



# Ostomy Association of the Houston Area

"We help ourselves by helping others to help themselves."

We are a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions.

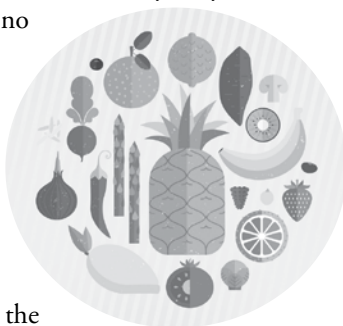
P.O. Box 25164  
Houston, TX 77265-5164  
www.ostomyhouston.org

## Diet For Diabetics with a Colostomy

*Via It's in the Bag—Olympia Hope*

A colostomy adds a level of complexity to diabetes. Diabetics who already manage their condition through diet need not radically transform their eating habits once the colostomy fully heals.

Typically, the procedure requires no dietary restrictions. However, healing a newly acquired colostomy does require a few considerations for diabetics.



Type I diabetes is typically diagnosed in children and young adults and happens when the pancreas no longer manufactures the hormone insulin, which the body requires to utilize glucose for energy.

Type II diabetes is the most common and manifests later in life. A Type 2 diabetic's body still produces insulin, however his system either ignores it, or does not receive enough to function effectively.

A colostomy procedure diverts the body's solid waste from the colon through the abdominal wall into an ostomy pouch or bag outside the body. Colostomies occur in cases where the large intestines has been removed or needs time to heal thus colostomies can be temporary or permanent. Many diseases necessitate a colostomy, including cancer, diverticulitis, inflamed tissue in the colon, and bowel obstruction. In the case of diabetics,



colostomies may be related to poor diet. For example, doctors link diverticulitis to a low fiber diet.

### Wound Healing

Diabetes hampers wound healing according to a 1996 article published by Vittoria Pontieri-Lewis in the journal "MedSurg Nursing." Diabetes delays the early phases of the wound healing process, thus providing more opportunity for infection to occur following the colostomy procedure, particularly for diabetics who are overweight or obese. Vitamin C factors significantly in wound healing and vitamin C rich foods such as tomatoes and tomato juice, citrus fruits, potatoes, red and green peppers, strawberries, kiwi fruit, broccoli, cantaloupe, Brussels sprouts, and fortified breakfast cereals all provide excellent sources, according to the National Institute of Health of Dietary Supplements.

### Carbohydrates and Fats

Once the colostomy heals, a low carbohydrate diet may not be necessary to the management of diabetes. According to Cassie Rico, registered dietitian and the Associate Director of Medical Affairs and Health Outcomes at the American Diabetes Association, an effective combination of health carbohydrates and fats such as fruit, vegetables, beans, whole grains, nuts, seeds and vegetable oils evenly spaced out over the course of the day

*(Continued on page 3)*

We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

#### In This Issue

Diet for Diabetics with a Colostomy . . . . .	1 & 3
Group News. . . . .	2-3
WOC Nurse Directory. . . . .	4
<b>Meeting Dates/Times</b> . . . . .	5
Advertising, Support . . . . .	5-7
Membership Information. . . . .	7
Contact Information . . . . .	8

#### Patient Visiting and Support Services

*Doctors and WOC Nurses, please note:*

Upon request from a doctor, nurse, or social worker, a specially trained visitor will be asked to contact an ostomy patient by phone or visit them in person before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. The visitor does not give medical advice, and there is no charge for this service. Please contact our Visitation Coordinator, Marian Newman at 713-392-5768.

## Central Group News

At our June 20 meeting, we welcomed Dr. Brian Bednarski, Assistant Professor, Associate Program Director Complex General Surgical Oncology Fellowship, University of Texas MD Anderson Cancer Center, who gave a fascinating presentation on the use of robotic surgery for colon and rectal cancers. Dr. Bednarski explained that robotic surgery is just one tool in the toolbox for a surgeon and that the goal is always to make sure the patient has a high quality cancer operation. Accordingly, patient selection is of primary importance when a surgeon decides whether robotic surgery is indicated. Researchers are still gathering data to see if long-term outlooks are more favorable when using robotic surgery, which can be very flexible, versus the more traditional open surgery or laparoscopic surgery. This was a truly interesting topic, and we thank Jenrose for arranging for Dr. Bednarski to join us.

### News On Proposed Changes To Medicare— Handling Of Ostomy Supplies

As mentioned last month, there is a proposal to expand Medicare's competitive bidding program to ostomy and urological supplies. As stated on the UOAA's website, "because it is a medical necessity that individuals have access to a properly fitted pouching system, the one-size-fits-all policy that could result from competitive bidding is unacceptable." The UOAA is partnering with a coalition of patient organizations, health care clinicians and technology manufacturers to address our concerns. The UOAA is asking ostomates to submit their personal stories highlighting the necessity of specific fittings of ostomy and urological supplies. They believe this will be a powerful tool to convince lawmakers of the "folly of this proposal."

You can submit your story through the UOAA website, [www.ostomy.org](http://www.ostomy.org). On the main page of the website, under "Featured Resources", click on "Personal stories needed on ostomy supply access." That will bring you to the page #MyAccessMatters. At the bottom of that page, you click on "Submit Your Story." There are several blocks to complete. I contributed my story and it took about 10 minutes. Please submit your story too. This is a very important issue and we cannot assume that others will take care of this for us. We must do our part to continue to have access to the ostomy supplies we need!

### 60th Anniversary Reception— Save The Date— October 9, 2016

Please save the date—October 9, 2016. In order to commemorate this important milestone, we are planning a reception for members, nurses, doctors, vendors and other friends and family. The reception will take place on Sunday, October 9, from 1:00 pm to 4:00 pm at the Houston Health Museum. More details will follow soon.

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

### NEEDED—MORE TESTIMONIALS!

As a reminder, we are still collecting written "testimonials" from our members describing how the ostomy group has helped you, why you attend or anything else you would like to share to include in our special edition of the newsletter. Please take some time to jot down a few lines—it can be anonymous if you would prefer. You can mail your testimonial to our P.O. Box, hand them in at one of our meetings or email them to me ([lorette@bauarschilaw.com](mailto:lorette@bauarschilaw.com)) or to Denise Parsons ([rockynme2@aol.com](mailto:rockynme2@aol.com)). Time is running out, and we want to hear from you!

### HELP WANTED—NEWSLETTER EDITOR

We are sad to say that Patti Suler has decided that it is time for her to give up her position as Newsletter Editor. She has served us well in that position for many years, and we will truly miss her. If anyone has any interest in taking over for Patti (with ample help from the Board), please let me know. We are in desperate need of some help with this! No experience is necessary. With assistance from our graphic designer, Anne Swanson, our printer, Walter Duckett, and the other groups, it's a job that will only take a couple of hours a month. Please volunteer! We need you!

### JULY MEETING

Our next meeting is on July 18. Our speaker will be Kayla Graves with Byram Healthcare, who was rescheduled from our meeting in April that was cancelled due to flooding. I look forward to seeing you!

Regards,

**Lorette Bauarschi**, President, OAHA, 713-582-0718

## Northwest Group News

Ladies Night! Northwest Medical Center Dietician Laura Brimer presented a customized program designed specifically for ostomates to a half dozen ladies. Her information was top drawer. She discussed the scientific elements involved in processing foods as well as current trends that may be more rooted in Mom than science.

Good dietary practices, food groups, specific areas of concern (lactose intolerance, blockages) were all addressed. She provided a multipage handout as well and took questions for further research. Awesome night. Laura Brimer will be added to our annual program list.

Our thoughts and prayers to members not in attendance: Jane, Gen, Tony, Billy, GayNell, Jay, Paul, Judy, Craig, Diane, Carol, Rose and Cyndi. Hopefully we will see them at our next meeting July 20 for the Ice Cream Social.

**Tony Romeo** 936-588-4031

## Baytown Group News

The Baytown Support Group met on June 13, the second Monday in June. Regrettably, Dr. Zafar was unable to join the group as he was following up on patients from surgery the night before. Cindy Barefield, RN, CWOCN led the group in a Roundtable discussion. The group that gathered included ostomates with a range of experience from just a few weeks following their surgery to many years as an ostomate. This promoted a great exchange of information.

As a WOC Nurse, Cindy, works with patients after their surgery, and appreciates feedback from ostomates regarding what has helped them transition from the post-op patient scenario to independent care of their ostomy. Some members shared that they had difficulties at different times. We know that support group can help provide some answers while they are working towards

that independent state. Others are blessed to have nurturing families, friends and significant others help them along their way.

Baytown Support Group has some wonderful presentations scheduled for the next 3 months. I hope you will plan to attend:

- July 11—ConvaTec: Kerriane Pelz—Ostomy Specialist
- August 8—Chaplain Steve Spidell—Managing the Stresses of Change
- September 12—Michelle Jernsletten, Physical Therapist—Fun with Fitness 2.0

**Cindy Barefield, RN, CWOCN**  
281-428-3033

### Diet For Diabetics with a Colostomy *(from page 1)*

combined with regular exercise, underpin successful diabetes management.

### Fiber

While fiber supports digestive health and plays an important role in nutrition for diabetics, high fiber foods such as raw fruits and vegetables need to be avoided immediately following the colostomy surgery. Speak to your doctor or health practitioner to learn how soon after the surgery you can begin reintroducing fiber to your diet if you are a diabetic.

### Ileostomy Helpful Hints

*Via West TX & Sterling IL*

Don't go without eating. Nausea is the result. Even at bedtime you can have soda crackers and milk. It's a long time until breakfast.

Don't worry if your stool changes color at times. This can be due to the foods you eat. Bananas will turn stool almost black. Tomatoes and beets will color it red. Some medication affects color.

When ill with a virus and diarrhea, eat pretzels. They are a food which can be kept down and salt is good for your liquid.



### Save the Date for the 60th Anniversary Reception

**October 9, 2016, 1-4 p.m.,  
Houston Health Museum.**

**More details will follow soon!**

### Famous Ostomates

*Via the Courier, Tucson, AZ as published on Facebook by  
Ostomy Toronto*

Dwight Eisenhower—Former US President

Fred Astaire—Actor/dancer

Barbara Barrie—Actress

Rolf Benirschke—Professional U.S. football player/game show host/ConvaTec spokesperson

Napoleon Bonaparte—World leader and military conqueror

Marvin Bush—Financial advisor and son of former U.S. president

Al Geiberger—Professional golfer

Bob Hope—Entertainer/comedian/actor

Tip O'Neill—U.S. Speaker of the House and Ambassador to Ireland

William Powell—Actor

Queen Mum—British royal

Suzanne Rosenthal—CCFA founder

Red Skelton—Comedian

Ed Sullivan—TV host

Loretta Young - Actress



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



**SPRING BRANCH MEDICAL SUPPLY**

PULMONARY ASSISTANCE INCORPORATED

- Ostomy & Urological Supplies
- Wound Care
- Oxygen & Respiratory Equipment
- Hospital Beds
- Wheelchairs
- Bedside Commodes
- Walkers
- Bathroom Aides
- Mastectomy Products
- Compression Hosiery
- Orthopedic Supplies

8700 Long Point Road  
Houston, TX 77055

(713) 465-2200  
Fax (713) 461-5806

**WOC Nurse Directory**

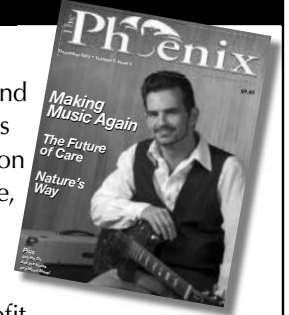
Cindy Barefield, RN, CWOCN (281) 428-3033  
Houston Methodist San Jacinto Hospital  
cbarefield@houstonmethodist.org

Charlene Randall, RN, CWOCN (713) 465-8497  
Specialty Wound & Ostomy Nursing, Inc.  
charlene@swoni.com

Pat Thompson RN, BSN, CWON (281) 397-2799  
Pat.thompson@tenethealth.com

**Get Ostomy Answers!**

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.



Subscriptions directly fund the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

**The Phoenix ORDER FORM**

**Money Back Guarantee!**

One-year subscription \$29.95  Two-years for \$49.95

Payable to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

Name \_\_\_\_\_

Address \_\_\_\_\_

Apt/Suite \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

11/11 SG HLFAD



**Finally, an ostomy pouch filter that works!**

**AF300 Filter gives you the added confidence and convenience you have been looking for**

The AF300 Filter helps alleviate embarrassing moments caused by pouch ballooning or untimely gas release. **New Image** and **Premier** Pouching Systems featuring the AF300 Filter are the pouches of choice for today's active lifestyles. In addition, there is no filter sticker with the AF300 Filter.

Call **1.888.740.8999** for a complimentary product sample.

Hollister Ostomy. **Details Matter.**



Hollister and logo, AF300, New Image, and Premier are trademarks of Hollister Incorporated. "Hollister Ostomy. Details Matter." is a service mark of Hollister Incorporated. ©2010 Hollister Incorporated. PROMOCODE: 138AF0810

## Central Group

**Monthly:** Third Monday of the month  
**Date:** **July 18, 2016**  
**Time:** 7:00 p.m.  
**Place:** Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193  
**Contact:** Denise Parsons 713-824-8841  
 rockynme2@aol.com  
**Program:** **Guest Speaker: Kayla Graves**, Byram Healthcare

## Baytown Group

**Monthly:** Second Monday of the month  
**Date:** **July 11, 2016**  
**Time:** 6:00 p.m.  
**Place:** Community Room in Lobby of Houston Methodist San Jacinto Hospital  
 4401 Garth Road, Baytown  
**Contact:** Cindy Barefield 281-428-3033  
**Program:** **Guest Speaker: Kerrienne Pelz**, ConvaTec, Ostomy Specialist

## Northwest Group

**Monthly:** Third Wednesday of the month  
**Date:** **July 20, 2016**  
**Time:** 7:00 p.m.  
**Place:** NW Medical Professional Bldg., (The Cali Bldg.)  
 17117 Cali Drive, Houston (This location is just off of 1960 and west of I-45. Turn north on Cali Drive from 1960. At the stop sign turn left on Judiwood and left again to park behind the Cali Building.)  
**Contact:** Tony Romeo 936-588-4031  
 sa1tmr@sbcglobal.net  
**Program:** **Ice Cream Social!**

## J-Pouch Group

**Monthly:** Third Monday of the month  
**Date:** **July 18, 2016**  
**Time:** 7:00 p.m. or by Appointment  
**Place:** **Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193**  
**Contact:** Ron Cerreta 832-439-1311  
 Ron Meisinger 281-491-8220

*Monthly support and information meetings are held in three locations for member convenience.*

## Opportunities and Announcements

### Use Those Shopping Cards

Kroger and Randalls return a percentage of your purchases to the Ostomy Association on a quarterly basis. For information about shopping cards, please visit the website:  
<http://www.ostomyhouston.org/>

### Anniversary Gift

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Ostomy Association. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the Treasurer at the address shown below.

### Memorial Fund

Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the address below. When sending a donation, be sure to include the name of the person being honored so that acknowledgement can be sent.

### Moving?

Our newsletter is sent by bulk mail, which the Post Office will not forward even if you fill out a forwarding request. To continue receiving the newsletter after a move, contact Tony Romeo, Treasurer, at 936-588-4031 or sa1tmr@sbcglobal.net or send your request to the provided address below.

### For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

Ostomy Association of the Houston Area  
 Attn: Tony Romeo, Treasurer  
 P. O. Box 25164  
 Houston, TX 77265-5164

(When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)

### Sponsorship

You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Please make the check in the amount of \$25.00 payable to ***Ostomy Association of the Houston Area*** and send to the treasurer's address above.

Disclaimer: The information contained within this newsletter is presented expressly for informational purposes only and may not be applicable to everyone. It should not be substituted for professional medical care or attention by a qualified practitioner. Always check with your doctor if you have any questions or concerns about your condition.



Medical Supplies For Care At Home Since 1957

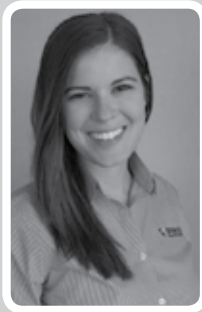
# Count on us for Ostomy Expertise & Resources

## OstomyLife

A SHIELD HEALTHCARE  
COMMUNITY

### MEET LAURA... Ostomy Lifestyle Specialist

Laura offers you a fresh and candid approach on living with an ostomy through her videos, articles and "Ask Laura" feature on [shieldhealthcare.com](http://shieldhealthcare.com)



Ostomate  
Since 2011

The ostomy supply experts at Shield HealthCare are ready to support you with:

- 58 years of ostomy supply experience
- Direct billing to Medicare, Medicaid and most health plans
- Leading brand products for every unique size
- Easy supply ordering and reliable home delivery
- Online ostomy community with helpful articles & videos

We offer a full line of products from your favorite brands:



Connect With Us...



Learn something new today at  
[shieldhealthcare.com/ostomylife](http://shieldhealthcare.com/ostomylife)

To order supplies, please call 800-493-7863

## SenSura® Mio



# Fits Right. Feels Right.

Now you can get a better fit to your body shape.

The new SenSura® Mio product line helps people with an ostomy to feel secure throughout their day.

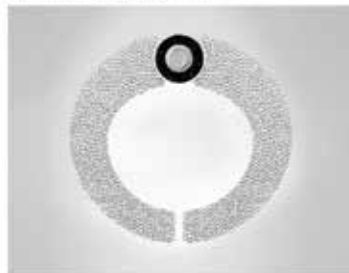
For free samples call 1-877-858-2656 or visit us online at [www.sensuramio.us](http://www.sensuramio.us)

New features:

Elastic barrier to fit real body shapes.



Full-circle filter to reduce ballooning for comfort.



Neutral gray textile for discretion.



New  
SenSura® Mio  
For all  
ostomy types

Coloplast Corp. Minneapolis, MN 55411 / 1-800-533-0404  
[www.coloplast.us](http://www.coloplast.us) The Coloplast logo is a registered trademark of Coloplast A/S. © 2014 Coloplast Corp. All rights reserved.

MB1104 05.14

**Medic Pharmacy**  
**Ostomy Products**  
**Medical Equipment and Supplies**  
**4040 S. Braeswood, Houston, TX 77025**  
 (next door to "3 Brothers Bakery")  
**Centrally Located**  
**With Free Front Door Parking**


**713-666-6353**
  
 FAX: 713-666-2831  
 9 AM to 5:30 PM M-F; Sat. 10 AM-1 PM


**Osto-EZ-Vent®**  
 #1 preferred venting device for any Ostomy pouch

  
*Quick • Discreet • Relief™*

- Easy to Attach, Open & Close.
- Convenient and Simple.
- Provides Comfort, Relief, & Confidence.
- Attaches to Any Pouch.

  
 Visit our website for additional Osto-EZ-Vent® information, where to buy and more.  
 Call 888-562-8802  
 www.kemOnline.com

Medicare Reimbursement Code A4366  
 Manufactured by KEM in the U.S.A.


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

**Osto Group** [www.ostogroup.org](http://www.ostogroup.org)  
*Providing Ostomy Products to the Uninsured.*

All you pay is shipping and handling. **877-678-6690**



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

**Membership Application**

Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown. Dues of **\$25.00 per year** are payable to:  
**Ostomy Association of the Houston Area, Attention: Treasurer**  
**P. O. Box 25164, Houston, TX 77265-5164**

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ E-mail: \_\_\_\_\_

Surgery Date: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Reason for surgery:  Crohn's  Ulcerative Colitis  Cancer  Birth Defects  Other \_\_\_\_\_

Do you speak a foreign language?  Yes  No Foreign language spoken: \_\_\_\_\_

**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

*Membership benefits include:  
 Monthly Support/Information  
 Meetings, Social Events,  
 Monthly Newsletter*

I would like to attend meetings with the (**please circle one**):  
 Central Group      Baytown Group      Northwest Group      J-Pouch Group

I would like to become a member but cannot pay dues at this time. (*This will be kept confidential.*)

I learned about the Ostomy Association from  
 WOC Nurse  Physician  Newsletter  Surgical Shop  Website  Other: \_\_\_\_\_

I am interested in volunteering.  Yes  No

I have enclosed an additional \$\_\_\_\_\_ as a donation to support the association's mission of helping ostomates.