



Houston Chapter United Ostomy Association

June 2005

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 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: June 20th, Monday evening

Program: ConvaTec Representative

ConvaTec Representative, Kevin Guthrie, will join us to discuss new developments and ConvaTec products.

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: June 21st, Tuesday evening

Program: ConvaTec Representative

Kevin Guthrie, ConvaTec Representative, will present new developments and products from ConvaTec.



Summer has Arrived !!

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: June 20th, Monday evening

Program: Round Table Discussion

Join us for a discussion about ulcerative colitis and the J-Pouch connection.

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: June 27th, Monday evening

Program: Using the new My Pyramid to impact food and physical activity choices .

Dietitian, Dottie Cook, MS, RD, LD, will present our program. Come hear about your choices for healthy living.

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

At our May meeting the Houston Chapter of UOA held elections, heard our Treasurer's Report, and listened to a brief presentation by Jenny Jansson-Smith, Representative from Sterling Medical.

- ✓ Mary Harle and Denise Parsons were elected Second Vice-President and Secretary, respectively. Thank you for your willingness to serve. (Also, "Thank you" to Debby Hobart for her service as 2nd VP and Telephone Coordinator in the past.)
- ✓ The Treasurer's report can be found in this newsletter on page 6. We appreciate Chuck taking the time to organize and present the report.
- ✓ Jenny gave us a brief presentation and conducted a question and answer session. Thank you, Jenny, for all your knowledgeable input.

We hope members will continue to come forward to help with the jobs that make the Houston Chapter function. When members consider how the organization has benefited them, they can reflect on how they might assist others who are seeking help.

There were 18 in attendance at our May meeting. We welcome Joye O'Donnel and Ervin Stockwell and hope they will return soon. Dr. Marvin Baker was also in attendance and has arranged to do a presentation before the board of officers. Many regular attendees were absent...we hope to see them at a meeting soon. In addition to the local elections, we also voted on three members to the board of directors for the National UOA. Judy and Floyd Swinger will represent us at the National Convention in Anaheim this summer and will bring the results of the election to us.

The Chapter officers met on May 26 to begin planning our 50th Anniversary which will occur in 2006. Various ideas were discussed about what type of celebration we should have. The favored idea is to have a short program with a speaker and recognize those who have been our supporters including doctors, nurses, suppliers, advertisers and others. A reception would follow. Preliminary committees are :

Site and Menu - Denise Parsons & Mary Harle
Program - Floyd & Judy Swinger
Invitations - Clarice Kennedy & Terry Marriott
Budget - Chuck Bouse

Each of these committees will be looking for ideas and volunteers. If you have any suggestions or comments you may get in touch with any of the officers. We will also ask for volunteers at our next meeting. Let's make our 50th a celebration to remember!!

Mary Harle, Chuck Bouse, and Floyd Swinger have recently celebrated the anniversary of their ostomy surgery by donating to the Anniversary Gift Donation Program (described on page 3 in this newsletter).

We continue to receive donations of supplies to our local group. Clarice and Ed have tried to keep up with sorting and distributing the supplies but assistance is needed. If you can help, please contact Clarice or Ed whose numbers are on the back of the newsletter.

Page 6 has a listing of various ConvaTec supplies that are available. Contact Ed Wood if you are interested in obtaining some of these supplies.

The National UOA office now sends the notice for **national** dues of \$17.50 directly to your address. This is the amount to pay the national UOA **if** you pay local dues. If you do not pay local dues, then national UOA will bill you as an associate member at \$25. Houston Chapter Treasurer, Chuck Bouse, will soon be sending **local** dues notice of \$10.50 for members who are due to renew during the last six months of the year. We had a 95% return from those who received notices for the first six months and appreciate the prompt responses. If you have any questions about the dues billing process, you can call Ed Wood at 281-493-5015 or Chuck Bouse at 281-495-1840.

A list is being compiled of those who would like to be reminded by email about our monthly meeting. If you would like to be added to this list, please send your email address to ewood6@houston.rr.com.

Hope to see you at the June 20th meeting. Our speaker will be from ConvaTec.

Ed Wood
President

☞ ☞ ☞ ☞ ☞

- A friend is someone who thinks you're a good egg even though you're slightly cracked!
- Most of us go to our grave with our music still inside of us.
- If Wal-Mart is lowering prices every day, how come nothing is free yet?
- Some mistakes are too much fun to only make once.
- Don't cry because it's over; smile because it happened.
- A truly happy person is one who can enjoy the scenery on a detour.
- You may only be one person in the world, but you may also be the world to one person.
- Birthdays are good for you...the more you have the longer you live.
- How long a minute is depends which side of the bathroom door you're on.

*"Wealth that endures —
friendship."*

- unknown

ANNIVERSARY GIFT

After seeing the following suggestion in the Tyler Chapter newsletter, it was decided to offer the same to members of the Houston Chapter.

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Houston Chapter UOA. A gift of \$1.00 for each year you have had your ostomy is a guideline; however, each person determines the amount, if any, he/she wishes to give. If you desire to make such a gift, make your check payable to Houston Chapter, UOA and please send it to:

Houston Chapter, UOA
Attn: Chuck Bouse, Treasurer
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.

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, 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.

NEW BOOK BY UOA MEMBER

Hunter House Publications has just released *Positive Options for Colorectal Cancer*. Author, Carol Ann Larson, is president of the Minneapolis chapter of the UOA, on the board of Advocates for Colorectal Education (ACE) and editor of ACE's newsletter. Carol is a survivor of colorectal cancer and her book is filled with valuable information about cancer of the colon and rectum. It leads the reader through a discussion of options the patient may be offered. It is one of the first books that covers all aspects of colorectal cancer from the viewpoint of patients and the professionals who treat them.

With an estimated 147,000 cases of colorectal cancer diagnosed each year in the U.S., those who have the disease now have a comprehensive guide on what to expect, what you can do and other resources. Included in the book are 12 inspiring personal survival stories as well as frank answers to your medical questions.

Ms. Larson's book can be obtained at your local bookstore or through the national UOA at www.uoa.org. ♦

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.



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.

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.

PLANNING FOR SUMMER WITH A STOMA

By Diane Kasner, RNET, from Baltimore, MD Bulletin

As thoughts turn to warm weather, swimming, and summer fun, here are some hints for maintaining a trouble-free ostomy:

1. Don't expect to get the same pouch wear time as you do in the fall, winter, or spring. If your flange or ring skin barrier melts out faster, change the pouch more frequently. If wear times are very poor, have your ET nurse recommend a different skin barrier.
2. If the plastic pouch against your skin is uncomfortable or causes a heat rash, sew or purchase a pouch cover.
3. If you are wearing a two-piece system and are participating in VERY ACTIVE sports, use a 10-inch strip of 2 or 3-inch wide tape to secure the pouch and wafer across your abdomen to prevent the pouch from "popping off" the wafer.
4. Be sure to drink plenty of liquids (unless contra-indicated because of other health problems) so that you don't get dehydrated or constipated.
5. For extra security during swimming and water sports, use waterproof, i.e. "pink", tape to secure your pouch.
6. Monilia is a common summer problem. This raised itchy, red rash on the peristomal skin is uncomfortable and keeps pouches from holding well. If you suspect a monilia rash, contact your physician as soon as possible for a prescription or anti-monilia powder. ♦

Swimming
is
Super

- * Burns 350-450 calories per hour
- * Tones your entire body
- * Strengthens the heart muscle, since it is aerobic exercise
- * Improves the delivery of oxygen to the muscles
- * Reduces blood pressure
- * Helps moderate blood sugar



Sun-Care Essentials

1. **Sunscreen** - Choose products with an SPF of 15 or higher.
2. **Facial Moisturizer** - SPF 15 or higher.
3. **Clothing, hats** - Choose sun-blocking clothing with an ultraviolet protection factor (UPF) of at least 30. Or wear tightly woven fabrics in dark colors, which keep out more UV light than lighter shades. A hat with a 3-inch-wide brim is best.
4. **Sunglasses** - look for glasses that cover the skin around the eyes and block no less than 99% of UVA and UVB rays.
5. **Lip balm** - SPF of 15 or higher. ♦

"Cheerfulness and contentment are great beautifiers and are famous preservers of youthful looks."

- Charles Dickens

SIGNS OF DEHYDRATION

- ☼ *Light-headedness* ☼ *Disorientation*
- ☼ *Hyperthermia (overheating)* ☼ *Weakness*

Most people don't think to drink unless they are thirsty. But thirst is not always the best indicator that your body's fluids need replenishing. And if you drink water to quench a thirst, chances are you will feel satisfied before your body has had enough hydration. That's because consuming pure water may depress the urge to drink. Add the electrolyte sodium, and you restore the salt-dependent thirst drive. Sodium helps suppress the kidney's urine output, which means that you retain fluids for a longer period of time. Drink some kind of liquid first thing in the morning to bring hydration levels up. Take frequent drink breaks if you exercise, and drink fluids after your exercise to replace those you have lost. ♦

LIQUIDS AND THE UROSTOMATE

via Tyler Chapter UOA, Tyler, TX

The distance from stoma to kidneys is markedly reduced after urinary diversion surgery and external bacteria have a short route to the kidneys. Since kidney infections can occur very rapidly and can be devastating, prevention is essential. Use clean appliances and empty the bag frequently. Equally important is adequate intake of liquids particularly those which make the urine acid and decrease odor problems. During warm weather, with increased activity or with a fever, fluids should be increased even more due to increased metabolism and perspiration. Symptoms of kidney infection are low back pain, chills, elevated temperatures, lower urine output, cloudy and bloody urine. (Normal mucous in the urine gives a cloudy appearance, but bloody urine is the danger sign.) Thirst is a great index of liquid needs. If you are thirsty, drink up! Develop the habit of sampling every time you see a water fountain. ♦

BAYTOWN SUPPORT GROUP

The Baytown group exceeded all previous accomplishments for attendance with 12 present this month! Great Job everyone!

Providing the members with an opportunity to "Explore the Marketplace as Savvy Consumers" were vendors such as Edgepark, DS Medical, Parthenon, and National HealthCare Warehouse. Jenny Jansson-Smith from Sterling Medical Services and Cathy Jo Seaman from Byram Healthcare were on hand to talk specifically about the services their companies provide for ostomy patients and answer questions about mail order business as well as dealing with insurance issues.

A new format will be added to each meeting, titled "WHAT'S NEW". May's "feature" included a sample of the Osto-EZ-vent, a sample of the Freestyle Flushable closed pouch, the No Sting Barrier in a lollipop format and discussion of the Parthenon Devrom deodorant tablets.

Members agreed that anyone may bring a new or interesting ostomy product that they have discovered as an answer to an old problem or just a new product for discussion. Everyone agreed that this sharing of information, while helpful, is not to serve as a replacement for medical information or advice from their healthcare practitioner.

Votes were taken for 3 seats on the National Board of Directors. Consensus of the group will be sent to the Chapter President. Members were also reminded to complete the new member application in the Houston Chapter Newsletter if they have not already done so.

The group dismissed with a hearty welcome to new members for the month and a gracious invitation to return in June for a presentation by dietitian from SJMH. (see below).

Cindy Barefield, RN, WOCN
281-420-8671
Pager 713-404-0296

United Ostomy Association ☞ Baytown Group
June 27, 2005 ☞ 7:00-8:30pm
Cancer Center Community Room
4021 Garth Rd

*Using the new "My Pyramid" to impact
food & physical activity choices for HEALTH!*

Presentation by Dottie Cook MS, RD, LD



Ostomates, Family & Friends are invited to attend !

Contact Cindy Barefield, RN
Wound, Ostomy, Continence Nurse 281-420-8671

NORTHWEST GROUP HAPPENINGS

Our guest speaker for the May meeting, Thomas Matthews, a Physical Therapist with Northeast Medical Center had to cancel at the last minute. In lieu of a speaker we had a round table discussion related to dietary concerns, appliance products and welcomed two new members, Shirley Johnson and Charles Magan.

We also cast our votes for the election of three national UOA Board of Directors positions.

Tabatha Schroeder, the ConvaTec representative will present the program at our June meeting.

As always we welcome family and friends to attend our monthly meetings.

See you on Tuesday, June 21st .

Tony Romeo
281-537-0681

GOODBYE GoLYTELY !!

Excerpt from article by Barb Barrickman, RN BSN CWOCN

Are you planning on having a colonoscopy soon? The procedure itself isn't usually a problem. It is the preparation for the procedure that really sticks in our minds! This preparation, which usually includes GoLYTELY, produces diarrhea which rapidly cleans the bowel. It is very effective but the amount that needs to be consumed and the taste are disadvantages. One alternative to GoLYTELY is magnesium citrate liquid. This is mixed with a small amount of water and taken in two doses. Although it is a much smaller amount of liquid, it does not taste good and is difficult for some people to drink at all. Visicol is a new product in pill form that is taken with water. There also is a company starting to market a meal kit which supposedly cleans out the bowel even more thoroughly. So be sure to ask your physician if you can say goodbye to GoLYTELY for your next colonoscopy. ♦

ONE ADVANTAGE OF BEING AN OSTOMATE

At a recent UOA meeting, a member recounted how her gold crown had come loose and was inadvertently swallowed. Initial distress at 'losing' the crown was quickly replaced by laughter and joy when she realized that her pouch would catch the wayward crown.

As you reflect on the pros and cons of having an ostomy, remember this story and count it as another reason to be thankful. You may not ever swallow a gold crown, but no doubt you have numerous reasons to be grateful for the surgery which now allows you the privilege of calling yourself an "Ostomate". ♦

BUDGET REPORT
HOUSTON CHAPTER
UNITED OSTOMY ASSOCIATION
 May 2005

INCOME (2005)	
Medical Mart (Pasadena)	\$ 175
Medical Center (Bellaire)	\$ 200
KEM Ostovent	\$ 200
Spring Branch Med (Long Point)	\$ 200
Sterling Medical	\$ 475
Marlin Medical	0
Cymed (CA)	0
Total	\$1,250
Grocery Stores	\$ 477
Interest from Merrill Lynch Acct.	\$1,713
Paying Members 133 @ \$10.50	<u>\$1,397</u>
TOTAL INCOME	\$4,837

EXPENSES (2005)
 (The bulk of our chapter expenses continues to be the monthly newsletter.)

	BUDGETED	SPENT YTD 2005
Newsletter-Printing	\$2,149	\$ 710
Newsletter Preparation	\$ 100	
Mailing	\$ 600	\$ 224
USP Bulk Permit	\$ 160	\$ 150
Total Newsletter Expense	\$3,009	
PO Box Rental	\$ 75	
Activate Plane Ticket (Youth Rally)	\$ 180	\$ 100
Nurse to Youth Rally	\$ 350	
Executive and Secretarial	\$ 190	\$ 288
Website(Yearly, Juan)	\$ 233	
Brochures	\$ 200	\$ 271
Anniversary and Holiday Dinner	\$ 155	\$ 87
Expenses, Service Acknowledgements		
E-Level Dues	\$ 123	
Ask ET Phone Calls	\$	
J-Pouch	\$ 15	
Treasurer-Local Dues Invoices:		
Postage	\$ 50	\$ 25
Envelopes, Paper	\$ 15	\$ 7.50
Training Visitors	\$ 70	\$ 70
Library	\$ 50	\$ 72
UOA Convention Greeting	\$ 25	\$ 25
Satellite Dues Return	\$ 72	
FOW Postage	\$ 25	
TOTAL EXPENSES	\$4,837	\$2,029

BALANCE SHEET FOR HOUSTON CHAPTER - 3/31/05

ASSETS:	
MERRILL LYNCH:	
Cash Account	\$ 1,962.00
Bonds	\$20,833.00
WASHINGTON MUTUAL:	
Checking Account	\$ 756.05
Certificates of Deposit:	
Maturity Date 5/19/05	\$ 1,000.00
Maturity Date 11/19/05	\$ 1,000.00
Total Chapter Assets	\$25,551.05
LIABILITIES:	
	-0-
TOTAL NET WORTH	\$25,551.05

"I shall allow no man to belittle my soul by making me hate him."

- Booker T. Washington

DONATED ITEMS AVAILABLE: Call Ed Wood at 281-493-5015

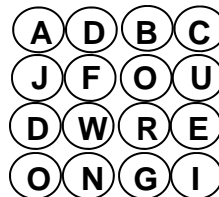
CONVATEC WAFERS:	Mfr. #	Stoma Size	Size	Available	#/Box
Stomahesive Flexible Wafer	125265		2 1/4"	13	10
Stomahesive Flexible Wafer	125273	cut for 1 1/4"	1 3/4"	28 BX	10
Durahesive Convex Wafer	125281	7/8"	1 3/4"	5 BX	5
Durahesive Convex Wafer	125282	cut for 1"	1 3/4"	3 BX	5
Durahesive Modable Conve	404593	7/8-1 3/4"	1 3/4"	1 BX	10
Durahesive Convex Wafer	413181	cut for 1"	1 3/4"	1 BX	10
Durahesive Flexible Wafer	125992		2 1/4"	1 BX	5
Durahesive Convex Wafer	413182	1 1/8"	1 3/4"	1 BX	10
Durahesive Flexible Wafer	413166		1 3/4"	1 BX	10
Durahesive Flexible Wafer	125971		1 3/4"	1 BX	5
CONVATEC POUCHES:					
Natura Surfite Drainable	401502		1 3/4"	50 BX	10
Urostomy Pouches	401545		2 1/4"	1 BX	10
ActLife 1piece Stomahesive	22766	1 1/4"		1 BX	10
ActLife 1piece Convex	175779	cut for 1"		1 BX	5
Surfit Natura Closed-End	401531		1 3/4"	1 BX. 2BX	38,20
Surfit Natura Closed/filter	401526		1 3/4"	8 BX	30
Surfit Natura Closed/filter	401527		2 1/4"	12 BX	30
Surfit Natura Closed	401528		2 3/4"	1 BX	30
Surfit Natura Closed	401524		2 3/4"	1 BX	6
Surfit Natura Closed	413170		1 3/4"	6 BX	10
IRRIGATION SLEEVE	401913		2 1/4"	10 BX	10

POWER YOUR "PUMP"

Source: AARP Magazine

Here are 6 super foods that can protect your heart's health just as well as a fistful of medication. Dutch scientists propose that these 6 foods, eaten regularly, could cut your heart disease risk by 76 percent—without drugs!!

1. Almonds - A handful a day reduces LDL (bad cholesterol) by nearly 5% and 2 handfuls cut LDL by nearly 10%.
2. Fish - Four servings a week can lower heart disease risk by an average of 14%. Choose cold-water species such as salmon, tuna and sardines...they're full of omega 3s. (Caution: more than 4 4-oz. servings a week can raise levels of mercury in the blood.)
3. Garlic - A daily dose can reduce total cholesterol levels by 17 points...a 25% decrease in heart disease risk. (Dose: 600 to 900 mg in dried capsule form or 1 fresh clove.
4. Produce - 400 grams (about 14 ounces) of fruits and vegetables daily could cut heart disease risk by 1/4th. Broccoli, berries, melons, carrots, and leafy greens are all rich in antioxidants and fiber.
5. Wine - A daily glass can lower odds of heart disease by 1/3. Red wine is especially helpful to prevent attachment of cholesterol to artery walls. However, too much wine is worse than none at all.
6. Dark Chocolate - One 1.6-ounce bar per day can reduce blood pressure. ♦



Find the seven-letter word hidden in the grid. Letters must touch. They run horizontally and vertically, backward and forward—but not diagonally.

See Page 11 for answer.

RESTORING INTIMACY

From *New Life Newsletter*, Charlotte, NC

Frequently, among the first things to enter a recovering patient's mind after major surgery is, "Will I be a whole person in the eyes of my spouse?"

Accepting oneself is the first step toward a happier marriage and sex life—at any time for that matter. By accepting oneself, one appears as an emotionally well-balanced and relaxed person, appealing to his or her spouse.

When one has fear of rejection, fear of being unable to perform or fear of being loved, the fears can be self-fulfilling. A healthy mutual, emotional caring for and about each other's well being always plays the most important role in a loving relationship.

Another most important ingredient is openness, a comfortable attitude that accompanies self-acceptance and invites acceptance by the spouse. If you are concerned about how your spouse will react to change in your body, that is normal. The hardest part is accepting what you cannot change, but you must for a healthy outlook.

Once you manage to banish fear of rejection and the anger of "Why me?", you can work toward building emotional health and toward becoming comfortable with your new image. Your spouse may have greater emotional hang-ups than you, that may be magnified by concerns for your emotional health. Your own positive attitude goes far in rebuilding the relationship and rekindling the "old spark". ♦

IT'S A MATTER OF SHARING

I know a man, a Colostomate, when asked why he didn't join the ostomy chapter said, "I've adjusted just fine. I don't need the group." His complacency set me back a bit! I thought it over. So, maybe he doesn't need the chapter (whatever that means), but the group needs him—well adjusted ostomates who walk around flat-tummied and non-odorous (I'm not talking about after-shave or perfume)! An ostomy chapter is not a "half-way house" sort of thing. We don't get together to feel sorry for ourselves, to talk exclusively about the "fun and games" of our various operations. We get together because we want to help each other or maybe to get some help with some little problem that's been bugging us. Something that perhaps our doctors can't answer but another ostomate can. We want to prove to all those skeptics and non-ostomates who think an ostomy is the end of the world that, in fact, in most cases, it's the beginning. We are alive because we are ostomates!! ♦

The tea bag is an ostomate's best friend. You can drink tea, an antispasmodic, which is soothing to an upset stomach. It also provides fluid containing potassium and electrolytes so frequently lost from diarrhea. Coffee increases bowel activity!

OSTOMY SURGERY AND DEPRESSION

Sleeplessness, loss of appetite, feelings of guilt or worthlessness, irritability and a desire to be alone as well as a loss of sexual desire are some of the symptoms of depression. They can be triggered by the (believed) inability to participate in normal daily pleasurable activities, or by a sense of helplessness and lack of control over your body. Depression can also be caused by medications, stress, malnutrition, anesthesia, or metabolic imbalance. Patients who base their self-esteem on their physical appearance, their independence, the "always being in control—take charge" side of their character or their Good Samaritan behavior (always the helper or problem-solver) have a harder time dealing with their ostomy. Their lack of control over their bodies and their need to depend on others for help, even if only temporarily, is difficult to deal with. They have little energy for enjoyment of leisure activities or romantic involvement due to constant fatigue from efforts to cope with daily household or work routines while learning to adapt to the physical requirements of the unpredictable new addition to the body.

It takes some time to return to a normal lifestyle. Give yourself a year for a good recovery. If it should take less, consider yourself lucky. Do what you have to do in whatever way you are capable of doing it, but don't give more than a passing thought to the things you can't do right now. You might have to take some shortcuts, do some improvising, or even indulge in some healthy neglect. Above all, don't be bashful about asking for and accepting help. To not do so can result in feelings of isolation, depression and chronic anxiety. Most patients need a few months before they feel secure about being accepted. ♦

Tidbits from here and there . . .

- ! Americans spend \$19 billion a year on wedding registry gifts.
- ! In 2004, we spent \$34.4 billion on our pets, up from \$17 billion in 1994
- ! 41% of casual restaurants say they offer more healthy options for kids than they did two years ago.
- ! An average dairy cow produces 90 glasses of milk a day. Moo!
- ! For \$652,000 you can own a Ferrari Enzo.
- ! *Titanic* is the highest grossing movie of all time.
- ! Martha Washington is the only woman to appear on U.S. paper currency.....a late 1800's \$1 bill.
- ! 67% of dog and cat owners regularly sleep with their pets.
- ! \$252,000 was the winning bid for Judy Garland's blue gingham dress from *The Wizard of Oz*. Six identical copies of the dress were made for the shooting of the 1939 film.
- ! What do you call a bear with no teeth? (A: A gummy bear.)



2005 UOA National Conference August 3 - 6 ■ Anaheim, CA

Anaheim Marriott
\$99.00 plus tax single or double*

Come join fellow ostomates this summer in sunny California. The hotel has great meeting space in one area, indoor and outdoor pools, a health club, plus several restaurants within a short walk. In 1985 and 1992, UOA hosted successful conferences at this hotel and this year's conference promises to be even more successful with great programming, exciting conference events, sight seeing and meeting old and new friends.

United Ostomy Association, Inc.
www.uoa.org, info@uoa.org
or 800-826-0826 for more information.

**To reserve a room at the host hotel, please call 800-228-9290 and mention you are with the UOA to receive the conference rate. Everyone who reserves their room at the conference rate will be automatically entered into a drawing to win free conference registration for the 2006 UOA National Conference. Online reservations do not qualify.*

SUPPORT UOA WHILE YOU SHOP. . .

Locally: Remember to use your Kroger and Randall's shopping cards. Both stores return a percentage of your purchase to the Houston Chapter on a quarterly basis. For card applications, contact Ed Wood at 281-493-5015.

Nationally: Through links on the UOA Web site, you can effortlessly help the UOA while you shop for your family, friends and loved ones at amazon.com, barnesandnoble.com, igit.com and buyforcharity.com. Tell your friends, neighbors, family, coworkers and everyone else you know that they can help a worthy cause while they shop. Visit:

http://www.uoa.org/donations_associates.htm.
Questions? Call 800-826-0826. Happy shopping!!

Moving??

**A
D
D
R
E
S
S**

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 you need to contact Chuck Bouse, Treasurer, at 281-495-1840 (dewitt@houston.rr.com) or Judy Swinger, Newsletter Editor, 281-463-0069 (swingcon@ev1.net). You may also send your request to UOA, Houston Chapter, P.O. Box 25164, Houston, TX 77265-5164.

**C
H
A
N
G
E**

Advocacy for Patients with Chronic Illness

This site has been launched for people with IBD. Jennifer C. Jaff, author of "Know Your Rights: A Handbook for Patients with Inflammatory Bowel Disease," has inaugurated a new nonprofit corporation to advocate for patients with chronic illnesses, especially IBD. Visit www.advocacyforpatients.org to use this free service.

BEST READER TIPS

Source: ConvaTec's *Health and Vitality Magazine*

Here are tips from people living with an ostomy.

[For disposal, I went to] "the baby departments of Wal-Mart and Kmart and bought a Diaper Genie® and the plastic film to put in it. I also purchased scented diaper sacks and dispose of my ostomy pouch in the diaper sack and then into the Diaper Genie®."

—J.L., Blue Springs, MO

"I found that Saran makes a product called Quick Covers™, which come in a variety of sizes. The medium-size covers are excellent for covering my pouch during a bath or shower. They are elasticized and gathered, which allows them to fit tightly around my pouch."

—B.G., Robinson, IL

"I suggested to my husband that he wear women's tube tops around his middle to cover his colostomy instead of wearing T-shirts when we are intimate. He loved the idea and wears them all the time now. It keeps his bag in place."

—C.B., Gladewater, TX

"The briefs that I wore before my Ileostomy were very impractical. Fortunately, I discovered a 'straight leg' cotton panty 3 years ago, and have worn them ever since. They fit close to the thigh, and cover both the pouch and the clip. I buy them one size larger to allow for shrinkage. I can't begin to tell you how very helpful this has been."

—B.H., Los Angeles, CA

[To avoid a mess when draining your pouch] "slightly raise the end of the pouch and use the clip to twist the end of the bag. Doing this basically seals the end of the pouch next to the clip. Once the clip is removed, you can release the twist at the end of the pouch and proceed to empty it."

—D.B., Monticello, IN