



Houston Chapter United Ostomy Association

A Health Support Group

June 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: June 21, Monday evening

Program: Dr. Gary Smith, Urologist

Dr. Smith will present our program in June which will include a discussion about kidney stones. Join us for very this informative and educational presentation. See you at the meeting.

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: June 22, Tuesday evening

**Program: Sterling Representative and Ice
Cream Social**

Jenny Jansson-Smith, RN, WOCN, with Sterling Medical will present our June program. Join us for her presentation and our ice cream social.

J-Pouch Group

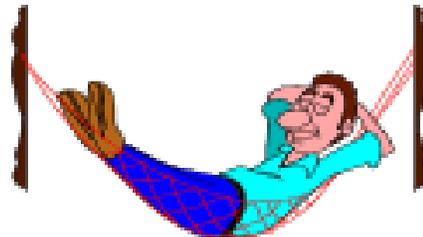
Monthly: Third Monday
Time: 7:30 PM
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Ron Meisinger 281-491-8220

Meeting: June 21, Monday evening

Program: Round Table Discussion

Ulcerative colitis and the J-Pouch connection.

Happy Father's Day!



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 Houston Chapter of UOA held elections at its meeting in May. Floyd Swinger and Chuck Bouse were elected First Vice-President and Treasurer, respectively. We appreciate the time and talent donated to us by these fellows. Terry Marriott has served admirably these past years, and we appreciate his work for the organization. He was presented with a plaque honoring his 25 years in the UOA. Our organization will continue to work well as long as members step forward to help. As others come to our group seeking support, consider how our organization has helped you and ask how you might be of help to others.

We had 15 members in attendance at our May meeting and, in addition to our local election, we voted on our choice of five candidates for the Board of Directors of the National UOA and cast our vote for the four officers that were running for President, Vice-President, Secretary, and Treasurer. Those of us who attended the National Conference last August had the opportunity to meet and converse with many of the people who were running for office. We hope that more people will consider attending the National Conference in Louisville this summer so that we can maintain contact with our national leaders. See information about the convention in this newsletter.

As you know we previously have sponsored a young ostomate to the UOA summer Youth Rally. We are happy to report that a young lady from Texas Children's Hospital is interested in attending the UOA Youth Rally this year and it was voted to offer her a sponsorship. We are happy that a candidate was found and hope that she will be able to attend.

After the elections, we discussed ways of improving communication between ourselves and the ostomates in our community. Ron Meisinger, who has conducted the J-Pouch Connection and Ulcerative Colitis Group for the last 10 years, shared some of his experiences in reaching out through various media.

We hope that Rhonda Olson, Tom and Dorothy Andrews continue to recover from their injuries. Ricky Cassel is home, and we hope for an improving recovery following his surgery. We look forward to seeing Ricky soon. We wish Shirley Mucasey the best as she recovers from her hospital stay.

We continue to have local responses from the "Dear Abby" letter from a couple of months ago. The national offices said that they have had over 500 calls with many being referred to local organizations.

We hope that each member will consider the outstanding speakers that we will have the next couple

of months. Floyd has done a superb job in finding interesting speakers for us. Please make an extra effort to come in June to hear Dr. Gary Smith who will discuss kidney stones. For ostomates, kidney stone formation is a great concern. Dr. Robert Fayle will present a discussion on sleep disorders in July. Clarice has said that Dr. Fayle is a great speaker.

Let's start a good pace for summer with a large attendance on June 21st.

Ed Wood
President



Terry Marriott receiving plaque from Ed Wood in honor of 25 years of service to the Houston Chapter UOA.



"He that hath a merry heart hath a continual feast."

- Proverbs 15:15

IF YOU GET SUNBURNED

From Port Huron Ostomy Chapter, Marysville, Michigan

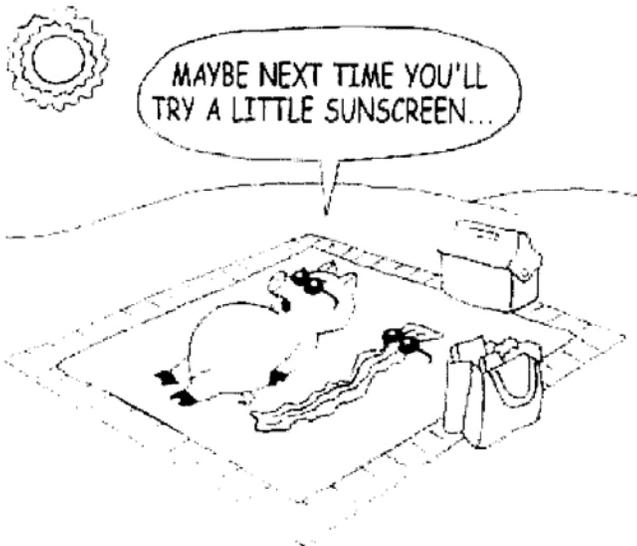
Cool baths, showers or compresses are very soothing. Take aspirin or Tylenol for pain.

A mild headache can accompany a sunburn. Lie down in a cool quiet room. A fan is nice too!

Although there's nothing you can do to prevent peeling (it's part of the healing process) apply lotions liberally. There are products available to relieve itching and promote healing...such as aloe gel.

Avoid the sun between 10 a.m. and 4 p.m. when the burning rays are strongest, especially if your skin is sensitive.

And remember, sunbathers, be sure your stoma is well covered from the sun's rays.



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.

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.

THINGS TO PONDER

- Can you cry under water?
- How important does a person have to be before they are considered assassinated instead of just murdered?
- If a deaf person has to go to court, is it still called a hearing?

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.

Don't have a computer?...Ways to access the Internet:

- ✓ Public libraries, universities, and even some coffee shops are alternate sources for computers from which you may be able to get on-line.
- ✓ Your grandchild may be happy to help you also.
- ✓ Even if you don't sit at a web-capable computer at work, your employer might allow you access if you can prove it's for a worthwhile cause.

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.

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

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.

ANOTHER SIDE OF THE STORY

via Ostomatic News, Austin, Texas

If anyone walked a mile in the shoes of an ostomate, how would they feel? Maybe a little tired, but their ostomy would work just fine, thank you. What does having an ostomy mean to you? Survey says: good health, no pain, belonging to a group of strong, caring and compassionate people — ostomates, savvy individuals who've learned how and where to get and share knowledge, help, humor and hope.

Okay, there hasn't yet been a comprehensive survey....the question is...are you living as actively as you'd like to? If not, why? An ostomy is merely tissue that's been surgically relocated and designed to function smoothly. If ever an ostomy doesn't work correctly and trouble-free, it may only need a little extra attention and care. You and your ostomy deserve the time necessary to be taken care of really well. After that, let your heart and brain take charge.

Living through health problems that led to ostomy surgery, you no doubt gained strength and fortitude. Your ostomy won't break and neither will you. You might develop feistiness and greater determination. You may also discover more bad hair days are likely than bad ostomy days especially in a tropical, humid climate, during blistering winters, or in the windiest rainstorms.

If you're not sure whether an activity is medically or physically all right for you to do, before you stop yourself from trying, ask your physician and ET if restrictions prevent you from participating in or learning to: water ski, play the guitar, swim, play canasta or poker, scuba dive, speak Spanish, French or Italian, dance (ballet, tap, waltz, samba), eat Cajun, sushi, or Greek foods, hike, canoe, kayak, take a trip by car, bus, ship, plane or train, ride a horse, run a marathon, walk 30 minutes, do yoga, golf, garden, sing or laugh.

Inaccurate information or a negative attitude can prevent you from doing what you want. Adjust your attitude with realistic information. Just as you adapted to the ways your body changed as you were growing up, you can adapt again and resume living as multitudes of other ostomates have done.

Ask questions! Terrific at sharing information, ostomates are resilient, inventive, practical, and creative. At ostomy meetings, notice how well people look. That's due to deliberate effort and an optimistic attitude. Give yourself the same quality of care you expect from your doctors. Don't ask less of yourself. Decide each day what you'd like to do. Socialize with other people, or spend time alone. Count on the people most important to you to remain loving and supportive. Call people you'd like to see. Let your family and others know when you want them to join you in various activities. Don't think or expect the worst from anyone, including yourself. An ostomy gives you health and options. Consider the Spanish proverb: Living well is the best revenge. Live well! (Two recommended books provide valuable information. In *The Ostomy Book*, Barbara Dorr Mullen and Kerry Anne McGinn, RN, present basic information about all three types of ostomies [colostomy, urostomy or ileostomy], and tips about the best ways to return to good health following surgery and continuing to feel well. After ileostomy surgery, Maureen Bender wrote *A Secret No More* about her experiences as she resumed working, dating, and starting an exercise program for ostomates.)

Before Donating Blood

via Port Huron, Michigan Ostomy Chapter

Ostomates considering the donation of blood should consult their physicians before doing so. This being said, bear in mind the experience of a physician, who was also an ostomate, in Cartersville, GA. The following is part of his note: "It is this physician's opinion that an ostomate who has a history of kidney stones or periods of dehydration should never subject him/herself to the dehydration that is present after a blood donation. My opinion is based on my own personal decision—as an ilioostomate—to give blood. After my donation, no amount of fluid I forced on myself relieved the dehydration, which lasted two days. My third kidney stone came ten days later. I believe an ostomate can think of many other ways to serve his/her fellow man and repay medical science."

TIPS

- ✧ If you have odor problems after eating eggs or fish, drinking orange juice can eliminate the odor.
- ✧ Adding a pinch of ginger to the pot while cooking beans will reduce the "after-effects" of eating them.
- ✧ Ziploc sandwich bags are useful for disposing of used pouches and containing the associated odor.

Keeping Weight Down

via Rose City Ostomy News, Tyler, TX and Metro Maryland

Keeping weight down is especially important for ostomates. Even a few extra pounds can affect the fit of our appliance and cause the stoma to recess. For new ostomates, extra weight may put pressure on healing tissues. Here are a few ways to drop or maintain weight.

- ◆ Eat your biggest meal at noon and then have a very light dinner by 6 p.m.
- ◆ Eat an apple, or two bread slices, or other fiber-type food 20-30 minutes before dinner. It will help curb your appetite at the table. These foods, combined with a glass of water, will expand in your stomach and reduce your capacity to eat.
- ◆ Chew well and eat slowly. It takes up to 20 minutes for the brain to receive the messages of fullness from the stomach.
- ◆ Do not eat after 6 p.m. Resist snacking late at night and your body will reward you with more restful sleep and lots more energy in the morning. Food eaten in late hours will generally go directly into fat production because the body's energy needs are low at night.
- ◆ Remember that vegetables are considered free of calories when not covered with dip, butter, or other extras—so you can have these healthier snacks without guilt.
- ◆ Finally, instead of plunking down in front of the TV until bedtime, how about a relaxing evening stroll? You'll sleep better and feel better in the morning.

NORTHWEST GROUP HAPPENINGS

We had 17 attendees for the May meeting. Tabitha Schroeder with ConvaTec was the speaker. We had two new ostomates with us; Sheryl Batts and Tony Romeo. Tony was only three weeks out of surgery.

We were glad to see Bill and Joan Wertzberger again. Sadly, for us, good for them, we learned their new home in Georgetown is almost finished. They will be moving soon.

Join us for our June 22nd meeting with Jenny Jansson-Smith, Sterling Medical Representative. We will also have our ice cream social that evening.

Regards,

Bill Propst

Coordinator Northwest Group

The Swollen Stoma

via The Good News, Macomb County, MI Chapter

It can be pretty scary to have your stoma swell, for any reason and not be able to get your appliance off for fear of damage to the stoma.

An appliance that hugs the stoma too tightly may cause it to swell. A fall, a hard blow or a slipping appliance may also cause the stoma to swell.

Rather than risk damage by removing the appliance over the enlarged stoma, try filling the pouch with ice water and letting it swirl over the stoma to decrease the swelling.

Then, ease the appliance off carefully and replace it with one having a larger opening until all the swelling is gone.

Fashion DON'Ts for Seniors

Despite what you may have seen on the streets, the following combinations **DO NOT** go together:

- A nose ring and bifocals
- Spiked hair and bald spots
- A pierced tongue and dentures
- Miniskirts and support hose
- Ankle bracelets and corn pads
- Speedos and cellulite
- A belly button ring and a gall bladder scar
- Unbuttoned disco shirts and a heart monitor
- Midriff shirts and a midriff bulge
- Bikinis and liver spots
- Short shorts and varicose veins
- In-line skates and a walker

But otherwise, YOU'RE LOOKIN' GOOD!!!!!!