



AFFILIATED SUPPORT GROUP

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

Swimming with an Ostomy

via Winnipeg (MB) Inside Out; Green Bay (WI) Ostomy Support Group; and North Central OK Ostomy Outlook

Summer is once again upon us and every year at this time, we are asked if you can still swim or do water sports with an ostomy. The answer is YES! With a little planning ahead, you can continue to enjoy the water as you did before.

Swimming with an ostomy is great cardiovascular activity that is easy on your joints and back. It might be wise to check with your WOC (ET) nurse or doctor first before stepping into the pool but otherwise if you feel well enough for some gentle water work, go for it.

The first thing people worry about, of course, is if their appliance is going to stay on. With proper preparation you can be confident it will. First, you might want to replace the appliance (ideally the night before), whether it's a one or two piece, before you go swimming. Most brands are capable of withstanding the twisting and friction involved in swimming but if you are an especially active "water sporter" you might try Cymed's microskin, or ask your local supplier/WOC nurse what they recommend. Wafers with waterproof tape can be a good choice, or you can tape the edges yourself with waterproof pink tape. (You make a sort of 'picture frame' around the barrier edges).

If your pouch has a filter, tape it shut, to prevent water from getting into the pouch. It won't hurt you if it does, but it can get



sloppy—plus, who wants chlorinated or unclean lake water next to the stoma? If you do elect to change brands, it would be wise to wear the new gear for a few changes before you commit to a public splash.

Snug spandex/lycra shorts under board shorts are an excellent choice for men, or snug spandex/lycra bathing suit bottoms for the ladies—these will help hold things in place. You can also use an ostomy belt but cinch it firmly. Ostomy belts aren't going to be very comfortable when you get out of the water because they'll stay damp a long time. Speaking of damp, Coloplast Mio's new fabric coverings shed water and dry much faster than the usual pouch coverings.

Consider packing an extra bag and flange to change into once you're finished. Knowing that you have that extra gear available will assure peace of mind if you aren't comfortable for some reason.

For those with an ileostomy or busy colostomy, time your meals so that your swim can occur with the least discharge possible. Avoid gas producing foods and drink plenty of water.

Now, having said all this, you know what? Some people don't need to do anything different at all with their routine when they want to get back in the water. Wafers are meant to stay affixed and seal the stoma. Everybody's anatomy and skin is different, so you might have to try a few options before finding the right one for you.

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.

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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, or newmarian@gmail.com.

Central Group News

Thanks to Kris McNeil with Hollister who presented at our June meeting. She gave us the scoop on all the new Hollister products and arranged for anyone to get samples who wanted them. We appreciate the support Kris and Hollister provide to our group.

Our next meeting is July 17. We are planning to have a roundtable to discuss all things summer and ostomy. Please join us.

Regards,

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

Northwest Group News

The Northwest Group June meeting was cancelled due to Tropical Storm Cindy. Join us for double the fun and excitement at our July Ice Cream social featuring highlights from the 2017 Conference and Kerrienne Pelzl with Convatec—of course we will have delicious ice cream and confections as well!

Billy Locke

337-515-6354

Lorette Bauarschi, Terry Marriott and Jenrose Foshee were all elected to new three-year terms on the Board. Please take the time to thank your Board members who volunteer their time to make our group so successful.

Plan Now to Attend the 6th UOAA National Conference!—August 22-26, 2017

This year's conference takes us to Irvine, CA a place that boasts on average 280 sunny days per year. Abundant area attractions (think Disney and Pacific Beaches) may inspire you to plan a vacation around the conference dates. After a day of inspiring talks, educational workshops and exhibits, lounge poolside under the palm trees while socializing with new friends from around the country, or explore all the area has to offer.

Inspirational Talks, Stoma Clinic, Educational Workshops, Social Events, ASG Leadership Academy, Exhibit Hall and more!

Please go to www.ostomy.org, the UOAA website, to register and view the educational programming that is planned for you. Information regarding conference registration will be posted here when available and will be published in the March 2017 issue of *The Phoenix* magazine.

http://www.ostomy.org/2017_National_Conference_Page.html

Baytown Group News

Kerrienne Pelzl, Senior Territory Manager with the ConvaTec Ostomy Team presented to Baytown Ostomy Support Group on June 12th. Kerrienne shared news that ConvaTec had gone public last year and has launched many products this year. With a focus to partner with ostomates for a lifetime rather than a specific amount of time, ConvaTec launched a program that brings tools and advice to help make life with an ostomy “completely your own”. It is called Me+™ Services and Care.

In another exciting move, ConvaTec bought the license to some of the Stomocur products. They are now available as the Flex Convex line. Wafers offer a very tacky adhesive and 3-day wear time and are available in cut to fit, pre-cut, and one piece with belt tab options.

Another great opportunity is ConvaTec's partnership with Eakin. This adhesive ring is made from only 5 ingredients and it will not dry out. There is also another option in a paste that is sting free.

ConvaTec also owns Ostomysecrets® “A company who believes that you can live the lifestyle you choose. That's why we offer intimate apparel and accessories designed to help you feel like yourself again.” <https://www.ostomysecrets.com/>

We had a great conversation with Kerrienne, along with a new ostomate and some of you who regularly attend. We were reminded that the information you receive and the support you all share with one another are the greatest benefits of support group!

We will be going back to the main hospital with our meeting on July 10. Thanks to all who found their way to our meetings on the Alexander Campus for the past three months.

In July, Cindy will have a red hot presentation on Ostomy Accessories—advantages, disadvantages and alternatives. Hope you will make plans to join us!

Sincerely,

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

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



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

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.

Tips for a Successful Recovery

By *Diana Gallagher, MS, RN, CWOCN, CFCN*
Facilitator for the NWA Ostomy Support Group

For many, ostomy surgery is lifesaving but their initial feelings on living life with an ostomy are negative. For individuals with years of unresolved incontinence or inflammatory bowel disease, however, life after surgery is frequently viewed as a positive improvement. For them, an ostomy is the promise of a return to a normal life.

As you prepare for surgery, the following are important tips to help you transition into your new life and embrace living with an ostomy.

(For more information visit www.ostomy.org or contact United Ostomy Associations of America at 1-800-826-0826.)

Select a surgeon with valuable experience in the type of surgery that you are facing. General surgeons as well as specialty surgeons can perform ostomy surgery. Specialty surgeons are those who have completed additional education, training, and fellowships within the specialty. These surgeons will be identified as Colorectal or Urology Surgeons. You can find a local physician through the websites for the American Society of Colorectal Surgeons or American Urological Association.

See an Ostomy Nurse. BEFORE surgery, your surgeon may refer you to a specialty nurse, like a Certified Wound Ostomy and Continence Nurse (CWOCN). If not, you will need to find a specialty nurse. This nurse will help ease your transition into living with an ostomy. Although education may be provided during your hospital stay it can be difficult to focus and remember because of anesthesia, surgical pain and stress. Your ostomy specialist will provide comprehensive education including practice pouch changes before surgery. In addition, he/she will identify and mark the best location for your ostomy. This is important because during surgery it is difficult for your surgeon to know where the waistband of your pants sits, where creases or irregularities exist and other special considerations to consider when selecting that optimal site.

Attend a United Ostomy Associations of America (UOAA) affiliated support group (ASG) meeting in your community if possible. You may think that you do not need a support group or feel that you are the type of person who does not feel comfortable in a group setting. Put those feelings aside; listening in the beginning is a good start. Join your local group, even if you don't initially find someone your age with a similar story, there is a lot to learn. UOAA affiliated support groups are truly one of the BEST places to obtain the necessary education, helpful hints, support, and resources. Don't feel that you are alone.

Determine which supplies will work best for you. In the beginning, you will most likely receive sample products from a number of companies. It is helpful to keep the 2 piece products from each manufacturer separated; wafers from one company will not necessarily snap onto a pouch from another company. The

sampling program will help you try a variety of products to learn which ones work best for you.

Order your regular supplies. Once you know what you like best, an order can be placed through a distributor. There are countless distributors to choose from and depending on insurance, your supplies can be delivered monthly or every three months. The first time that you order, it is logical to order a month's worth of supplies. As your expertise develops, you may fine-tune your list. Insurance normally pays 80% of supplies that are medically appropriate. If you have a secondary plan, the remaining 20% may be covered. Check for a list of the established limits for each product. Reorder supplies so that you are never without the supplies that you need.

Select a place to keep your ostomy supplies organized. Many people keep their basic supplies in a bathroom drawer, others buy a plastic organizer with several drawers that can be moved about. Excess supplies can be stored in a closet but regardless of where you choose to keep supplies, it is best to avoid temperature extremes and high levels of humidity.

Be prepared. In addition to the extra supplies that you keep on hand at home, always keep a small pouch with all the supplies necessary for a complete change with you. Like your other supplies, these should be kept away from temperature extremes and humidity. Hopefully, you will rarely need to make an unplanned change, but being prepared, makes most ostomates feel secure and confident. If you anticipate an occasional return to the hospital, keep a bag packed with your preferred supplies. The hospital may not have the brands that work best for you.

Promptly consult your ostomy specialist for any problems. This might be a decrease in normal wear time, a change in your stoma, or a problem with your peristomal skin. A good practice for all is to hydrate properly to avoid complications.

Recover from surgery and LIVE life to the fullest. Having an ostomy does not change who you are or what you are able to do. After recovery, work to strengthen your abdominal muscles to help prevent hernia risk and enjoy all your old activities including swimming. Every October UOAA holds the Run for Resilience Ostomy 5k where people of all ages prove living with an ostomy does not need to be limiting.

Advocate for yourself. You will find that not everyone is knowledgeable about ostomies. Educate others when possible but always be willing to advocate for yourself and others. You can also help to advocate on the national level by supporting UOAA's advocacy program and taking part in events like Ostomy Awareness Day held on the first Saturday in October. UOAA works toward a society where people with ostomies and intestinal or urinary diversions are universally accepted and supported socially, economically, medically, and psychologically.

Share your experience and tell your story. Your story has the power to help others as they begin their journey. Connect with others in person or online and offer to help the next person who has this lifesaving surgery.



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



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Central Group

Monthly: Third Monday of the month
Date: July 17, 2017
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: Roundtable Discussion

Baytown Group

Monthly: Second Monday of the month
Date: July 10, 2017
Time: 6:00 p.m.
Place: *This month, we will be back in the Main Hospital.*
 Community Room in Lobby of Houston Methodist San Jacinto Hospital
 4401 Garth Road, Baytown
Contact: Cindy Barefield 281-428-3033
Program: Cindy Barefield will have a red hot presentation on Ostomy Accessories—advantages, disadvantages and alternatives.

Northwest Group

Monthly: Third Wednesday of the month
Date: July 19, 2017
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: Billy Locke 337-515-6354
Program: Ice Cream Social

J-Pouch Group

Monthly: Third Monday of the Month
Date: July 17, 2017
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.

AmazonSmile

On your first visit to AmazonSmile (smile.amazon.com), you are prompted to select a charitable organization from the list of organizations. You can change your selection at any time. To change your charitable organization: Sign in to smile.amazon.com on your desktop or mobile phone browser. From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. Or, from your mobile browser, select Change your Charity from the options at the bottom of the page. Select Ostomy Association of the Houston Area as your charity.

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 sal1tmr@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
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(When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)



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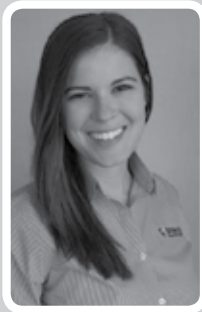
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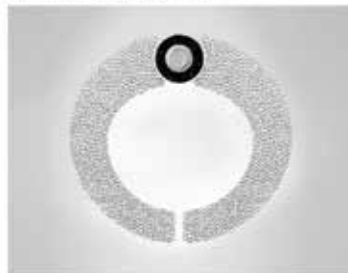
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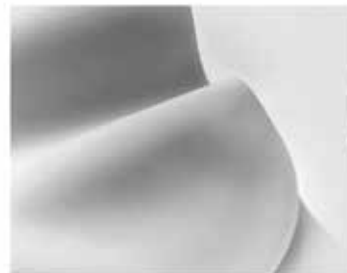
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Membership Application

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:
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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

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.

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