



# Houston Chapter United Ostomy Association

A Health Support Group

April 2004

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 two locations for member convenience.*

## Central Group

Monthly: Third Monday  
Time: 7:30 PM  
Place: American Cancer Society Building  
6301 Richmond Avenue, Houston  
Contact: Ed Wood 281-493-5015  
(ewood6@houston.rr.com)

**Meeting: April 19th, Monday evening**

**Program: Sterling Medical Services Rep**

Jenny M. Jansson-Smith, RN, WOCN, with Sterling Medical will present our April program. Time permitting, we will also view a short video by "FOW", *Friends of Ostomates Worldwide*.

## Northwest Group

Monthly: Tuesday following the third Monday  
Time: 7:00 PM  
Place: NW Medical Professional Bldg. (The Cali Bldg.)  
17117 Cali Drive (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: Bill Propst 281-320-8005 (propst@neosoft.com)

**Meeting: April 20th, Tuesday evening**

**Program: Friends of Ostomates Worldwide**

Ed Wood will show a video and provide information about "FOW". We'll have a question & answer time.

## J-Pouch Group

Monthly: Third Monday  
Time: 7:30 PM  
Place: American Cancer Society Building  
6301 Richmond Avenue, Houston  
Contact: Ron Meisinger 281-491-8220

**Meeting: April 19th, Monday evening**

**Program: Round Table Discussion**

Ulcerative colitis and the J-Pouch connection.

# Happy Easter!



## 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 March Anniversary Dinner was held at Pine Forest Country Club on March 9<sup>th</sup> to commemorate the founding of our Chapter some 48 years ago. Twenty-four members and guests enjoyed an excellent meal, good fellowship, and fun. We appreciate Dorothy and Tom Andrews for making it possible for us to enjoy a wonderful time at Pine Forest Country Club.

In March, Dorothy spoke to the Wound Care Nurses at M D. Anderson. She has been our representative to this group the last few years. She speaks four or five times a year to the different classes.

On February 26, Clarice Kennedy and Ed Wood represented the Houston Chapter of UOA at a dinner and lecture that was hosted by Hollister who is the maker of many ostomy supplies. Houston was the first place in Texas that Hollister has hosted such an event. They had invited WOCN and ET nurses from the Houston area, Byram Healthcare, and representatives from Houston UOA. Clarice enjoyed seeing many of her friends. Hollister, Byram, and our chapter had booths that the nurses came to visit during the first hour of the meeting. We met and received information from two dozen nurses who represented hospital systems in the Houston, Conroe, and Galveston areas. This was an excellent opportunity for our chapter to make contact with these nurses. Many of the nurses have been sent packets with our newsletters and brochures. After dinner, we were introduced to a few of the people who do research and development for the company. We heard talks from WOCN's Coni Ellis (MD Anderson) and Ginger Salvadalena (Hollister). From their talks, we learned how WOCN's, manufacturers, suppliers, and the UOA, work together to help the ostomate. We deeply appreciate Hollister hosting this event and allowing our chapter to participate and receive the helpful information. I learned that the next such meeting is to be held in Dallas. I called the leader of the Dallas chapter and told him how much we had benefited from the meeting and to be sure to contact the local representative of Hollister and learn more about when the meeting was to be held.

I received the following from our website and will check at the next meeting for anyone interested:

"I am a 7 year survivor of colorectal cancer. I have a colostomy and am working with a group of engineers to identify potential improvements to current products on the market. We are working this project as part of a Systems Engineering class taken through MIT. I would very much be interested in gaining data from your section members. I lived in Houston for 5 years prior

to my surgery. Please respond if you or other ostomates in the Houston area would like to participate in my needs survey and perhaps even help evaluate an alpha prototype. I can provide printed surveys with self-addressed stamped envelopes for return. We could even explore having a telecom focus group if that is a preferred means of understanding what needs your members have that are not currently being met to full satisfaction levels."

May will be our month for elections. Our Nominating committee, Mary Harle and Mary Lou Hartranft, report the following nominations for the Houston Chapter of UOA: First Vice President-Floyd Swinger and Treasurer-In progress. 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.

We have received a request from Cymed to advertise in our newsletter. Check out their ad on page 7 of this issue.

We have received from the National UOA office the proposal for a feasibility study to help determine if UOA has the capability of conducting a major fundraising campaign in support of expanded membership development efforts, leadership training and public outreach efforts. This communication details what the three efforts would entail. From what Clarice has read, she agrees that the organization has a need for improvement in these areas. I hope to have some copies for you to read at future meetings.

We celebrate the end of the medical procedures that Chuck Bouse and Leon Mucasey recently have completed. Congratulations to Don Ramsey upon receiving an excellent medical report recently.

See you on April 19th.

*Ed Wood*  
President

*"A pessimist is someone who complains about the noise when opportunity knocks."*

- Michael Levine

## Is It a Stroke?

via The Internet

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say any bystander can recognize a stroke by asking three simple questions:

1. ask the individual to smile.
2. ask him or her to raise both arms.
3. ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 911 immediately and describe the symptoms to the dispatcher. After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Associations' annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

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## A New View of 'Ostomy Odor'

via the Greater Detroit Chapter and Charlotte, NC Chapter

When you think about it, emptying an ostomy appliance is comparable to a person with an intact bowel or urinary tract having a bowel movement or emptying his or her bladder.

How do non-ostomates handle the odor produced by this normal function of their bodies? Room deodorizing sprays are popular, a quick flush of the toilet when defecation occurs, striking a match or opening a window are acceptable methods that have been used for odor management since the invention of indoor plumbing.

Why, then, as ostomates are we so "up tight" about the odor produced when our appliances are emptied?

This constant complaint has encouraged ostomy equipment manufacturers to create products to meet the need for "odor control."

Trouble is, though, ostomy deodorants do not work for everyone, and they are expensive.

Can we consider ourselves "as normal as blueberry pie" as far as waste odors are concerned? Remember, there is no one on this earth whose waste does not smell!

**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 of 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.

## 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.

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### Free supplies for those in need.....

The Nevada County Ostomy Support group in Grass Valley, CA, receives donated supplies from manufacturers, distributors, pharmacies, UOA chapters and ostomates or their families and makes them available to needy ostomates at no cost other than shipping. To view available supplies, click [www.ostomysupport.com](http://www.ostomysupport.com). Contact Bob Pleski at [pleski@calis.com](mailto:pleski@calis.com) to donate excess products or apply for free supplies.

**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

## JOIN UOA IN THE WINNER'S CIRCLE



42nd National Conference  
United Ostomy Association, Inc.  
August 4-7 • Louisville, KY

Louisville, KY is the proud host for the 2004 national event. Expect a modern, clean and convenient downtown location with plenty of southern hospitality. The second annual Young Adult Conference will be held jointly with the national event and don't forget the sessions for kids, spouses, continent diversions and much more.

*Don't pass up this opportunity to learn,  
share and support fellow ostomates—  
plan to attend now!*

For more information, call 800-826-0826  
or e-mail [info@uoa.org](mailto:info@uoa.org)

### 2004 YOUTH RALLY PLANS BEING MADE



San Diego State University (SDSU) will host the **2004 UOA Youth Rally** Saturday, July 10th through Wednesday, July 14th.

Activities include formal and informal discussion groups, various sports, dances, picnics, crafts, sightseeing and other recreational activities.

The UOA's Annual Youth Rally provides the opportunity for 11 to 17 year-olds to be with others their age who have had ostomy or alternate-procedure surgery. Sessions on hygiene, self-care, sexuality and other suitable subjects are offered. The volunteer staff includes WOC(ET) nurses and UOA members. The rally usually is held in a university setting and teaches young people that the only thing limiting them is their attitude, not their ostomy. For more information, call 800-826-0826, ext. 104 or e-mail [jsmith@uoa.org](mailto:jsmith@uoa.org).

### NORTHWEST GROUP HAPPENINGS

We had a total of nine at our March meeting. We watched a video titled "Ask the ET" and had a good group discussion.

Welcome to newcomers Jim Lewis and his wife Barbara. Jim's surgery was only three weeks before the meeting and he was out and about already.

See you at the April 20th meeting.

Regards,

**Bill Propst**

Coordinator Northwest Group

**The Benefits of Growing Older...** • You can eat dinner at 4:00 p.m. • Your investment in health insurance is finally beginning to pay off • Kidnappers are not very interested in you • It's harder and harder for sexual harassment charges to stick • People no longer view you as a hypochondriac • Your secrets are safe with your friends because they can't remember them either • Your supply of brain cells is finally down to a manageable size • Your eyes won't get much worse • Things you buy now won't wear out • No one expects you to run into a burning building • There's nothing left to learn the hard way • Your joints are more accurate than the National Weather Service • In a hostage situation you are likely to be released first • You can live without sex but not without glasses • Your back goes out more than you do • You get into a heated argument about pension plans • You quit trying to hold your stomach in no matter who walks into the room • You bought cable for the weather channel • You have a party and the neighbors don't even realize it • Your ears are more hairy than your head

### 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.