



Oostomy Association of the Houston Area

April 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: April 16th, Monday evening

Program: Joseph Cali, MD, Colorectal Surgeon

Don't miss this meeting with Dr. Cali!!

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: April 17th, Tuesday evening

Program: Coloplast Representative

Local Coloplast Representative, Rosalie Johnson, will be with us to show product samples and answer questions.



**Happy
Easter!!**



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: April 23rd, Monday evening

Program: Ostomy Specialist from ConvaTec

Tabatha Schroeder, Ostomy Specialist from ConvaTec will present our April program. Come see samples and hear about ConvaTec'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: April 16th, 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.

Twenty-five people attended the 51st Anniversary Dinner of the Houston ostomy support group at Pine Forest Country Club on March 6th. A special “thank you” to our hosts, Tom and Dorothy Andrews.

Thanks to Sharon Peeples, Denise and Rocky Parsons, John Flowers, and Ed Wood for their help in staffing a booth at the VA hospital’s Colon Cancer Awareness Day in March. Forty newsletters and seventy brochures were distributed to those in attendance.

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 for two seats on the board of directors at our May meetings. At the board of directors meeting shortly after the election in May, officers will be elected for the next few years.

We were sorry to hear of the passing of Mr. Costello Green. Clarice Kennedy and I represented our group at his funeral. I had talked with Mr. Green originally, and Dorothy arranged for a visitor to talk to him on the phone. Later on, Clarice worked with him. At the funeral, many nice things were said about him by his church members and co-workers. Denise also sent a card from our group.

Two websites which provide a variety of ostomy information are our local website, www.ostomyhouston.org, and the national website at www.uoaa.org. The national website has a link that will give you the opportunity to read or print every booklet, pamphlet, etc. that was created by the former UOA organization. There is a lot of good material at that link.

Recently, I received information about a group that offers supplies at reduced cost for the un-insured, the “Osto Group”. For the cost of postage and 10% of the order, they will send available supplies to an ostomate. Their website is www.ostogroup.org or phone 530-432-9607.

Colorectal surgeon, Dr. Joseph Cali will speak to us at our April 16th meeting. Hope to see you there.

Ed Wood
President

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

TENDER LOVING CARE—YOUR STOMA NEEDS IT TOO!

Reprinted from *Re-Route*, Evansville, IN

Most ostomy patients would agree that there is no substitute for TLC. That is one of the reasons that the specialty of WOC nursing exists. It ensures that nurses with a special sense of caring and with special education are taking care of the ostomy patient’s needs. Once you are discharged, remember that your stoma needs TLC also. A few pointers might be helpful. Generally speaking, it is good to set aside a time for giving priority to stoma care. It might be during your morning shower, after breakfast, or at bedtime. It’s important to make it fit into your routine. Don’t change your schedule for the stoma. Make it change for you. Having a regular time for pouch changing, etc. helps put some order into your schedule. It will also ensure that leakage or other problems can be kept to a minimum. If you know that your pouch always leaks on the fourth morning for instance, then begin changing it on the third night, if that time is convenient. Don’t be rough with your stoma. It’s not unusual for it to bleed a little when washed. Just be careful not to be too brisk with the washcloth or whatever you use, as that might cause excessive irritation. Eat a well-balanced diet; following special instructions from your physician, dietitian, ET, etc. Drink sufficient water and fluids unless you are medically restricted. Persons with ileostomies and colostomies should chew their food very well. Avoid eating too many hard-to-digest and gaseous foods at one meal. Urostomy patients need to be sure to have sufficient fluids, unless told otherwise by the doctor, as fluids help prevent infections. Rinsing the urostomy pouch daily with a solution of 1/3 white vinegar and 2/3 water helps prevent crystals from building up on the stoma, and the wash will also keep the inside of the pouch acid. Acid conditions prevent growth of bacteria. Patients can usually shower with the pouch off unless instructed otherwise. Water will not hurt the stoma. Peristomal skin especially needs TLC. A properly fitting pouch, changed regularly, usually accomplishes this. Never tape the pouch if it is leaking. Change it!! If you have frequent leakage and have to change too often, call your WOCN to make an appointment for re-evaluation. Perhaps another type of pouch would be better or perhaps your stoma and peristomal skin need re-assessment. There might be some new products that will work for you. Don’t hesitate to make an appointment. ♦

“Real listening is a willingness to let the other person change you.”

- Alan Alda

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

The official publication of UOAA

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KEEPING YOUR POUCH ODOR PROOF

Rinsing a pouch out each time it is emptied is primarily a waste of time. For one thing, it takes longer to empty the pouch and you need more materials around you. You also leave more odor in the room since the pouch is kept open longer. The water, especially if it is warm may open the pores of the pouch material and encourage odor permeation. Also, rinsing can affect the seal of your adhesive.

Frankly, it does not matter whether the interior of your pouch is clean any more than it matters if the interior of your color is clean.

Rinsing the interior can only increase permeation, but cleaning the exterior neck will avoid any odor that may be present as a result of having fecal residue on the end of the pouch. Flush the toilet immediately, then clean the lower portion of the exterior pouch with toilet tissue. You can also use an alcohol wipe to clean the tip of the pouch. ♦



BAYTOWN SUPPORT GROUP

Baytown support group met February 26th and enjoyed the opportunity for Roundtable discussion. The group hosted special guest Elaine Dollar, from the American Cancer Society. Elaine discussed her role as a Community Specialist and the resources available from ACS. She encouraged everyone to become an advocate with the Cancer Action Network, an organization which lobbies for concerns of cancer patients and their families.

Sharon Peebles, our newest Certified Visitor, discussed her recent training and shared information with the group. Sharon plans to represent the Baytown Support Group during the upcoming health fair being offered at the VA in Houston. Thank you Sharon for representing us!

We shared a membership update. We have had one member move back to New Orleans (we will miss you Ms. Emma!) We have one member and daughters just visiting out of state (also miss you Mrs. Toler). We enjoyed the opportunity to interact with a new couple just "breaking in" his new ileal conduit. I hope the group's interaction and support was helpful and will keep them coming back!

Don't miss a meeting in the next few months! We have Ostomy Specialists from ConvaTec and Hollister scheduled to present our programs.

Cindy Barefield, RN, WOCN
281-420-8671

NORTHWEST GROUP HAPPENINGS

We had a good turnout for our March 20th meeting with 16 in attendance, including two visitors....welcome Joan and Bob.

Dr. Winkel's presentation was informative and quite entertaining. We thank him for taking time from his busy schedule to be with us and to answer our questions as well.

Our meeting's theme was Easter with appropriate refreshments of Little Peeps and chocolate candy in addition to cheesecake and banana bread. Thank you Gay Nell! Next month's refreshments will be provided by Gen Stephens.

Patty Suler and Fred Price were the winners of our door prizes....beautiful potted Spring flowers.

Coloplast Representative, Rosalie Johnson, will be with us for our April 17th meeting.

Be sure to join us then.

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

Be nice to your children. They're the ones who are going to choose your rest home

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: _____

Street Address: _____ Phone: _____

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**