



AFFILIATED SUPPORT GROUP

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

TSA's Pat-Down Policy in the Spotlight UOAA Advocates For Concerns of Ostomy Community

UOAA News, March 2017

The Transportation Security Administration (TSA) has recently announced a pat-down policy that has concerned some people living with an ostomy. Those selected for the additional screening will experience a universal procedure for pat-downs. Remember that you can request a private screening (along with a travel companion) and a chair at any point in the process. Early communication in the screening process that you have an ostomy remains key to the experience you may have during this security procedure. Be sure to plan for extra time at the screening in case you are selected.

See our information online for a **travel communication card** and the latest travel tips from the TSA. Board member George Salamy is our TSA liaison and is in frequent communication with them about your concerns. They have been very responsive to the voices in our community and strive to enhance agent training where needed when incidents arise.

To read more about completing a travel communication card, visit this page at UOAA: http://www.ostomy.org/Ostomy_Travel_Tips.html

Download a copy of the Travel Communication card here: http://www.ostomy.org/uploaded/files/travel_card/Travel_Communication_Card.pdf

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.

Pain You Should Never Ignore

By Dr. Mallika Marshal

Pain is your body's way of telling you something is wrong, and failure to address it could lead to serious problems.

Chest/Shoulder Pain. It could mean that you're having heart problems. Sometimes it's a pain in the chest, sometimes in the left arm, shoulder, neck, or jaw. However, many people who've had heart problems say it's not really a pain, but a pressure or discomfort. Now there are other things that can cause pain in the chest such as acid reflux, inflammation of the chest wall muscles, or inflammation of the lining of the lungs. But the thing we really worry about and want to rule out is a heart attack. So if you develop these symptoms, especially if you have risk factors for heart disease or are over 40, you need to contact your doctor right away or call 911.

Pain in the mid-back. If you experience pain in your back or between your shoulder blades, it's most likely caused by arthritis. But pain in this area, especially if it's severe or sudden can indicate an aortic dissection in which blood actually gets trapped in a tear of the main artery in the body, the aorta. This can be life-threatening. It more commonly occurs in people with high blood pressure or people with a history of heart disease, so if you're concerned, call your doctor right away.

Abdominal pain. We all get the occasional bad stomach ache but what we are talking about here is sharp pain that hurts so much that it takes your breath away. This kind of pain could

(Continued on page 3)

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

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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, or newmarian@gmail.com.

Central Group News

At our March meeting, we welcomed Ms. Pat Camp all the way from Michigan. Pat is a retired nurse and co-owner of the company Stoma Cloak. Pat's husband had a urostomy. He noticed that the chemistry of his urine reacted to the plastic of his pouch causing an odor that they couldn't mask. Pat, along with an ostomy surgeon who was a colleague and who also had a urostomy, developed an odor-reducing pouch cover. StomaCloak is latex free and made of a proprietary fabric that is impregnated with activated carbon and antimicrobial products. It also stays warm in winter and cool in summer. StomaCloak is manufactured in the US and is ready to wear over Hollister, Convatec, Coloplast and Nu-Hope pouches. There are choices available for one and two piece appliances. Pat was kind enough to offer us a special discount of 15% on a purchase made before April 20. Go to www.stomacloak.com and use the code **HTown** at checkout.

Our next meeting is on April 17 and we will have two speakers.

Yolanda Lopez, the Volunteer and Client Services Coordinator with CanCare, will join us to let us know about her organization and how we may be able to partner with them to support ostomates. From their website:

Replacing fear with HOPE has been the mission of CanCare since it was formed as a 501(c)(3) in 1990 to improve the quality of life for cancer patients and their families. CanCare has an ever-deepening legacy of being there for individuals, caregivers, employers and faith communities that want to provide customized, confidential support to anyone impacted directly or indirectly by cancer. Founded by Anne Shaw Turnage, a survivor of colon cancer, CanCare has grown into a network of trained volunteers including survivors, family members of survivors and medical professionals who provide emotional support, information and cancer related resources. Survivors of more than 75 different types of cancer are the heartbeat of the organization, providing hope, friendship and even hospital visitations for those battling cancer. A patient is matched with a CanCare volunteer based on a variety of criteria including cancer site, treatments, age and gender. Support is provided over the phone and through email.

Our second speaker will be a dietician from Shield Healthcare. We look forward to hearing from her as well.

And don't forget our Visitor Training scheduled for Saturday, April 29, 2017 at 9 a.m. at the Tracy Gee Community Center. It's a new program, and we think we'll be done before lunch. Look for additional information in this newsletter.

Regards,

Lorette Bauarschi, President, OAHA, 713-582-0718

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

T.J. McLaughlin and Houston Methodist San Jacinto Registered Nurse, Amanda Liles, partnered to present to the ostomy support group as Cindy Barefield, the WOC Nurse, attended a conference in New Orleans. T.J., an Account Manager at Byram Healthcare, presented: Making Sense of Insurance Coverage and Co-Pays for DME.

T.J. serves both patients and caregivers, helps ensure patients receive the needed supplies for their individual needs, and does so in a timely manner. This basic premise and mission is complicated by the 3 parties involved in every medical supply order. This is where an account manager with expertise like T.J.'s can be a resource to patients. Every medical supply transaction involves the patient, the caregiver/provider, and the payer (Insurance / Medicare). All 3 of which have individual needs, requirements, and concerns.

Ostomy Patient—>simple way to order supplies—>delivered in timely manner

Caregiver—>authorize transaction—>oversight for transaction to occur

Payer—>legitimate transaction requirements (even with lifetime diagnosis)—>supplied in correct quantity/manner

T.J. notes that frequently, parties involved in a supply order may know little about the other parties' needs and requirements. There may be a disconnect between the parties due to the complex requirements and needs of each. A resource like Byram Healthcare can help facilitate these transactions to ensure all parties are getting their needs met. For more information, you can contact T.J. at Tmclaughlin@byramhealthcare.com or visit their website at www.byramhealthcare.com/

For the next 3 months, we will temporarily relocate our meeting location to the Alexander Campus. We will meet in Conference Rooms 1 and 2 which are just off the lobby next to Outpatient Physical Therapy at 2610 N. Alexander Drive. The following presentations are scheduled:

April: Updates in the "Brava World"—Coloplast Ostomy Specialist, Tabatha Schroeder

May: Updates with Hollister—Ostomy Sales Specialist, Kris McNeill

June: ConvaTec Updates - Houston Territory Manager, Ostomy Care—Kerriane Pelz

I hope you will make plans to join us!

Sincerely,

Cindy Barefield, RN, CWOCN, 281-428-3033



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

Northwest Group News

Kerriane Pelzl from Convatec was a hit at our March meeting. Almost a half dozen mates showed up during Spring Break to hear the latest product updates and discuss ostomy issues. Kerriane shared very exciting news—Convatec has acquired Stomocur and will be providing their product within months. Many will recall the wonderful, non-irritating adhesive and long lasting wear-time of Stomocur but also the previous difficulty in finding the product. There was a new mate and her cousin in attendance who had lots of questions. Both Kerriane and the group did their best to answer the questions. We hope to see them at the next meeting.

Next month's meeting will be a great exchange opportunity for new and older ostomates. Roundtable Discussion: "Nobody told me **OR** I didn't know that"—*what they left out of the ostomy care instruction manual!*

Members will gather to discuss the ins and outs of all ostomy care issues brought to the table. Bring your questions and solutions to this gathering.

Recommended audience over 18 years of age due to potential graphic and intimate topic discussions.

A snack buffet of tasty tidbits will be provided. We so missed Gay Nell, Gen, Jane, Craig, Jay, Patti and Celita. Hopefully everyone will be on hand in April.

Billy Locke
337-515-6354

Pain You Should Never Ignore *(continued from page 1)*

signal appendicitis or a ruptured appendix which is a very serious condition that needs to be treated right away. Severe abdominal pain could also signal problems with your gallbladder, pancreas, or even an ulcer.

Calf pain. Whenever we hear someone complain of calf pain, we worry about a blood clot or deep venous thrombosis in the leg. These clots affect about 2 million Americans every year and can be life-threatening...if the clot breaks off and travels to the lungs.

People most at risk are those with cancer, pregnant women, people who have had recent leg surgery, bed-ridden patients, and people who have been on long plane flights. So if you have pain in your calf, especially if there's redness and swelling and no recent injury or muscle strain, you need to call your doctor right away.

Feet or leg pain. Burning in the feet or legs could be a sign that you have peripheral neuropathy or nerve damage. One of the most common causes is diabetes which we all know is a very serious condition. And the sad fact about diabetes is that many people who have it don't even know they do. So a burning sensation in the feet could be the first indication. Other causes of nerve damage could be injury, inflammatory conditions such as Lupus, or vitamin deficiencies. So talk to your doctor.

Don't miss this!

Visitor Training—April 29, 2017

9:00 a.m.

Tracy Gee Community Center

3599 Westcenter Drive, Houston, Texas 77042

Visitor training is offered every two years to people who have had their ostomies for at least a year. This training is important so we can provide a support system for people considering ostomy surgery, having just had the surgery or post surgery. Support for new ostomates during the first six months is critical to their successful recovery and affects their future quality of life. Visitor training builds personal confidence to deal with an array of ostomy-related issues. It can teach you how to tell new friends, family members or co-workers about your ostomy, train you how to share basic ostomy information with new people at meetings and provide an opportunity to answer those small questions you may have. The training is interactive and fun. Please RSVP to Lorette Bauarschi at lorette@bauarschilaw.com or 713-582-0718.

2017 Take Steps Walk—May 20 Houston Zoo, 6200 Hermann Park Drive

On Saturday, May 20, hundreds of Houston area residents will raise funds for the Crohn's & Colitis Foundation by participating in the Houston Take Steps Walk at the Houston Zoo

located at 6200 Hermann Park Drive in Houston. OAHA will be hosting an information booth at the event. Registration has opened and participant fundraising leading up to the event has begun. Funds raised by walkers and through event sponsors will support patients who are coping with Crohn's disease and ulcerative colitis.

Check in for the Houston Take Steps Walk begins at 7 a.m. with an 8:00 a.m. start time to cover a course no longer than 2 miles within the Houston Zoo. All walkers will have the opportunity to enjoy games, activities, and refreshments at a celebration at the end of the walk course. This festival-like celebration recognizes patients, families, friends, sponsors, fundraising teams, healthcare professionals, and volunteers in a private area within the Houston Zoo.

The 2017 fundraising goal for the Houston Take Steps Walk is \$150,000. This year, the Houston Walk is piloting a new campaign for which individual walkers and teams raise or donate \$100 or more per person. Team and individual registration is available online at www.cctakesteps.org/Houston2017.





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WOC Nurse Directory

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

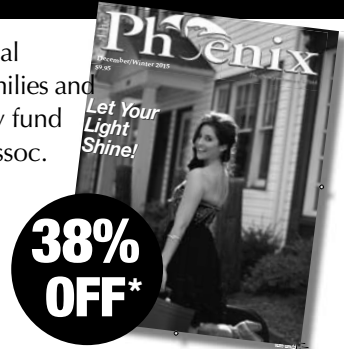
Charlene Randall, RN, CWOCN (713) 465-8497
Specialty Wound & Ostomy Nursing, Inc.
charlene@swoni.com

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. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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Central Group

- Monthly:** Third Monday of the month
Date: **April 17, 2017**
Time: 7:00 p.m.
Place: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193
Contact: Denise Parsons 713-824-8841
 rockynme2@aol.com
Program: **Two Guest Speakers—Yolanda Lopez, CanCare Dietician, Shield Healthcare**

Baytown Group

- Monthly:** Second Monday of the month
Date: **April 10, 2017**
Time: 6:00 p.m.
Place: *For the next 3 months, we will temporarily relocate our meeting location to the Alexander Campus. We will meet in Conference Rooms 1 and 2 which are just off the lobby next to Outpatient Physical Therapy at 2610 N. Alexander Drive.*
Contact: Cindy Barefield 281-428-3033
Program: Updates in the “Brava World”—Coloplast Ostomy Specialist, **Tabatha Schroeder**

Northwest Group

- Monthly:** Third Wednesday of the month
Date: **April 19, 2017**
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: Billy Locke 337-515-6354
Program: **Roundtable Discussion:** “Nobody told me **OR** I didn’t know that”—*what they left out of the ostomy care instruction manual!*

J-Pouch Group

- Monthly:** **Third Monday of the Month**
Date: **April 17, 2017**
Time: 7:00 p.m. or by Appointment
Place: **Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193**
Contact: Ron Cerreta 832-439-1311
 Ron Meisinger 281-491-8220

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.

AmazonSmile

On your first visit to AmazonSmile (smile.amazon.com), you are prompted to select a charitable organization from the list of organizations. You can change your selection at any time. To change your charitable organization: Sign in to smile.amazon.com on your desktop or mobile phone browser. From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. Or, from your mobile browser, select Change your Charity from the options at the bottom of the page. Select Ostomy Association of the Houston Area as your charity.

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 Tony Romeo, Treasurer, at 936-588-4031 or sal1mr@sbcglobal.net 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: Tony Romeo, Treasurer
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(When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)



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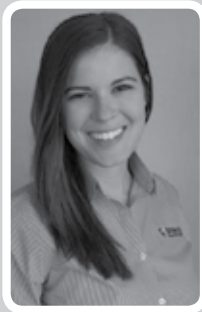
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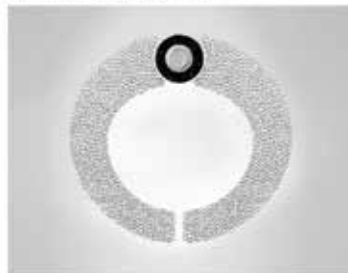
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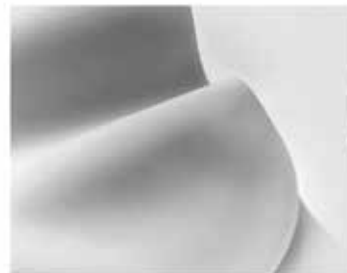
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Membership Application

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:
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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: _____

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<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.