



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

Stop Slouching! Exercising with an Ostomy

By *Connie Paulino, BS, Physical Therapist, NW Medical Center and Patti Suler*



Having an ostomy is no reason not to exercise and enjoy an active lifestyle. Some accommodations may be needed based on what you chose to do such as swimming in the morning or walking before dinnertime, but other than that —go for it. Always check with your doctor before beginning new routines.

Stop thinking of exercise in a negative way, it is movement.

Movement is the most fundamental and important part of every thing we do.

Movement is critical, even if it just means going from one room to the other. Do it, do it again. Concentrate on time increases, not distances or repetition. Increases should be about 10% weekly. Performing a routine task? Time yourself. Work on doing it faster the next time. Do it daily for life.

Exercise begins with simple movements. All activities should be performed after warming up the body and muscles. The highest injury rates occur to hamstrings and calf muscles, so be sure and stretch these areas before starting.

Exercise does not mean joining a high dollar gym or facility. Walking is actually better than running. It can be done in your neighborhood, local parks, nearby school tracks or in shopping malls (leave the wallet behind). Many malls have early morning walking groups that walk before the stores open and offer year round access in a controlled environment. Remember to wear good shoes.

Incorrect posture is the most common contributor to a host of aches and pains throughout the body especially in the back, neck, and shoulder areas. Correct your posture by standing against a wall, shoulders back, tummy in, chin up—stop slouching. Practice good posture while you walk with your shoulders centered back and over your hips, tummy in. When driving, shoulders should

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touch the back of the seat and the same for sitting—make sure to evenly distribute your weight on your hips and buttocks as well.

Aside from bad posture, weak abdominal muscles can cause pain in the back, shoulders and neck areas. These muscles are critical to support the body. Abdominal bracing is a simple technique that most anyone can do to begin strengthening their abdominal muscles. Simply pull your belly button in away from your belt line and hold. Release. Repeat for a longer period of time. Abdominal bracing can be done while sitting, standing, driving, in meetings, and while walking.

Aerobic exercise does not have to be physically punishing. Aerobic simply means a sustained increase in heart action and it should be added to any movement program whenever possible. Think brisk when walking, taking out the trash or performing other routine chores.

When considering exotic exercise programs such as kickboxing, belly dancing, or swing dancing, make sure that you know your physical capabilities and that they can provide the foundation needed to support the involved movement. Know your limits, but keep moving forward.

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 Central Group had a good turnout of members and two visitors at Monday's meeting. We welcomed one visitor as a new member. Despite having a major computer crash and losing her presentation, Emilie persevered and gave a great overview of her experiences at the National UOAA Conference in New Orleans this past August. When she attended the conference, it had been about eight months since her surgery. That was long enough for the newness of her ostomy to pass and for her to appreciate the information being presented. The UOAA is known for putting on a great conference and it included some fun activities around New Orleans. Emilie highly recommended that we plan to attend the next conference August 7-11, 2011 in Reno, NV.

Dorothy announced that we have reserved December 7, the first Tuesday, for our Holiday Party at Pine Forest Country Club. Every year, Pine Forest has done a wonderful job for us. The food is excellent and the price is amazing. Mark your calendars.

Speaking of parties, March is the anniversary month for this organization. We will be celebrating our 54th year of providing support for Houston area ostomates. We are honored to have our newsletter editor, Patti Suler, give a presentation about the national UOAA organization. We are affiliated with the UOAA and support their activities even though we are also a standalone non-profit organization. Please join us as we learn about the national group and celebrate our anniversary.

Looking ahead, Patricia Carroll, the Insurance Specialist who was scheduled to speak in January, but was unable to attend due to illness, will be with us in April. If you have insurance questions or specific concerns, she is happy to address them. Please call or email Denise Parsons who will forward the questions to Patricia.

What have you always wanted to know, but were afraid to ask? Clarice Kennedy, our own CET, has consented to do a program at our May meeting. She would like to have those questions or concerns ahead of time so that she can give you the best answer. Her phone number and email address are in the newsletter, so please send those questions her way.

We send our Get-Well Wishes to Terry Marriott, our President, who had the misfortune to break an ankle. We hope he is up and running around again soon.

Denise Parsons, First Vice President for Terry Marriott

The **United Ostomy Associations of America (UOAA)**
can be contacted at:
www.uoaa.org or **800-826-0826**

Northwest Group News

Physical Therapist Connie Paulino from the Northwest Medical Center delivered a motivational program at our recent Northwest Group meeting. Ms. Paulino has been working with doctor-referred patients since the early '90s after receiving her Bachelor's degree in Physical Therapy (PT).

Ms. Paulino began with a discussion of current PT treatment methodologies and addressed some of the key elements of how PT is used to address patient function. She also spoke about the underlying issues of problems and how they involve or impair movement. Physical Therapy is not just exercise but a personal plan provided for patient rehabilitation that is based on their behaviors, lifestyles and the ways they perform their daily functions.

She identified some of the most common problems as involving pain in the back, shoulder and neck areas. Ms. Paulino explained that there was a key relationship between abdominal muscle weakness and how it affects the back, spine, neck, shoulder and balance areas. By improving your abdominal muscles and posture, many problems can be corrected or avoided altogether.

Ms. Paulino discussed several difference exercise strategies based on age range:

- Teens to mid 20's should concentrate on aerobic exercises to develop their bodies, strength and endurance.
- 25-40+ year olds should concentrate on strength training.
- 50+ year olds should focus on improving flexibility and balance. These are critical because as the body ages and muscles diminish, these areas are needed to support daily activity.

No Excuses

Ms. Paulino works full time, has a family and does exactly what she tells others to do. It all started approximately ten years ago when a co-worker invited her to walk during their lunch break. That simple start evolved in to walk/run combinations, running at the park, running with small groups and eventually half marathons and marathons. Ms. Paulino has successfully completed the Chevron Marathon more than once. She is now taking up swimming as a low impact-high energy workout.

Ms. Paulino took the time after her presentation to answer questions and provide suggestions in addition to demonstrating simple movement and stretching moves. Water bottles were provided as door prizes to a few lucky winners. Refreshments were brought by Carol and Patti.

Next month's program will involve a roundtable discussion focusing on diet and exercise.

Baytown Group News

Baytown Support Group met in February with another great turn out. We had 12 in attendance for “Product Potpourri”. Earlier in the week, I had a patient share one of her favorite ostomy products with me. She was using Colo-Majic Liners (www.colostomymajic.com) for her closed end pouches and never goes anywhere without them! I was so excited to find something to share with the group. I looked up the info on this product, printed out a few things and even had one (an unused one of course!) to show-n-tell. What a surprise to find that not another ostomate at the meeting was interested in this product. There was discussion of various companies and materials and options. There was handling of pouches and wafers and what I came to understand is that each ostomate or ostomate team (you and your coach/spouse/assistant/angel—whatever name you have for the person who may help you at home) must decide what is going to work for them. Some of the features accommodate your body, your stoma, your daily routine in a way that another product cannot.

Be informed—the more you learn about the products that are available, the more likely you will be able to individualize your ostomy care and enhance your wear time.

Baytown Support Group will meet Monday, March 1st at 6 p.m. Our discussion for the March meeting will be about Colorectal Cancer Awareness. Hope to see you there!

Cindy Barefield, RN, WOCN
281-420-8671

Go Blue For Colon Cancer!

Help the Colon Cancer Alliance and UOAA raise awareness about colorectal cancer and the importance of screening by wearing blue on national **Dress in Blue Day on March 5, 2010!** Individuals, businesses and community groups are all encouraged to participate. Support materials are available through the Colon Cancer Alliance website at :

http://www.ccalliance.org/news_events_dress-inblue.html

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.

Keeping Weight Down

UOAA UPDATE 2/10 via *The Right Connection* 11/09

Keeping weight down is especially important for those with ostomies. Even a few extra pounds can affect the fit of our appliance and cause the stoma to recess. For new ostomates, extra weight may put pressure on healing tissue. Here are a few ways to drop or maintain weight:

- Eat your biggest meal at noon and then have a light dinner by 6 p.m.
- Eat an apple, or two bread slices, or other fiber-rich food, 20–30 minutes before dinner. It will help curb your appetite at the table. These foods combined with water will expand in your stomach and reduce your capacity to eat.
- Chew well and slowly. It takes up to 20 minutes for the brain to receive them messages of fullness from the stomach.
- Don't eat after 6 p.m. Resist snacking late at night and your body will reward you with a more restful sleep and lots more energy in the morning. Eating in late hours will generally go directly into fat production because the body's energy needs are low at night.
- Remember that vegetables are considered free of calories when not covered in dip, butter or other extras—so you can eat these healthier foods without guilt.
- Instead of plunking down in front of the TV until bedtime, how about a relaxing evening stroll? You'll sleep better and feel better in the morning!

Celebrate. Remember. Fight Back.

American Cancer Society presents Relay For Life

The Gulf Coast Regional Relay For Life event will be held in the Texas Medical Center on April 9, 2010, at the Rice University Track Stadium.

Need more information? Contact Eric Page at eric.page@cancer.org or 713-706-5638.



March is National Colorectal Cancer Awareness Month

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.

Local OAHA May Elections

The nomination committee has submitted the following names for the upcoming Board of Directors' election in May:

Marian Newman	3 years (repeat term)
Denise Parsons	3 years (repeat term)
Ann Mueller	3 years (replacing Ed Wood)
Dale Whittington	2 years remaining of a 3 year term. Mr. Whittington will be finishing the term of Marjorie Tucker who recently resigned.

Election Process

Directors' position terms are for three-year periods, but the terms are staggered to ensure senior leadership is always available. Expiring terms and positions that have been vacated are filled by membership election each May.

A nomination committee consisting of one Director and one active member is selected by the President each December. Ed Wood and Mary Lou Del Homme were selected to comprise this year's nomination committee. The committee is responsible for nominating a minimum of one person per position after researching through our active member population for candidates.

The new Directors are voted in by our membership in May and then the Board designates officer and committee positions. Each Board member is responsible for a variety of duties based on their position. Additionally, Directors are required to attend mandatory Board meetings and special events. This may seem like a lot of time and travel to some, but it actually breaks down to just a meeting every few months as needed.

Our organization's Bylaws do contain term limitations, so new faces and inspirations are always needed. If anyone is interested in joining the Board or would like more information, please contact any Board member. If being a Board member is more than you can commit to, please volunteer to work on a committee. In a volunteer organization like ours, there is always something that can be done. Please join us in making this the best organization it can be.

WOCN and ET Directory

Clarice E. Kennedy, CET cekennedy1@peoplepc.com	(713) 647-8029
Pat Thompson BSN, RN, CWOCN Pat.thompson@tenethalth.com	(281) 397-2799
Charlene Randall, RN, CWOCN Specialty Wound & Ostomy Nursing, Inc. charlene@swoni.com	(713) 465-8497
Catherine Walsh RN, BSN, CWOCN cmwalsh@utmb.edu UTMB @ Galveston	(409) 747-3070 Fax: (409) 747-3038

Central Group

Monthly:	Third Monday
Time:	7:00 p.m.
Place:	American Cancer Society Building 6301 Richmond Avenue, Houston
Contact:	Terry Marriott 713-668-8433 marriot@rice.edu
Meeting:	March 15, 2010
Program:	54th Anniversary and Guest Speaker: Patti Suler, Newsletter Editor , will give a presentation about the national UOAA organization.

Baytown Group

Monthly:	First Monday
Time:	6:00 p.m.
Place:	Community Room in Lobby of San Jacinto Methodist Hospital 4401 Garth Road, Baytown
Contact:	Cindy Barefield 281-420-8671
Meeting:	Monday, March 1, 2010
Program:	Colorectal Cancer Screening Awareness

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 16, 2010
Program:	Roundtable about diet and exercise

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:	Monday, March 15, 2010
Program:	General Discussion

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

Opportunities and 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: Lorette Bauarschi, Treasurer
 P. O. Box 25164
 Houston, TX 77265-5164

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 Mary Harle at 713-782-7864 with any questions.

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
 Lorette Bauarschi, Treasurer
 P. O. Box 25164
 Houston, TX 77265-5164

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 Lorette Bauarschi, Treasurer, at 713-582-0718 or lbauarschi@sbcglobal.net or send your request to the Ostomy Association of the Houston Area, P. O. Box 25164, Houston, TX 77265-5164.



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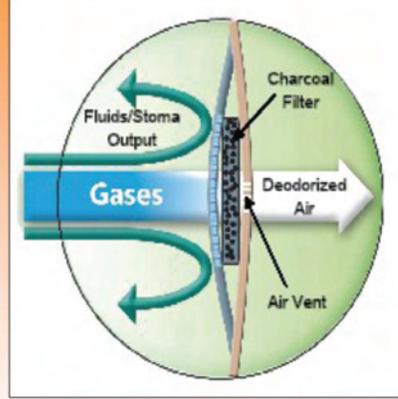
Monday through Thursday, 8:30 a.m.—8:00 p.m. ET,
 Friday, 8:00 a.m.—6:00 p.m. ET, and
 Saturday, 10:00 a.m.—2:00 p.m. ET.

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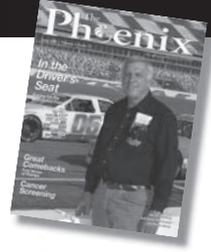
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We encourage you to bring your spouse or significant other and members of your immediate family to our meetings.

It's All Here!



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Half of each subscription funds the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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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: _____

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 |

*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

- 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.

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Adapt Paste



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Adapt Barrier Rings



Adapt Barrier Strips