



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

Anniversary Celebration

This year OAHA will be marking 60 years in existence! Instead of commemorating the group's anniversary in March as we usually do, we have decided to delay our celebration of this milestone until October to coincide with World Ostomy Day. Exciting details will be coming soon. This event will be affordable and available to all ostomates, families, friends and support personnel.

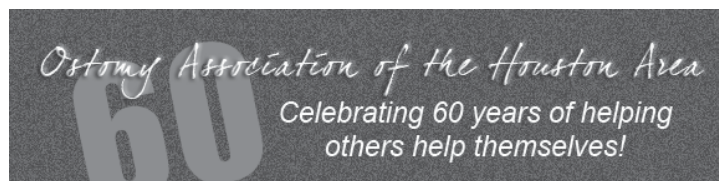
The Houston ostomy group is one of the few original support groups formed in the fifties that is still active. The Mount Sinai Hospital is credited with hosting the first organized ostomy support group in 1950. Our group began six years later.

The success of our organization is not found in special funding or endowments, but in the dedication of its members and their desire to give back and provide support. Every member participates. Some just pay their dues and come to meetings, others become visitors, and still others take on more demanding responsibilities by serving in defined roles.

Our future is in today's membership, so take a moment to reflect on what you have received and what you in turn can give back.

Newsletter Special Edition

The newsletter will be expanded for the Anniversary October edition and we will share numerous anecdotes and personal stories. We are encouraging all members to put pen to paper or keyboard to email and share your thoughts and stories of how OAHA has made a difference in your life. Forms are available to submit your thoughts via hard copy from the meetings or via electronic form from any Director or Board Member. Please submit your testimonials to Lorette or Denise by the end of August. Testimonial forms may be sent via email or hard copy. (See Central Group article for details!)



March is National Colorectal Cancer Awareness Month

by Patti Suler

Colorectal Cancer Awareness? What does this mean? This means that if you love someone, you educate and encourage them to seek a routine diagnostic procedure that could save their life. A colonoscopy. A routine colonoscopy is recommended beginning at age 50 or when other symptoms are present as recommended by a physician.



Colorectal cancer is the most treatable form of cancer—if caught early. Symptoms include frequent urges to go to the bathroom, diarrhea, blood in the stool and other un-natural bowel behaviors. Often times we don't want to do 'potty talk', it's embarrassing. A long time ago people thought the same way about breast and prostate cancer. Now these diseases are featured everywhere and the survival rate is increasing. It is colorectal cancer's turn. Get with someone you love and have a little potty talk.

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.

In This Issue

- Group News 2-3
- Abdominal Noises 3
- WOC Nurse Directory 4
- Meeting Dates/Times** 5
- Advertising Support 5-7
- Membership Information 7
- Contact Information 8

Central Group News

We were so happy that everyone found us at our new meeting location at the Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193. We feel very fortunate to have found such an easily accessible location for our future meetings.

Our speaker was Ann Friedman, Ph.D., a Licensed Psychologist who holds both a Doctorate in Counseling Psychology and a Doctor of Jurisprudence from the University of Houston. 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 explained that mindfulness is “paying attention to the present moment with an openness, curiosity and a willingness to be with what is...and possibly an increasing ability to maintain attention to beneficial thoughts.” Mindfulness is practiced through meditation. Ann described some studies that have shown that mindfulness can reduce stress, improve attention, boost the immune system, help to manage pain and to promote a sense of well-being. Ann then led us in a short, guided meditation. I’ve never seen our Central group so relaxed! For information on learning more about mindfulness, you can contact Ann at Friedman56@aol.com.

As many of you know, the Ostomy Association of the Houston Area is celebrating its 60th Anniversary! We are one of the oldest ostomy support groups in the country. To commemorate this special occasion, we are planning a special edition of our newsletter. We would like to include written “testimonials” from our members describing how the ostomy group has helped you, why you attend or anything else you would like to share. Please take some time to jot down a few lines—it can be anonymous if you would prefer. You can mail your testimonial to our P. O. Box, hand them in at one of our meetings or email them to me (lorette@bauarschilaw.com) or to Denise Parsons (rockynme2@aol.com). We want to hear from you!

We have learned from Jenny Jansson-Smith that Stomocur has decided to withdraw from the U.S. market effective May 1, 2016. For those of you who have been using Stomocur products, you may want to begin stocking up on supplies if you can. But, going forward, you likely will have to find a new manufacturer. I recommend that you contact the local representatives for other manufacturers to begin sampling products as soon as possible. For your information, here is the contact information for the local representatives of some manufacturers: (next column)

For Hollister: Kris McNeill, 832-499-0904
Kristine.McNeill@Hollister.com

For Coloplast: Tabatha Schroeder, 281-910-1110
ustks@coloplast.com

For ConvaTec: Kerriane Pelzl, 832-205-5167
Kerriane.Pelzl@convatec.com

For Cymed: Nick Gritzai, 916-873-2611
Nicholas.gritzai@cymedostomy.org

You may also get information from some medical equipment suppliers, such as Spring Branch Medical Supply or Shield Healthcare, both of whom have ads in this newsletter.

Our next meeting will be on Monday, March 21, 2016, at the Tracy Gee Community Center. Our speaker will be Tabatha Schroeder from Coloplast.

Remember 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 March.

Regards,

Lorette Bauarschi

President, OAHA, 713-582-0718

Northwest Group News

Almost a dozen people gathered for the February meeting. Originally scheduled as a Stomocur program, the meeting topic was changed last minute to a roundtable discussion when notified that Stomocur was planning to withdraw from the U.S. market as of May 1st.

The roundtable discussion was facilitated by randomly passing out topic cards to participants. Lively discussions resulted on topics including diet, blockages, leakage, telling others and many more. It was educational and great fun.

One request from the group was to hold another supply swap with the leftovers being donated to Project Cure. Several people volunteered to help organize so watch our program announcements in a few month’s time.

The March 16 program will be presented by a hometown favorite Paul Batchelder. This time, Paul will share insider tips into getting self-published. This should be really interesting for those wanting to share, but not knowing how.

Tony Romeo

936-588-4031

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

Local OAHA Upcoming Elections

Denise Parsons and Marian Newman have been nominated to serve on the Board of Directors. Nominee(s) will be voted on at the May OAHA meetings.

Baytown Group News

On February 8, Baytown Ostomy Support Group had an informative presentation by Jennifer Litaker, a Registered and Licensed Dietitian who is also a Certified Diabetes Educator with Houston Methodist San Jacinto Hospital. Jennifer shared recommendations from the recently released 2015-2020 Dietary Guidelines. You can find detailed info about these on www.chooseMyPlate.gov. These guidelines are designed to help Americans eat healthfully and to provide a transparent review of the scientific evidence on nutrition.

The top 10 things you need to know about these latest dietary guidelines include:

1. A lifetime of healthy eating helps to prevent chronic diseases like obesity, heart disease, high blood pressure, and Type 2 diabetes.
2. Healthy eating is one of the most powerful tools we have to reduce the onset of disease.
3. The path to improving health through nutrition is to follow a healthy eating pattern that's right for you.
4. A healthy eating pattern includes:
 - A variety of vegetables: dark green, red and orange, legumes (beans and peas), starchy and other vegetables
 - Fruits, especially whole fruit
 - Grains, at least half of which are whole grain
 - Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
 - A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds
 - Oils, including those from plants: canola, corn, olive, peanut, safflower, soybean, and sunflower. Oils also are naturally present in nuts, seeds, seafood, olives, and avocados.
5. Healthy eating patterns limit added sugars. Less than 10% of your daily calories should come from added sugars.
6. Healthy eating patterns limit saturated and trans fats. Less than 10% of your daily calories should come from saturated fats.
7. Healthy eating patterns limit sodium.
8. Most Americans can benefit from making small shifts in their daily eating habits to improve their health over the long run. Small shifts in food choices—over the course of a week, a day, or even a meal—can make a difference in working toward a healthy eating pattern that works for you.
9. Remember physical activity! Regular physical activity is one of the most important things individuals can do to improve their health.

10. Everyone has a role—at home, schools, workplaces, communities, and food retail outlets—in encouraging easy, accessible, and affordable ways to support healthy choices.

Jennifer took us through the interpretation of a Nutrition Facts Label. It's amazing what you can learn when you take time to focus on the details. When comparing products, make sure the serving size of the items is the same. This can be tricky!

In March, we are looking forward to RJ Poojawala from Spring Branch Medical Supply who will be sharing information on Medicare's expansion of the competitive bidding program. RJ is concerned for how this will impact ostomates with Medicare, as well as those who are privately insured. Strategies to prepare for the future as well as work at the grassroots level to save our medical supplies coverage will be discussed. This is a new development and it is important to be informed and educated about what Medicare is proposing and how this can affect all of us.

PLEASE NOTE: Baytown Ostomy Support Group will meet on the first Monday (March 7) to accommodate the absence of the WOC nurse as she attends conferences during the first two weeks of March. Make plans to join us!

Cindy Barefield, RN, CWOCN

281-428-3033

Abdominal Noises

UOAA Update 2014

Abdominal noises happen! However, as ostomates, we are embarrassed and wonder if something is wrong. It is usually “sound and fury, signifying nothing” important. Any of the following may be the cause:

You are hungry. Peristalsis goes on whether there is anything to move through or not. *Empty guts growl. Eat a snack between meals. Or consider four small meals a day.*

You are nervous, so peristalsis is increased. *Try to slow down. Try to eliminate some stress (especially at meals times).*

Coffee and tea, cola and beer—all stimulate peristalsis. *Beverages consumed on an empty stomach will produce gurgles as peristalsis redoubles its movements. Add a little bit of food with your beverages. Try some crackers and/or bread.*

Eating a high-fiber diet produces gas, so rumbles increase. *Mix with other foods. Reduce amount of insoluble fiber. Switch to more soluble fiber. Intestines do not digest starches and sugars as easily as proteins and fats. Reduce the amount of carbohydrates that cause you trouble. Mix with proteins and fats.*



SPRING BRANCH MEDICAL SUPPLY

PULMONARY ASSISTANCE INCORPORATED

- Ostomy & Urological Supplies
- Wound Care
- Oxygen & Respiratory Equipment
- Hospital Beds
- Wheelchairs
- Bedside Commodes
- Walkers
- Bathroom Aides
- Mastectomy Products
- Compression Hosiery
- Orthopedic Supplies

8700 Long Point Road
Houston, TX 77055

(713) 465-2200
Fax (713) 461-5806

WOC Nurse Directory

Cindy Barefield, RN, CWOCN (281) 428-3033
Houston Methodist San Jacinto Hospital
cbarefield@houstonmethodist.org

Charlene Randall, RN, CWOCN (713) 465-8497
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.

The Phoenix ORDER FORM

Money Back Guarantee!

One-year subscription \$29.95 Two-years for \$49.95

Payable to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

Name _____

Address _____ Apt/Suite _____

City _____ State _____ Zip _____

11/11 SG HLFAD

Choosing the right product.
That matters.



Premier Drainable Pouches – Now available with FlexWear Skin Barriers



Introducing **Premier** drainable pouches utilizing **FlexWear** skin barrier with tape border for strength and flexibility, and **Flexextend** extended wear skin barrier with filter. With options from the easy-to-use **Lock 'n Roll** closure and the **AF300** filter for improved deodorization; security, comfort, and discretion are the objectives of the pouch design. This pouch is available in multiple variations including ultra-clear, beige, or transparent, and pre-sized or cut-to-fit.

For a sample, call **1.888.740.8999**.

Hollister Ostomy. **Details Matter.**




Hollister and logo, AF300, Flexextend, FlexWear, Lock'n Roll, and Premier are trademarks of Hollister Incorporated.
"Hollister Ostomy. Details Matter." is a service mark of Hollister Incorporated.
©2010 Hollister Incorporated. PROMOCODE: 138PMFW0810

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: **March 15, 2016**
Program: **Guest Speaker: Tabatha Schroeder** from Coloplast

Baytown Group

Monthly: **THIS MONTH ONLY—FIRST MONDAY** 
 (Please note change for this month only.)
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: **March 7, 2016**
Program: **Guest Speaker: RJ Poojawala** from Spring Branch Medical Supply

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: **March 16, 2016**
Program: **Guest Speaker: Paul Batchelder**

J-Pouch Group

Monthly: Third Monday
Time: 7:00 p.m. or by Appointment
Place: **NEW LOCATION!**
Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193
Contact: Ron Cerreta 832-439-1311
 Ron Meisinger 281-491-8220
Meeting: **March 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@gmail.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.

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.



Medical Supplies For Care At Home Since 1957

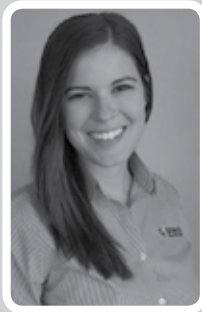
Count on us for Ostomy Expertise & Resources

OstomyLife

A SHIELD HEALTHCARE
COMMUNITY

MEET LAURA... Ostomy Lifestyle Specialist

Laura offers you a fresh and candid approach on living with an ostomy through her videos, articles and "Ask Laura" feature on shieldhealthcare.com



Ostomate
Since 2011

The ostomy supply experts at Shield HealthCare are ready to support you with:

- 58 years of ostomy supply experience
- Direct billing to Medicare, Medicaid and most health plans
- Leading brand products for every unique size
- Easy supply ordering and reliable home delivery
- Online ostomy community with helpful articles & videos

We offer a full line of products from your favorite brands:



Connect With Us...



Learn something new today at
shieldhealthcare.com/ostomylife

To order supplies, please call 800-493-7863

SenSura® Mio



Fits Right. Feels Right.

Now you can get a better fit to your body shape.

The new SenSura® Mio product line helps people with an ostomy to feel secure throughout their day.

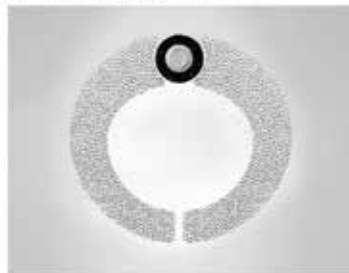
For free samples call 1-877-858-2656 or visit us online at www.sensuramio.us

New features:

Elastic barrier to fit real body shapes.



Full-circle filter to reduce ballooning for comfort.



Neutral gray textile for discretion.



New
SenSura® Mio
For all
ostomy types

Coloplast Corp. Minneapolis, MN 55411 / 1-800-533-0404
www.coloplast.us The Coloplast logo is a registered trademark of Coloplast A/S. © 2014 Coloplast Corp. All rights reserved.

MB1104 05.14

Medic Pharmacy
Ostomy Products
Medical Equipment and Supplies
4040 S. Braeswood, Houston, TX 77025
 (next door to "3 Brothers Bakery")
Centrally Located
With Free Front Door Parking


713-666-6353

 FAX: 713-666-2831
 9 AM to 5:30 PM M-F; Sat. 10 AM-1 PM


Osto-EZ-Vent®
 #1 preferred venting device for any Ostomy pouch


Quick • Discreet • Relief™

- Easy to Attach, Open & Close.
- Convenient and Simple.
- Provides Comfort, Relief, & Confidence.
- Attaches to Any Pouch.


 Visit our website for additional Osto-EZ-Vent® information, where to buy and more.
 Call 888-562-8802
 www.kemOnline.com

Medicare Reimbursement Code A4366
 Manufactured by KEM in the U.S.A.


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

Osto Group www.ostogroup.org
Providing Ostomy Products to the Uninsured.

All you pay is shipping and handling. **877-678-6690**



Newsletter Advertising: *Please contact the President or Treasurer 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

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 _____

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.