



Oostomy Association of the Houston Area

June 2007

PO Box 25164
Houston, TX 77265-5164
www.oostomyhouston.org

"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."

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 18th, Monday evening

Program: Coloplast Representative

Rosalie Johnson, ostomy specialist from Coloplast will present our June program.

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 19th, Tuesday evening

Program: Sterling Medical Representative

Jenny Jansson-Smith from Sterling will present our program in June. See you there!



Happy Father's Day!!

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 25th, Monday evening

Program: To Be Announced

Come and join us for another good group get-together.

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 18th, Monday evening . . .
Reservation required. No obligation. Please call 281-491-8220 for reservation.

Program: Round Table Discussion

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

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.

Central Group News

Sixteen people were in attendance for our May 21 meeting. Unfortunately, Charlene Randall was not able to present the program because of illness. She is now scheduled to speak to us in August. We hope Charlene is feeling better and we look forward to seeing her later in the summer.

We broke into two groups for roundtable discussion. That allowed us to visit with our new visitors, Tom and Frances Ryan. Kathleen Griswold, who comes to us by way of North Carolina, was a new attendee. She had also been active in the group in Denver. Welcome to all and hope to see you more during the summer meetings.

Terry Marriott and Marian Newman were elected to the board of directors at the May meeting. The board of directors will be meeting June 4 to consider officers for the next few years.

The board of directors has asked Chuck Bouse to send \$700 for the support of a child to attend the Youth Rally in Colorado this summer.

Congratulations to Mr. Herman von Rosenberg, a member of the Baytown group, for his outstanding service as a visitor in that area. His picture was in the May newsletter.

In June, we will be sending out the dues notices for those who joined July-December of 2006. On the form for the dues, there is a survey asking you about the way you prefer to get your newsletter – email/paper form. We will also be sending out invoices for many of our advertisers. Many of them also generously sponsored the printing of the newsletter for one month. Thanks to all of them for their support. The money we receive from the rebate program from Krogers and Randalls allows us to print two months of the newsletter. If there are any questions how you may participate in these programs with Krogers or Randalls, contact Ed Wood through the information on the back of this newsletter.

Have a safe start to the summer. I hope to see you in June when our speaker will be Rosalie Johnson who is an ostomy specialist with Coloplast.

Ed Wood
President

The United Ostomy Associations of America (UOAA) can be contacted at www.uoaa.org.

JUNE IS NATIONAL CANDY MONTH

AARP Magazine readers report that chocolate is their biggest splurge. Dark chocolate can help lower blood pressure and—get this—suppress coughing more effectively than codeine. More on chocolate: Consumers spend **\$7 billion** each year on chocolate.....**100 pounds** is consumed every *second* in the US.....**65%** of brands have been around for more than 50 years.....**3 varieties** of candy were in an original Three Musketeers (chocolate nougat, strawberry, vanilla). The berry & vanilla were dropped but the name stuck.....Milton **Hershey** sold his first milk chocolate bar in **1900**.....*one* truffle at Knipschildt Chocolatier in Connecticut costs **\$250**. ♦

WHY I ATTEND SUPPORT GROUP MEETINGS

Adapted from an article by LeeAnn Barcus, St. Peters, MO

No one wants to be pushed into a support group or made to feel that they have to be a part of one, but the benefits are so tremendous it is a shame that many ostomates are missing them. Trust me, when I first went to one, I was one of the youngest people there. The only other young ostomate there was with her mother. All the others were much older than I was. Talk about not fitting in. Well, I almost did not go back. I felt that this group could not offer anything to me in any way. Was I ever wrong!

I went back, and continue to attend because I get so much out of this group. There is a great age difference between most members and me. Many of them are old enough to be my grandparents, but like grandparents, they teach me so much, and not just about ostomies. They have taught me so much about how to deal with diversity, life in general, and how to laugh at some of the most down trodden things. They made me realize that I make a difference to them. For some, I am the reason they come to the meetings. I also make a difference to that young person who walks through the door on that Monday night and sees that there are younger people there. I make a difference when there are topics other than colon cancer. I make a difference when I do the Relay for Life walk with them all. Making a difference is what it is all about, at least to me; and I feel like there is a reason for me to be there.

Certainly, there are times that I would rather not be the only young one at the meetings. I go anyway, and invariably I am presented with an opportunity to help someone over a rough spot or to just put a smile on someone's face. When I look around and see those smiles and happy faces, I am again reminded that I had a purpose there. On this day, it was not all about me. On this day, my purpose was to be there for others; and my heart rejoiced because I was there! ♦



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 our 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. ♦

“In the end, nothing we do or say in this lifetime will matter as much as the way we have loved one another.”

- Daphne Rose Kingma

OPPORTUNITIES & 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: **Chuck Bouse, 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**
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.)

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 Terry Marriott at 713-668-8433 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
Chuck Bouse, Treasurer
P.O. Box 25164
Houston, TX 77265-5164

Use Those Shopping Cards: Krogers 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.

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 Chuck Bouse, Treasurer, at 281-495-1840 (dewitt@houston.rr.com) or send your request to the Ostomy Association of the Houston Area, 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.

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.

To subscribe to the quarterly magazine of the United Ostomy Associations of America (UOAA) complete the following.

The Phoenix Annual Subscription - \$25

The official publication of UOAA

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Mission Viejo, CA 92690-9912

You can also order online at www.uoaa.org

ANTIBIOTIC SIDE EFFECTS

Via the Austin, TX *Austi-Mate Journal*

Many times ostomates who must take powerful antibiotics suddenly find they have itching and burning under their pouches and have poor pouch adhesion. A side effect of antibiotic therapy can be yeast infection on the skin around the stoma. You may hear health professionals call this monillia.

At first it may appear as tiny white pimples, but in a few days it is a red rash. This is caused by the antibiotic killing some normal bacteria in the body as well as the bacteria causing the illness. At the same time you may also notice sores in your mouth, diarrhea, and a similar rash on the perineal area.

Consult your doctor for a prescription of mycostatin or use a mycostatin powder. Put the powder directly on the irritated area. Apply a coat of silicone skin barrier such as Skin Prep or Bard Protective Skin Barrier, etc. Let this dry!! Apply a pouch as usual. Eating foods such as yogurt or drinking buttermilk helps replace some of the normal bacteria in the gastrointestinal tract. ♦



Surprise!! We're having health food for dinner.



**UOAA
NATIONAL CONFERENCE**
Lincolnshire Marriott Resort
Lincolnshire, IL (Chicago area)
August 15-18, 2007

Conference? ... Do we ever have a conference planned for you!

Everything from a Golf Outing at the Marriott's Championship Course to a Closing Banquet complete with an Improv Comedy Act and an evening of dancing with no after-dinner speeches, ceremonies or awards ... and that's a promise!

For starters, how about an Open House and cookout at **Hollister's** Corporate Offices and R&D Facility one night and a Traditional Spectacular Evening hosted by **ConvaTec** the next. And then there's **CoCo**, the Colossal 40-foot long, 4-foot high crawl-through Colon ... everything you ever wanted to know about diseases of the large intestine and thought you would never see. Want registration info?? Go on line at www.uoaa.org or call **800-826-0826**

Of course there will be an Exhibit Hall, or more accurately an Exhibit tent, where you learn what's new for you and take home a sample or two in your **Coloplast** sponsored Registration Bag.

We will have an inspirational Opening Session, a Recognition Luncheon, an ASG Leadership workshop, an FOW-USA Annual Meeting and a Closing Session featuring Craig Wilson, the boxer in the award winning film Farang Ba who was featured in *The Phoenix's* Winter Issue.

Workshops take your pick ... we are offering general sessions, 30+ sessions, and sessions for YODAA, Teens, Spouses, those with Continent Diversions, our GLO Network and the PTN has planned a complete educational experience for parents with children who have ostomies. More than 60 workshops in all.

The **General category** workshops will include: A Urostomy Update, Ask the Surgeons about Ileostomy and Colostomy; CSC Screening; The Social Aspects of an Ostomy; Pouching and Management; Pelvic Floor Dysfunctions; Skin complications; Concerns about Private Insurance and Medicare; Women and IBD; A panel discussion about What do you carry for an emergency? Living with Quiggles and Continence Issues; An International Update; and Words of Wisdom from a Psychological Therapist

30+ Workshops will feature an Intimacy Discussion; Brenda El-sagher will entertain with her ostomy humor; Mike Florak will discuss ostomate participation in athletics; a Pharmacist will give you the low down on drugs.

YODAA workshops will focus on chronic pain management and sexuality after ostomy surgery, while **Teens** will discuss coping with depression and have an open rap session.

And our workshops aimed at the **Continent Diversion** audience include life with a J-Pouch, a Continent Urostomy discussion, Pouchitis, Nutrition and Probiotics, and What Prescription Drugs Do in Your Pouch. ♦

When you put the two words "The" and "IRS" together, it spells "THEIRS".

Chuckle's . . .

- I have gotten that dreaded furniture disease. That is when your chest is falling into your drawers!
- When asked "Who is to be notified in case of emergency, I think you should write, "A Good Doctor!!"
- I don't suffer from senility.....I'm enjoying every minute of it!!

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. ♦

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

Attendance at the April support group meeting was outstanding. Four new members were welcomed and introduced along with the regular crowd. Tabatha Schroeder, ConvaTec Ostomy Specialist was thanked for helping to raise such an interested crowd!

The Baytown Relay for Life was held April 27th and April 28th. Baytown always has the biggest fundraising event in Texas and everyone who is a survivor of cancer should witness this awesome event!

Tabatha took the group through an informative session on the newest innovation from ConvaTec: the flat moldable wafer. Everyone was allowed the opportunity to work with the new material and get a feel for the product. All were encouraged to request a sample if they thought they would benefit from use of this product.

Due to the Memorial Day Holiday, our regularly scheduled 4th Monday meeting was changed to Tuesday, May 29th. Hollister ostomy specialists presented our program.

Cindy Barefield, RN, WOCN
281-420-8671

NORTHWEST GROUP HAPPENINGS

Eleven members and guests attended our May 22nd meeting. Our CWOCN, Pat Thompson, was acquainted with the new couple who attended. Welcome!!

Tabatha Shroeder from ConvaTec was present to show new products, answer questions and she distributed forms for members to request samples of products.

Refreshments were provided by Tony Romeo...a delicious Banana Cake and fruit was enjoyed by all. Thank you, Tony!! June meeting refreshments will be provided by Patti Suler.

Dick Ambrose was present for the first time following his knee surgery. Welcome back!! Barbie is out of the hospital now....we are thinking of her and hope to see her soon.

Jenny Jansson-Smith, representative with Sterling Medical, will be present for our June 19th meeting. See you then!!

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

Never look at what you have lost...look at what you have left.

- Robert H. Schuller

If people were meant to pop out of bed, we'd all sleep in toasters.

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

General Data: Name: _____ Date: _____

Street Address: _____ Phone: _____

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.

Colostomy Continent Ileostomy Parent of Child with procedure

Ileostomy Continent Urostomy Spouse/Family Member

Urinary Diversion Pull-Through Physician

Other: _____ Nurse

_____ 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.

**MEMBERSHIP BENEFITS INCLUDE: MONTHLY SUPPORT / INFORMATION MEETINGS,
SOCIAL EVENTS, MONTHLY NEWSLETTER**