



Oostomy Association of the Houston Area

July 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: July 16th, Monday evening

Program: ConvaTec Representative

Tabatha Schroeder, representing ConvaTec, will present our July program. Join us to see the latest 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: July 17th, Tuesday evening

Program: Home-Made Ice Cream & Round Table Discussion

We'll discuss summer issues of oostomates and then will enjoy our annual "feast" of home-made ice cream with toppings.

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: July 16th, 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.

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: July 23rd, Monday evening

Program: To Be Announced

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



**Stay cool and
enjoy your
summer . . .**

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 oostomy patient before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of oostomy. 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 oostomies and to their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

We had 21 members in attendance at the June 18 meeting. Rosalie Johnson, Coloplast Representative, gave an excellent presentation to those in attendance. She answered many questions from attendees drawing on her experience at M D Anderson. She gave a preview of the new products that have been introduced this year. We thank Rosalie for giving us her presentation.

At the June Directors meeting, the following officers were elected to serve for the next two years starting July, 2007: Terry Marriott – President, Denise Parsons - 1st Vice-President, Mary Harle – 2nd Vice-President, and Marian Newman – Secretary. We thank these individuals for giving their time for service to our organization. Lorette Bauarschi and Chuck Bouse have volunteered to organize the Treasurer's records in a software program to make the Treasurer's job more manageable.

Terry accepting the office of president leaves us with a vacancy at Supplies Coordinator. This is a very important position as we try to serve the ostomy community in the Houston area. This coordinator is the contact for those who are asking for supplies and those who want to donate supplies to our organization. We have two cabinets for storage of supplies...one at the American Cancer Society office on Richmond and one at Spring Branch Medical Supply on Long Point. Most people who donate supplies bring them to one of these locations. When Chuck Bayens served as coordinator, he prepared an excellent spreadsheet so that we can keep up with the donations and what is available. At least twice a year, we form groups to go to each location and take inventory of items on hand in order to have accurate records through the year. If you could serve in this position, please contact one of the officers on the back of the newsletter.

During the June Directors meeting, we were reminded how much our organization depends on members to accept roles of leadership and service. Most people who work in the ostomy association are those who have been helped by it and want to give back so that our organization will be here to help others in need. Doctors and WOCNs do what they can in helping patients adjust to life as an ostomate. Perhaps I am prejudiced but I believe the ostomate receives invaluable help from contact with a support group such as ours. A few years ago, our national organization had to disband. I believe that on a local level our demise could be caused by a lack of volunteers willing to serve and not because of a money problem. Please consider offering your time and service to help the support group.

This is my last letter as President of the Ostomy Association of the Houston Area. I would like to thank all who have helped make my job easier. Thanks also for the opportunity to serve as president. I hope to see you at the next meeting July 16th when Tabatha Schroeder from ConvaTec will present the program.

Ed Wood

OSTOMY OUTPUT

via UOAA

What to do if your ostomy output becomes thin, watery or greatly increases in volume:

- Never limit your fluid intake in order to thicken the drainage, since this can lead to dehydration.
- Avoid food that you know from experience makes drainage too loose and too frequent.
- Begin a low-residue diet, especially avoiding green beans, broccoli, spinach, highly spiced foods, raw fruits and beer.
- Add strained bananas, applesauce, boiled rice, tapioca, boiled milk and peanut butter to your diet.
- Pretzels help in thickening and add bulk to the drainage. The salt also helps to stimulate thirst.
- Many people lack an enzyme which is responsible for the metabolism of milk sugar (lactose). This condition can cause diarrhea, gas, bloating, nausea and cramping. The elimination of milk products may cause a dramatic improvement in the symptoms.

What to do if your ostomy output becomes thick, or if you develop constipation:

- Increase your fluid consumption, especially fruit juices. Increase the amount of cooked fruits and vegetables you are consuming.
- Very few foods need to be omitted from your diet because of fear of food blockage. Perhaps more important than the food in avoiding blockages is chewing well. You can reduce your intake of foods that are very high in fiber and foods with seeds that are hard to digest if they appear to be a problem. Examples are Chinese vegetables, raw onions, nuts, pineapples, corn-on-the-cob, raw carrots, raisins, celery, mushrooms, popcorn, coconut macaroons and coleslaw. ♦

MORE HINTS AND TIPS

Fats of all kinds should be kept at a minimum by most ostomates. Fats induce an increased flow of bile into the intestines and make the body wastes more liquid and harder to control. They also tend to produce gas. If you want medicines to work quickly, drown 'em. They dissolve and absorb faster with lots of water. Use a hand mirror for a better view of the stoma. It's about the only way you can see under it.

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

*"You can't live a perfect day without
doing something for someone who will
never be able to repay you."*

- John Wooden

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.

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WHY VOLUNTEER?

By Sally Munafo, San Diego, CA

It's not for the money, it's not for fame;
It's not for any personal gain;
It's just for love for fellow man;
It's just to lend a helping hand.
It's just to give a tithe of self,
That's something you can't buy with wealth.
It's not medals worn with pride;
It's for the feeling deep inside.
It's that reward down in your heart;
It's a feeling that you've been a part
of helping others far and near
that makes of you a VOLUNTEER.





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

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

Golf Outing - Open House - Hollister cookout - ConvaTec evening - CoCo, the Colossal 40' colon - Exhibit Hall - Recognition Luncheon - ASG Leadership workshop - FOW-USA Annual Meeting - More than 60 Workshops - 30+ sessions - Various entertainers - and more.....Want registration info?? Go on line at www.uoaa.org or call 800-826-0826.

Real listening is a willingness to let the other person change you.

- Alan Alda

NORTHWEST GROUP'S JUNE MEETING



Pat Thompson, WOCN, and Jenny Jansson-Smith, Sterling Medical Representative, enjoy a chat after Jenny's presentation.

"The average pencil is seven inches long, with just a half-inch eraser—in case you thought optimism was dead."

- Robert Brault

OSTOMIES vs. FALSE TEETH

Via Ostomy Association of North Central Oklahoma

How often have members of ostomy groups said that having an ostomy is no worse than wearing false teeth? Non-ostomates often laugh at this and can't believe that we are being honest. "False teeth?" Everyone dreads the day that teeth must go and an expensive set of false 'choppers' replaces them. But think of false teeth as the equivalent to that "awful surgery?" Never!

Well, before folks feel so sorry for us ostomates, let's look at the similarities. Everyone would prefer to keep his own teeth—or his own colon or bladder. Wearers of false teeth try to pretend their teeth are real—many ostomates hide their surgery. A big problem in keeping false teeth in place—same way with ostomy appliances. No one wants the "click" of teeth to be heard—ostomies may gurgle audibly.

After a few months, false teeth are supposed to feel like a natural part of you—also true of your ostomy appliance. As one grows and changes, a set of false teeth may have to be changed—and appliances may have to be changed due to weight gain/loss or stoma retraction.

False teeth are expensive—but so is ostomy surgery. False teeth must be worn all the time—ostomates wear appliances, or at least tiny pads, all the time. Many products are sold to keep false teeth clean and odor-free—the same is true for ostomy equipment. Let's say that false teeth are a necessary evil, a little nuisance in the mouth—at the opposite end of the tract may be the nuisance of a stoma needing an ostomy appliance or pad.

So the next time a distressed family member says a relative will "have his life ruined" by having an ostomy, ask whether someone who has all his teeth suddenly knocked out has a ruined life. If we could think of ostomies with the same calm humor with which we view false teeth, wouldn't everybody see them for what they really are? Not really worse than false teeth. ♦

COMMANDMENTS FOR NEW OSTOMATES

By Ron Bartlett

- Thou shalt not take out thy feelings of anger and frustration on thy spouse/significant other or family.
 - Thou shalt not demand special consideration. Thy ostomy doth not make thee an invalid or render thee disabled.
 - Thou shalt remember to use deodorizer in the bathroom after thou has emptied thy pouch. Remember thy family needs thy love and affection just as thee needs theirs.
 - Honor thy WOCN/ET—she/he is your friend in need.
 - Thou shalt not be ashamed of thy ostomy; it may have saved thy life.
 - Thou shalt be ready at all times to help others as others have helped thee.
 - Thou shalt not feel sorry for thy self, instead thou shalt give thanks for a new lease on life.
 - Thou shalt remember at all time that thy partner in life suffers with thee and thou shalt not add to his/her suffering.
- Above all thou shalt give thanks for a new life and freedom from pain. ♦

BAYTOWN SUPPORT GROUP

The day after Memorial Day proved to be a great day for our monthly meeting. Fourteen ostomates, family and friends gathered to support each other; perhaps lured by the presentation, "Enhance Your Quality of Life: What Can Hollister Do for You?" Frank Essig and Spencer Jackson did a great job facilitating a discussion that centered around 2 main questions:

1. How satisfied are you with your quality of life after having ostomy surgery?
2. Are you willing to change your lifestyle if it will improve your quality of life?

Frank and Spencer ended the discussion by relating ostomy equipment and accessory items that could improve an ostomate's quality of life. The group enjoyed the lively discussion and had many stories to share. Kudos to Frank and Spencer from Hollister for the time, energy and effort they put into this presentation!

Don't forget your support group in the summer... there are several programs planned...

- "Working with Vendors: A Partnership for Great Outcomes"
- "Insurance Guidelines- Making the Most of Medicare Allowables"
- "Getting to Know CCS Medical"

Cindy Barefield, RN, WOCN
281-420-8671

NORTHWEST GROUP HAPPENINGS

Jenny Jansson-Smith with Sterling Medical presented our program on June 19th. Thank you Jenny for taking time to be with us.

Seventeen attended the meeting including two new visitors. Your attendance is appreciated and it is always interesting to hear the interaction among the group when we have so many in attendance

Patti Suler furnished refreshments...a strawberry & cream pound cake as well as a Sock-It-To-Me cake were the highlights. Thank you Patti for the delicious treats!!

Next month we will have our annual homemade ice cream meeting with round table discussion about issues for ostomates in the summer months. For those of you who have not experienced this annual get-together, you are urged to attend and enjoy all the homemade ice creams, toppings, etc. You will not be disappointed!

See you on July 17th!!

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

"A smile adds a great deal to face value."

- Linda Smith

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: _____
Phone: _____

Street Address: _____

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.

- | | | |
|--|--|---|
| <input type="checkbox"/> Colostomy | <input type="checkbox"/> Continent Ileostomy | <input type="checkbox"/> Parent of Child with procedure |
| <input type="checkbox"/> Ileostomy | <input type="checkbox"/> Continent Urostomy | <input type="checkbox"/> Spouse/Family Member |
| <input type="checkbox"/> Urinary Diversion | <input type="checkbox"/> Pull-Through | <input type="checkbox"/> Physician |
| <input type="checkbox"/> Other: _____ | | <input type="checkbox"/> 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**