



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



Short-term Ostomate: A Point of View

by Katy Duggan courtesy of The Pouch

One day I was on vacation in New York and simply feeling constipated. The next day I was in a Seattle emergency room signing a consent form for a resection (surgical removal of part of my bowel) and a possible ostomy. As an RN, I took care of many a child with a colostomy and could only remember the awful skin breakdowns that many of the kids had on their abdomens. I remembered the struggles to keep the old style appliances on their fragile bodies. I was feeling scared, confused and incompetent to take care of one on my own body. My surgery resulted in no ostomy, and I was relieved. I had only a colon cancer diagnosis to deal with post-operatively.

Five days later, I found myself again faced with a consent form for emergency surgery for complications. This time there was no doubt that I would have an ostomy—an ileostomy. The surgeon assured me that it would be only for eight to ten weeks, and then it would be closed. The assurance vanished with the first visit

(Continued on page 3)

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.

New from National


Report from Susan Burns, UOAA President,

I just got back from representing UOAA at the Digestive Disease National Coalition's Annual Spring Public Policy Forum on Capitol Hill in Washington, DC. It was an empowering gathering with dozens of other leaders working for patient advocacy. I look forward to forging new relationships with those working for a common cause. Patient advocate Lynn Wolfson provided training at the forum. We look forward to presenting new advocacy information in this newsletter in the year ahead.

Advocacy Alert:

Lynn Wolfson, a digestive disease patient advocate, has started an effort to make handicap restrooms more accessible to people who have ostomies, feeding tubes, IV lines, urinary catheters, or other similar medical devices.

Lynn is an ostomate with Hirschsprung's Disease. Her proposal includes having a hook and a shelf by the toilet, a sink in all handicap stalls, a Sharps red medical disposal box for used syringes and a universal access card for those whose doctor deem it necessary to use a handicap stall. More information will be coming in the future.



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

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.

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Central Group News

Unfortunately, due to the bad weather, the Central Group had to cancel its April 18 meeting. I hope all of you are well and that you weren't affected badly by the floods. Our scheduled speaker, Kayla Graves from Byram Healthcare, has been rescheduled for our July meeting.

Our next meeting will be May 16 at the Tracy Gee Community Center. Our speaker will be Dr. Mariam Murad, the founder of the Movement is Blessed program. Movement is Blessed is a specific exercise technique which is designed to increase circulation. We look forward to learning more about this program.

Also, RJ Poonawala, from Spring Branch Medical Supply, has agreed to come by to discuss the proposed changes to the way ostomy supplies will be handled by Medicare and his work to try to change this proposed legislation.

As a reminder, we are celebrating our 60th Anniversary in 2016.

We are still collecting written "testimonials" from our members describing how the ostomy group has helped you, why you attend or anything else you would like to share to include in our special edition of the newsletter. 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 will have more news soon regarding other plans we have to commemorate this special anniversary.

We look forward to seeing you in May. Remember that we must start our meeting promptly at 7 pm so please plan to be there on time.

Regards,

Lorette Bauarschi

President, OAHA, 713-582-0718

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

Baytown Group News

Baytown Support Group met on April 11 with Tabatha Schroeder, Ostomy Specialist from Coloplast. Cindy thanked Tabatha for increasing attendance this month with 10 persons present for "Coloplast Product Update —New Level of Flexibility and Comfort without Compromise on Security." Tabatha shared information about Mio. Coloplast has spent \$400 million to develop this product. Features of the convex wafer include web lines which allow movement with the body—it is less rigid but still allows draining of flat and flush stomas. Mio pouches have the distinctive gray color which was chosen after testing over 700 different colors. This color does not show through clothing of any color and works with all skin colors. The filter is designed to last up to three days. Material on the Mio pouch is designed to stay dry in the shower.

Tabatha reinforced these unique features of the Mio pouching system with a creative game of Mio Bingo. Each time one of the features was called—it was discussed. It was amazing to see how much "bingo knowledge" there was in the room. Specialized versions of the game such as four corners and postage stamp were introduced along with the traditional bingo that was played. The games were enjoyable and provided the opportunity to learn more about Mio. In addition, those who were interested will be enrolled in the Coloplast sampling program. There is also an opportunity to enroll in the CARE program which Tabatha described as an "encyclopedia of information for the ostomate."

Baytown Ostomy Support Group will meet again on the second Monday in May (the 9th). We are so fortunate to have Kris McNeil, Ostomy Care Specialist from Hollister joining us. I hope you will make plans to attend!

Cindy Barefield, RN, CWOCN

281-428-3033

Northwest Group News

The April meeting was cancelled due to weather problems. Although some streets were passable, members were scattered about through the flooded areas. The May meeting will be comprised of a program by Kris McNeill with Hollister and the Swap Meet from the April meeting.

Tony Romeo

936-588-4031

**Swap Meet—Northwest Group Meeting
May 18, 2016, 7:00 p.m.**

(April date was cancelled due to bad weather.)

NW Medical Professional Bldg., (The Cali Bldg.)
17117 Cali Drive, Houston

Don't be Afraid of the Water

Here's some advice about bathing and showering with your ostomy.

*by Karen Spencer RN BN ET Senior Manager Clinical Education,
Hollister Incorporated*

Your transition from the hospital to home can often be very overwhelming. People with a new ostomy have many questions, and one common concern is bathing with an ostomy. They may fear that the barrier and pouch will fall off with excessive water or heat, or question the length of time required to dry the pouch once wet. Check out these commonly asked questions, advice and helpful tips to make your regular shower or bath routine a pleasant experience.

Q: Should I take my pouch off when I bathe?

A: You can shower or bathe with your skin barrier and pouch in place. Generally, the adhesion and security of your pouching system will not be affected by the water. However, if you enjoy long hot baths or hot tubs, you may experience shorter barrier wear time and may need to change your pouching system more frequently.

Q: I have a two-piece system. Should I keep the pouch on the barrier when I shower?

A: Always shower with your pouch secured to the barrier. Removing a pouch from a two-piece system before showering will allow the water to come into contact with the barrier and loosen the adhesion. You may find it convenient to switch to a different pouch for the shower or bath so your regular pouch remains dry at all times.

Q: Can you recommend an easy way to dry the pouch after bathing or showering?

A: Patting dry with a towel or using a hair dryer on a cool setting may help dry the pouch and tape around the barrier so it doesn't remain wet.

Q: Should I add extra tape to the barrier when showering?

A: It is not recommended to add any additional tape to the barrier when showering. The additional tape may cause skin irritation when removed after each shower. If necessary, you can dry the tape on the barrier after showering with a towel or with a blow dryer on a cool setting.

Q: Can I shower without my pouching system?

A: Yes, you can shower without your pouching system in place. Water will not harm or flow into your stoma, but you should avoid a forceful water stream directed right at your stoma. Remember that your stoma may be active during this time. If you have a fecal ostomy, over time you may be able to predict when the ostomy will not function and bathe or shower during that time. Please note that a urinary stoma will function frequently.

Q: Will soap affect the adhesion of my pouching system?

A: If you use bar soap when showering, make sure it does not contain lotions or creams that may leave a residue on the skin which can interfere with the barrier adhesive. Rinse the skin well around your stoma with water and dry it completely before you apply your new barrier and pouch.



Showering or bathing is part of everyone's daily routine whether they have an ostomy or not. These helpful hints and suggestions will help you become more comfortable and confident living life with an ostomy.

Short-term Ostomate: A Point of View

(Continued from page 1)

of the oncologist. He did not want me to have a third surgery, recover from that operation, and then start chemotherapy.

Now my challenge was to face nine to ten months of taking care of the ostomy on my body. Even as professionally trained as I was, I had all the same fears as those who must face living a lifetime with an ostomy. I kept telling my family I just wanted to pay a nurse to come in each week to deal with the bag change and any problems. I wanted someone else to deal with "it." I had to have help for several weeks but gradually became less "scared," not as "confused," more "competent" as each week passed. Although as I write this, I am closer to the surgery date to reconnect my bowel, I have walked the road each ostomate walks. Between chemotherapy side-effects and learning new skills for managing an ileostomy, I am a stronger, more competent individual.

Thanks to *Ostomy Outlook*, North Central Oklahoma

Local OAHA Upcoming Elections

Denise Parsons, Tony Romeo, and Marian Newman have been nominated to serve on the Board of Directors. Nominees will be voted on at the May OAHA meetings.



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WOC Nurse Directory

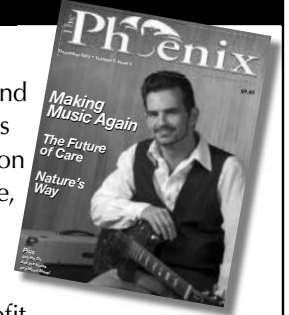
Cindy Barefield, RN, CWOCN (281) 428-3033
Houston Methodist San Jacinto Hospital
cbarefield@houstonmethodist.org

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. 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.

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Central Group

- Monthly:** Third Monday of the month
Date: **May 16, 2016**
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: **Guest Speakers: Dr. Marium Murad**, founder of the Movement is Blessed program and **RJ Poonawala**, from Spring Branch Medical Supply

Baytown Group

- Monthly:** Second Monday of the month
Date: **May 9, 2016**
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
Program: **Guest Speaker:** Kris McNeil, Ostomy Care Specialist from Hollister

Northwest Group

- Monthly:** Third Wednesday of the month
Date: **May 18, 2016**
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
Program: **Swap Meet & Guest Speaker: Kayla Graves** with Byram Healthcare

J-Pouch Group

- Monthly:** Third Monday of the month
Date: **May 16, 2016**
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.

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.



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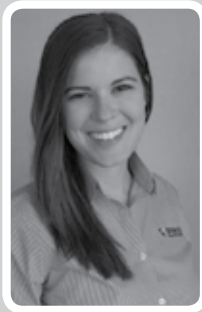
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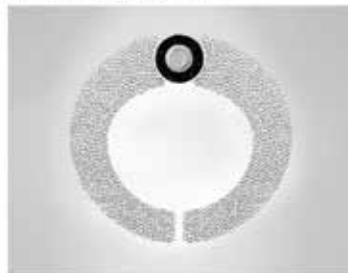
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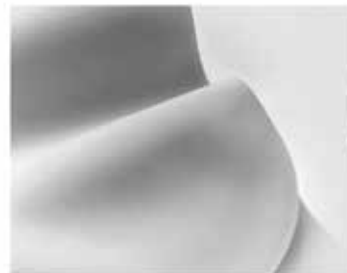
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Newsletter Advertising: *Please contact the President or Treasurer for sponsorship and advertising opportunities.*

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

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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.