



# 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



*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:** Terry Marriott 713-668-8433  
marriott@rice.edu  
**Meeting:** **Monday, April 20, 2009**  
**Program:** **Guest Speaker: Robert F. Gagel, MD**  
**"Glucocorticoid-Induced Osteoporosis"**

## 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:** **Tuesday, April 21, 2009**  
**Program:** **Guest Speaker: Terry Anderson, registered Massage Therapist and owner of Massage Oasis**

## Baytown Group

**Monthly:** First Monday  
**Time:** 6:00 p.m. *(please note new time!)*  
**Place:** Community Room in Lobby of San Jacinto Methodist Hospital  
4401 Garth Road, Baytown  
**Contact:** Cindy Barefield 281-420-8671  
**Meeting:** **Monday, April 6, 2009**  
**Program:** **Roundtable: "Ostomy Survival Kit—don't leave the house without it!"**

## 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, April 20, 2009**  
**Program:** **General Discussion**

### 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.

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## Central Group News

We had 25 in attendance at the Central Group Meeting to celebrate the 53rd Anniversary of our Ostomy Association on Monday, March 16. We had a beautiful cake with delicious sandwiches, fruit, nuts, punch and coffee provided by Mary, Janet, and Denise.

Denise put together a very interesting and informative PowerPoint presentation for our Anniversary meeting entitled "Who Are We?" In this presentation she highlighted our Motto, "We help ourselves by helping others to help themselves," and our Mission, "To provide education, information, support, and advocacy for people who have had or will have intestinal or urinary diversions." Then, using a series of slides, she briefly went over our history from its start in 1956 through its various transitions to its present incarnation as "The Ostomy Association of the Houston Area," including the Northwest, Baytown, and J-Pouch Satellite Groups. She also went over all the various things that the people in our organization do such as putting together and printing our newsletter, organizing and training visitors every two years, providing visitors for the various ostomy-related surgical patients that we get requests to visit, and maintaining and updating our website from which we are getting more contact with people interested in ostomy-related concerns. She also went over the duties of the various officers within our organization and the appointed positions that you see designated on the back of the printed copies of the newsletters that you receive. This presentation will be made available on our website in some form, probably a PDF file of the slides as they were presented. Thank you, Denise, for a very unique and interesting look at our organization and what we do and "Who We Are".



For the April 20 Central Group meeting we have Robert F. Gagel, MD who will be telling us about "Glucocorticoid-Induced Osteoporosis".

See you all there,

**Terry Marriott**

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.

## Baytown Group News

Baytown met on the first Monday of March with Polly Burleson, Ostomy Care Specialist from ConvaTec as our presenter. Polly presented changes within ConvaTec and discussed the positive changes this has brought to the ostomy side of the company in particular. Two new products have been developed in the past year: a low profile adaptor and the new Esteem Synergy one piece pouch. The low profile adaptor is a great tool in the first few days after surgery for the new ostomate. It allows the pouch to be changed or removed without pressing on the wafer. The Esteem Synergy one piece is a great addition to the entire line of Synergy products.

Members brainstormed possibilities for increasing attendance. Cindy will contact all current ostomates and ask for their input on date, time and meeting format.

April's Roundtable will be a collaborative presentation by all group members: *Ostomy Survival Kit—don't leave the house without it!* We hope you will join us!

REMEMBER... 1st Monday at 6 p.m. Hope to see you there!

**Cindy Barefield, RN, WOCN**  
281-420-8671

## Northwest Group News

The Northwest Group's March meeting had 12 attendees. A new ostomate and a surgical candidate were among the group. Coloplast representative Rosalie Johnson provided a product demo that was laced with personal stories from her prior work years at M. D. Anderson. She answered questions and addressed pouching issues in a way that was interesting to both the experienced and novice ostomates. Cheesecake, chocolate fudge brownies and iced Easter egg cookies were provided by Pat and Barbara for refreshments. Next month's program will feature Terry Anderson, a registered Massage Therapist and owner of Massage Oasis.

**Gay Nell Faltysek**  
281-446-0444

**Tony Romeo**  
281-537-0681

The United Ostomy Associations of America (UOAA) can be contacted at  
[www.uoaa.org](http://www.uoaa.org).

## Colorectal Cancer Awareness Day

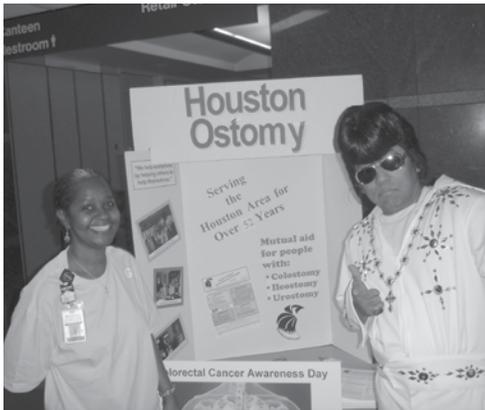
By Ed Wood

On March 6, 2009, the GI Endoscopy Unit at Michael E. DeBakey Medical Center VA Hospital held their Colorectal Cancer Awareness Day in the front lobby of the hospital. Rosetta Brunfield-Brown, a member of the Unit, invited the Ostomy Association of Houston to set up a booth to inform the veterans and staff of the hospital about our organization's services and support. Ron Cerreta and I manned our booth from 8:00 a.m. to 12 noon.

We handed out over 90 newsletters and brochures to those who were interested in knowing about the Ostomy Association. A few had ostomies themselves and many knew family members or friends who had one. Many nurses and staff also took newsletters. The most common questions we heard involved colonoscopies—when, why and how.

There was an "Elvis Sighting" during the morning. To draw the attention of those coming into the lobby, there was music from Elvis playing, and one of the staff was in an Elvis costume to attract people. It was a great idea; when the music was not playing, it was not the same atmosphere.

Rosetta Brunfield-Brown, a member of the GI Endoscopy Unit, promotes colorectal cancer education with a well-known figure.



*It was a pleasure to visit with these men and women who served our country, and we came away with a renewed respect for those who have and do now serve in the armed services.*



Thanks to Ed and Ron, who represented our Chapter by manning an information booth.

## Anniversary Celebration

Our organization's 53rd Anniversary was celebrated on March 16, 2009, at the Central Group's meeting. The program included a detailed presentation prepared by Denise Parsons that described our history, our activities, the roles of the Board, officers and appointed positions, as well as the opportunities for new volunteers to help. A copy of the presentation will be on our website, so check it out!



Denise Parsons presented a detailed presentation on our history and activities.

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. In these perilous financial times, this is the best long term investment around!

*Anniversary photos by Jane.*

## Life Notes

(excerpted from *The AUSTI-MATE Journal*)

- ✓ Accept that some days you're the pigeon, and some days you're the statue.
- ✓ Always keep your words soft and sweet, just in case you have to eat them.
- ✓ Drive carefully. It's not only cars that can be recalled by their maker.
- ✓ If you can't be kind, at least have the decency to be vague.
- ✓ Birthdays are good for you. The more you have, the longer you live.

News You Can Use

**Urostomies: Fluid Management and Infection**

By Juliana Eldridge, ET/WOC Nurse, UOAA Update May 2008

People with urinary diversions no longer have a storage area, a bladder, for urine. Therefore, urine should flow from the stoma as fast as the kidneys can make it. In fact, if your urinary stoma has no drainage after even an hour, it is of serious concern.

The distance from the stoma to the kidney is markedly reduced after urinary diversion surgery. Any external bacteria now have a shorter route to the kidney. Since kidney infection can occur rapidly and be devastating, prevention is essential.

Wearing clean pouches and frequent emptying are vital. Equally important is adequate fluid intakes, particularly fluids that acidify the urine and decrease problems of odor. In warm weather, with increased activity, or with a fever, fluids should be increased to make up for body losses due to perspiration and increased metabolism.

It is important that you be aware of kidney infection symptoms including elevated temperature, chills, low back pain, cloudy or bloody urine and decreased urine output.

**Colorectal Cancer Symptoms**

Excerpted from the National Cancer Institute (NCI) Publication #03-1552, July 2003 revision

Common symptoms of colorectal cancer include the following, however, most of the time these symptoms can come from many other sources besides cancer. It is important to seek medical attention early on to maximize treatment benefits and options.

- Change in bowel habits
- Diarrhea, constipation, feeling that the bowel does not empty completely
- Blood in the stool (either bright red or very dark)
- Narrow stools (more than usual)
- Abdominal discomfort (frequent gas pains, bloating, fullness and/or cramps)
- Weight loss with no know reason
- Constant fatigue
- Nausea and vomiting

Additional information can be found at the NCI's website [www.Cancer.gov](http://www.Cancer.gov)

**Colonoscopy; When, Why, How?**

Colonoscopy is the most common test used to look for evidence of pre-cancerous conditions inside the colon. This procedure is also used as a diagnostic tool for many gastrointestinal diseases. The most common reasons for having a colonoscopy are age, genetic disposition for cancer, prior cancerous or disease related concerns.

Adults entering their fifties are often encouraged to have this test because more than 90 percent of colon cancer diagnosis occurs in those over fifty. Age by itself is not a shield against colon cancer, it can strike at any age, though less frequently. Gastrointestinal problems should never be ignored, if you or a family member are experiencing problems, medical attention is always recommended. Early diagnosis results in better treatment options and benefits.

For more information, check out these sites on the Internet:  
[www.cancer.org](http://www.cancer.org)  
[www.colonclub.com](http://www.colonclub.com)

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## 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

### 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  
P. O. Box 25164  
Houston, TX 77265-5164

(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 Laura Beth Jackson at 281-530-8912 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 cekennedy1@peoplepc.com or call 713-647-8029.

### 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

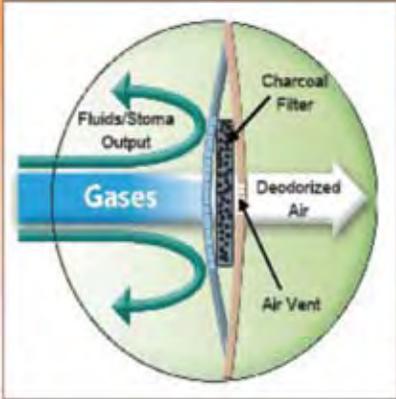
### Use Those Shopping Cards

Kroger 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 or ewood6@comcast.net.

### 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 713-460-1955 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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### 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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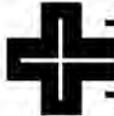
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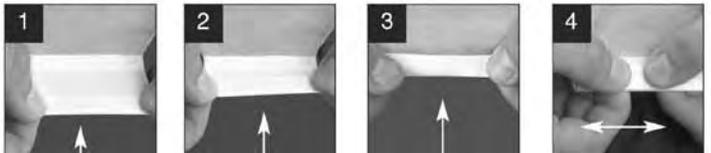
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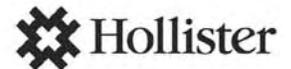
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