills out insurance, government or employment forms we should use this description which is medically accurate and it will give us points in any league. I have done it with rather interesting results!! ♦

"The distance between you and your dreams is often the length of a single idea."

- Vic Conant

The United Ostomy Associations of America (UOAA)
can be contacted at www.uoaa.org.

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 ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Terry Marriott at 713-668-8433 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.

To subscribe to the quarterly magazine of the United Ostomy Associations of America (UOAA) complete the following.

The Phoenix Annual Subscription - \$25

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You can also order online at www.uoaa.org

UROSTOMY HELPFUL HINTS

If it is necessary to have a urinalysis, remind the nurse to take the specimen directly from the stoma, not from the appliance. This will insure that none of the bacteria in the pouch gets into the specimen and gives false results.

If you are out of Uri-Kleen, soaking your urinary pouch in straight white vinegar for 30 minutes will kill all common bacteria found in urine.

Mucous in the urine is normal. The ileal conduit is made of mucous secreting intestinal tissue. It doesn't stop doing its job even though it is transporting urine. ♦



Visitor Training Class - February 10, 2007



I REMEMBER . . .

As an ostomate for nearly the past 39 years, I have had my ups and downs, but you know, it hasn't been bad! The bottom line is that I AM HERE. Had it not been for the blessing of that surgery for my ulcerative colitis back in 1968, I doubt I would still be here to enjoy my granddaughters.

It wasn't easy in the beginning, but after all, we can consider those almost "dark ages" compared to now. An entire bathroom was required to set out all the various things necessary for a "change". This change took nearly 45 minutes in the beginning and I remember being "all thumbs". Products were not disposable so they had to be cleaned, dried, and powdered for the next change. Everything I learned about care of this new ileostomy, I learned the hard way. There were no ET nurses, no ostomy support group, no instructions except: "You are going to have to learn to live with this". "This" was a very long clear plastic bag that hung almost to my knees and closed with a rubber band being wrapped over and over around the end. But in retrospect, this dear old Bongort beat a tuna can or a rubber glove. And it sure did beat the agonies of colitis! Some years have passed now and fantastic improvements have evolved...thanks to the ostomy association, technology, and dedicated medical professionals. We have light weight, odor proof, disposable appliances that make life much easier and more secure. If you doubt this, just talk to one of us "old timers" about some of our experiences of "yesterday".

If you are new at this business of changing an ostomy appliance and wonder if you will ever get the hang of it...rest assured, you will! It does get easier.

Let's see now...39 years...I decided to cipher a bit. I do believe I have changed my appliance about 3700+ times. I should know how by now! Life is GOOD!!! ♦

GAS

via Solano Ostomy News, Solano, CA

If people tend to joke most about that which is most embarrassing, gas, as in "passing gas", must get a lot of laughs for it is universal. The average person passes gas 14 times a day—despite all attempts not to.

Technically speaking, gas can pass either by way of the mouth (belching) or by way of the anus (flatulence). And, for some of us, by way of a stoma.

Where gas comes from is a study in biological reactions. Gas is formed internally as the result of incomplete digestion. Food must be broken down into simple sugars, amino acids and fats in order to be absorbed and used efficiently by the body. Complex sugars found in certain foods, however, resist being broken down, perhaps because the enzyme that does the work is deficient or lacking in a person's body. Those sugars then pass intact through the stomach and small intestines and settle in the large intestine. They ferment in the same basic process by which wine is made.

Beans are notorious gas producers for just about everyone. But other high-fiber foods such as the cabbage family, whole wheat bread and onions do so, too. Don't forget the effects of carbonated drinks. Greasy, fried foods also get blamed. Keep in mind that what produces gas for one person may not produce gas for another.

Excessive gas may also be a sign of a food allergy such as lactose intolerance. People who lack the lactose enzyme will often find themselves passing large amounts of gas after consuming dairy products. If severe abdominal pain precedes gas, an irritable colon could also be the cause. The colon contracts to propel food along its many twists and turns. Sometimes these movements become irregular and uncoordinated. This causes pockets of air or gas to form which results in discomfort. ♦

BAYTOWN SUPPORT GROUP

January's program, "Ostomy 101... Exploring the anatomy and function of colostomy, ileostomy and urostomy" was well received with lively discussion from the group. New members from the community were able to gain information for themselves or their family member. In the coming months, additional presentations will focus on improvements and updates in ostomy equipment and resources. Plan to join us!

March 26th – Rosalie Johnson, Coloplast Ostomy Specialist

April 23rd – Tabatha Schroeder, ConvaTec Ostomy Specialist

Cindy Barefield, RN, WOCN
281-420-8671

NORTHWEST GROUP HAPPENINGS

Mardi Gras was the theme of our February meeting with refreshments of King Cake and Gay Nell's cheesecake. To add to the festive atmosphere, beads were provided for everyone to wear. Our roundtable discussion was enjoyed by the 10 members in attendance.

We will soon have name tags to wear for the benefit of visitors. Gay Nell handed out a list of all meeting dates for 2007 and we want to thank Tony for updating and putting together our new call list which includes email addresses.

Dr. E. C. Winkel, Urologist, will present our program on March 20th. Many thanks to Gen Stephens for working so diligently to arrange for Dr. Winkel to be our speaker.

See you on the 20th!

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

"Forgiveness is the power that enlivens relationships. Forgiveness keeps life moving forward, creates harmony and makes you spiritually strong." - Maoshing Ni, M.D.

HINTS & TIPS

- If your stoma bleeds during cleaning and appliance change, don't panic! A healthy blood supply is what keeps your stoma a bright red color. Tiny capillaries are easily damaged and just as easily repair themselves.
- It is not necessary to use sterile supplies. The stoma and surrounding areas are not sterile and only require the same cleanliness as the rest of the exterior body. ♦

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: _____ Date: _____

Name: _____ 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.

- | | | |
|--|--|---|
| <input type="checkbox"/> Colostomy | <input type="checkbox"/> Continent Ileostomy | <input type="checkbox"/> Parent of Child with procedure |
| <input type="checkbox"/> Ileostomy | <input type="checkbox"/> Continent Urostomy | <input type="checkbox"/> Spouse/Family Member |
| <input type="checkbox"/> Urinary Diversion | <input type="checkbox"/> Pull-Through | <input type="checkbox"/> Physician |
| <input type="checkbox"/> Other: _____ | | <input type="checkbox"/> Nurse |

_____ I would like to attend meetings with the (please circle one):

Central Group Baytown Group Northwest Group J-Pouch Group

_____ I would like to become a member but cannot pay dues at this time. (*This will be kept confidential*)

I learned about the Ostomy Association from

_____ ET Nurse _____ Physician _____ Newsletter _____ Surgical Shop _____ Website _____ Other:

I have enclosed an additional \$ _____ as a donation to support the association's mission of helping ostomates.

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