



# Oostomy Association of the Houston Area

August 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: Terry Marriott 713-668-8433  
(tdmarriott@yahoo.com)

**Meeting: August 20th, Monday evening**

**Program: Home Health Care**

Charlene Randall, RN, BSN, CWOCN, of Specialty Wound & Oostomy Nursing will present our 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: August 21st, Tuesday evening**

**Program: Dietitian**

Byron Richard, Dietitian, from Northwest Medical Center Hospital will present our program. Join us to hear this interesting program.



**August is upon us! . . .  
those lazy, hazy, crazy  
days of summer!**

## 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: August 27th, Monday evening**

**Program: To Be Announced (See Page 5)**

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: August 20th, 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 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 25 members and guests at the July 16<sup>th</sup> meeting who heard the Convatec Representative, Tabatha Schroeder, give an excellent presentation on some of the very interesting new products that are being offered and showing us a short inspirational video. One of the new products she demonstrated was a wafer for a 2-piece system that has a moldable opening so that you can precisely fit your stoma and any irregularities it may have. We also want to thank Tabatha for bringing a tray of sandwiches for those of us in attendance to enjoy.

At our August 20<sup>th</sup> meeting, Charlene Randall of Specialty Wound & Ostomy Nursing will be presenting a program on Home Healthcare. This is something that any of us might need if we are ever faced with a long recovery from a serious injury or illness.

We are still looking for somebody to take on the job of Supplies Coordinator. This person would mainly be responsible for coordinating receipt of donated ostomy supplies, and would occasionally work with me and/or Clarice Kennedy to verify the inventory of the supplies we have available in the storage cabinets at the ACS Building and at the Spring Branch Medical Supply store on Long Point Road. Our organization is very dependent on our members to accept roles of leadership and service. Those who do accept these roles in the ostomy association are generally those who have been helped by it, or have seen how it has dramatically helped others, and want to give back to insure that the ostomy association will continue to be here to help others when they are in need. We would like to thank Rachel Davis for bringing her donated supplies to the last meeting; they will be distributed to some of those who need them.

This is my first letter as President of the Ostomy Association of the Houston Area. I will be working hard to try to maintain the standard that Ed Wood set as President during the past several years. I would like to thank those of you who are helping me adjust to the duties of being President, and to also thank you all for your patience and understanding while I figure out what I need to get done and when I need to do it.

See you in on the 20th!

**Terry Marriott**

The United Ostomy Associations of America  
(UOAA) can be contacted at  
[www.uoaa.org](http://www.uoaa.org).

## Imperfections

*An elderly Chinese woman had two large pots, each hung on the ends of a pole which she carried across her neck.*

*One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water.*

*At the end of the long walks from the stream to the house, the cracked pot arrived only half full.*

*For a full two years this went on daily, with the woman bringing home one and a half pots of water.*

*Of course, the perfect pot was proud of its accomplishments.*

*But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do.*

*After two years of what it perceived to be a bitter failure, it spoke to the woman one day by the stream - "I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house."*

*The old woman smiled, "Did you notice that there are flowers on your side of the path, but not on the other pot's side?"*

*"That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them."*

*"For two years I have been able to pick these beautiful flowers to decorate the table.*

*Without your being just the way you are, there would not be this beauty to grace the house."*

*Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding.*

*You've just got to take each person for what they are and look for the good in them.*

*So, have a great day and remember to smell the flowers on your side of the path!*

- Unknown

*I am too blessed to be stressed  
and too anointed to be  
disappointed.*

## 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](mailto: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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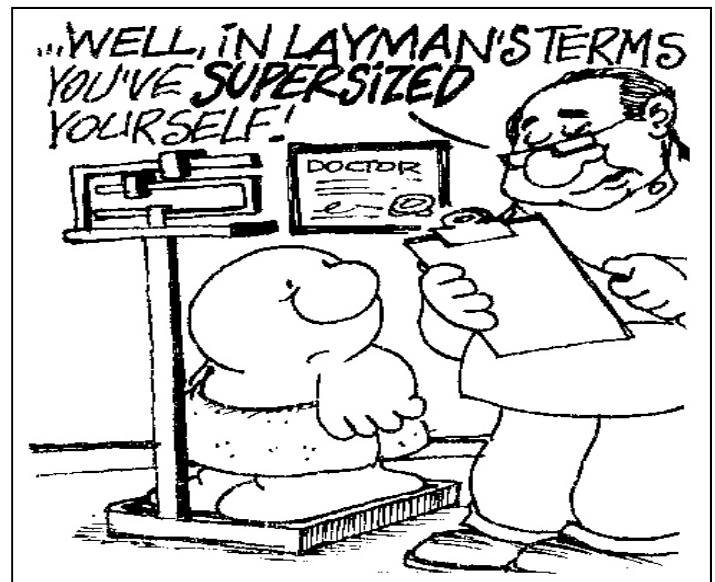
Send payment to: **Phoenix**  
**P.O. Box 3605**  
**Mission Viejo, CA 92690-9912**

You can also order online at [www.uoaa.org](http://www.uoaa.org)

## ATTITUDES

via North Central OK Ostomy Outlook

Are you worried about your appliance showing under your clothes, or your stoma protruding enough to show? People today lead busy lives at a fast pace. Everyone is very concerned with their own happenings. Aren't you? By the way, what is the color of your bus driver's hair? Did the sales clerk wear a dress or slacks today? What color was the bank teller's tie? Give up? Then forget about unnecessary worries and enjoy every day. Remember...your attitude about your image will affect the attitude of your family and friends. The first step on the ladder to adjustment must be taken by YOU! ♦



## SKIN ATTENTION

By John Sarbacker, MD & Kay Carlson, ET via UOAA

Some ostomates can use anything on their skin and “get away with it.” Others have to search for just the right combination of products for satisfactory use. New ostomates benefit from follow-up visits to their WOCN because careful consideration is given to the various products used around the stoma area.

If you are experimenting on your own, consider the following information for using a different product. Patch testing is recommended before proceeding to use a new product. The skin on the inner surface of the arm or leg (or the opposite side of the abdominal area from the stoma) are good areas to use for a simple test. For example, cut a piece of the wafer, tape, etc. and affix it to a chosen area. Secure it with a strip of micropore tape and leave it on the area for 48 to 72 hours. Any burning sensation or itching during the testing time could signify sensitivity to the material being used and therefore should be removed immediately, washed and dried well. After 48 to 72 hours, remove the “patch” and if there is no redness or irritation, it is safe to assume that the product can be used. With some people, a “delayed reaction” may not occur until a few days later. For more extensive testing than this, contact a dermatologist. ♦

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## WHAT CAN I DO TO SLEEP BETTER?

Excerpt from UOAA UPDATE 4/07

- Try to go to bed and get up at the same time every day.
- Try not to take naps longer than about 20 minutes.
- Don't have caffeinated drinks after lunch.
- Don't drink alcohol in the evening. It might help you fall asleep, but it will probably make you wake up in the middle of the night.
- Don't lie in bed for a long time trying to go to sleep. After 30 minutes of trying to sleep, get up and do something quiet for a while, like reading or listening to quiet music. Then try again to fall asleep in bed.
- Ask your doctor if any of your medicines could be keeping you awake at night.
- Ask your doctor for help if pain or other health problems keep you awake.
- Try a little exercise every day; that helps many older people sleep better.

(American Academy of Family Physicians website [www.familydoctor.org](http://www.familydoctor.org)) ♦

*“Nobody cares if you can't dance well. Just get up and dance.”*

*- Dave Barry*

## TIPS FROM HERE AND THERE

- ✓ Change the pouch regularly — many times skin irritation will clear up under the skin barrier but prolonged wearing then causes the skin to break down again.
- ✓ Skin irritation is usually caused by an improperly fitting pouching system, poor adhesion, or irritation from the adhesive. Watch for sensitivities and allergies to adhesive, skin barrier, tape, soap residue or pouch material.
- ✓ Bath oils will prevent a pouch from sticking well. Either wear your appliance when bathing or clean the oil off the peristomal skin thoroughly.
- ✓ Colostomates and ileostomates — red beets and red jello do not lose their color during digestion, so there may be a red color to your discharge. Do not mistake this for blood!
- ✓ Eating parsley with your meal or drinking orange juice or eating oranges is said to lessen odor.
- ✓ Bananas are frequently mentioned as a food that is high in potassium, but potatoes actually contain nearly twice as much potassium. One large banana has 450 mg of potassium while a large baked potato with its skin contains about 850 mg. The potato skin alone has almost 235 mg. ♦

**Worry is the darkroom in which negatives can develop.**

## EMERGENCY ROOM INFORMATION FOR OSTOMATES

via UOAA

Ostomates have special information, which is very important to their well-being. The following information may save your life if you are taken to a hospital emergency room. What kind of surgery did you have and how long ago? What is your doctor's name, phone number, and the name of the hospitals he/she works out of? What kind of medications and what dosage are you taking? Are you allergic to any medications? Is your skin sensitive to any of the preparations usually used by ostomates? What is your stoma size? Where can your next-of-kin be located? What type of medical insurance do you have? Tell someone that this information is available and where it can be found. Take a little time and write a brief medical history about your surgery and other important medical information about yourself. Make a few copies and be sure to take a copy along with you when you travel or have to go to the hospital. Since emergency rooms are not informed as well about ostomies as we would like them to be, this information could be very helpful and even save your life. ♦

## BAYTOWN SUPPORT GROUP

In June, the program "Working with Vendors: A Partnership for Great Outcomes" proved to be a fun and informative way to share information about ostomy equipment companies. Representatives from one of our local DME's, Northshore Medical Supplies, were able to interact with our group as well as a representative from CCS Medical, a provider of medical supplies by home delivery. Various mail order options made for a challenging search for the most economical way to purchase a single product and proved to be a learning opportunity overall after factoring in insurance requirements.

Support for our group has been strong and we hope our members will continue to find time to attend as the summer winds down. We have speakers on Insurance Guidelines and Nutrition in the next couple of months that you won't want to miss!

Baytown sends our best regards to Ed Wood as he leaves his post as President of the Ostomy Association of the Houston Area. Ed has been a wonderful support for our group and to me personally. You are deeply appreciated! We all wish you the best that life has to offer.

**Cindy Barefield, RN, WOCN**  
281-420-8671

## NORTHWEST GROUP HAPPENINGS

Our July 17th meeting was well attended...20 members, guests, and visitors were present to enjoy an evening of getting acquainted and discussing ostomy issues. We especially welcome our visitors and invite you to join us again. Also, we were pleased to see Barbie after a lengthy absence...welcome back!

Everyone seemed to enjoy the homemade banana ice cream and Old Fashioned Blue Bell along with the cookies provided by Shirley Johnson. Thank you GayNell and Shirley!!

Congratulations to Gen & Carl Stephens on the celebration of their 50th wedding anniversary!! Way to go!!

Dick & Dixie Ambrose will be furnishing refreshments for our August meeting which will be presented by Byron Richard, Dietitian, from Northwest Medical Center.

See you on the 21st!!

**Gay Nell Faltysek**  
281-446-0444

**Tony Romeo**  
281-537-0681

*"Compassion is difficult to give away because it keeps coming back."*

## 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**