



# 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](http://www.ostomyhouston.org)



## The Psychologic Impact of Ostomy Surgery on Persons 50 years of Age and Older

By Nick G. Mihalopoulos, R.Ph., Ph.D., CEO, *The Parthenon Company, Inc.*, JWOCN, Volume 21, Number 4, July 1994

This is a study I did for a Master's degree in Health Education. The study was published in its entirety in the *Journal of Wound, Ostomy and Continence Nursing*.

I would like to present the abstract of the study.

There have been few studies on the psychologic effects and reactions to ostomy creation in persons older than 50 years. Eighty-nine patients with ostomies (42 female, 47 male) were evaluated to see how ostomy creation affected them.

- Men reported lower satisfaction with life than did women. Men also had more difficulty in social interactions than did women.
- Twice as many men as women reported mild to moderate depression.
- Older women reported poorer health status; if unmarried, they reported less satisfaction with life than younger or married women.

Those who did not feel hindered by their ostomies reported higher scores on well-being than did those who felt hindered. The more time that has passed after operation, the better patients felt.

Four major concerns were reported: (1) concern with being able to care for themselves; (2) leakage from the pouch, odor, and gas noises; (3) other health problems; and (4) recurrence of cancer.

Good current health and a sense of well-being are important to positive adjustment after ostomy creation. These areas would be well worth monitoring and should be promoted by the caregivers.

*Edited by Patti Suler*

## Been There, Done That, Now What?

By Patti Suler, 2010 revision

I have had my ostomy for several years now. I have learned to take care of it. I work, I sleep, I play, not always in that order. I think I have earned my stoma badge. Now what do I do? What is the next ostomy level?

### Participation. Reciprocation. Volunteer. Give Back.

I stop and think for just one moment about how hard all of this ostomy experience would be if I had been alone. No group, no personal support, no association, no WOCN or ET. I understand that people get what they need and go on with their lives. This is the goal, but, I am where I am today because of what others gave and did for me.

To continue this precious cycle, I also need to give and share with others. Volunteer work comes in many forms. Some are born to lead, hold office and take care of the business end. Others are gifted care givers and supporters that provide a listening ear or shoulder to lean on. Some like me, just go to meetings and write about it.

We as a group are evolving and if we as a group are to survive, then now is the time to act. If you think you don't have time to donate, then donate money. Our chapter has several worthwhile opportunities and they are all tax deductible. You can honor your stoma, your WOCN or ET, your surgery anniversary or even sponsor a membership for someone who cannot afford the dues.

Going to meetings is the ultimate gift. Your very presence at meetings can enrich the lives of others. This return on investment is priceless.

## 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**

We had approximately 23 attendees at the Central Meeting on Monday, July 19 including 5 new attendees seeking information about their ostomies or possibly what kind of ostomy related surgery that they would want to have if they have choices. Hopefully, we did give them some practical and useful advice.

Denise Parsons and her husband Rocky manufactured smoothies with a blender at this meeting and led a roundtable on foods. Since eating very fibrous foods can lead to many ostomates having an intestinal blockage, we discussed foods with which some of us have problems and how creating a smoothie of some mixture of these foods can actually allow us to drink something that tastes very good and can more easily gain the nutrients from them when previously we couldn't eat these foods or had possible trouble eating them primarily because of the large amount of fiber present in them.

Also, remember if you shop at Randalls, please associate our assigned number, 3698, with your Randalls shopping card if you have not done it in the past. The Kroger card program is different, our Kroger assigned barcode number must be scanned again in June or July every year. These shopping programs provide enough funds to cover the publication of several newsletters which is our largest expense. So, please scan your grocery card(s) and keep shopping for food and all the other stuff that you can find there.

I certainly do thank Denise Parsons for doing a fine job arranging and leading the meeting while I was gone to Italy with the First United Methodist Choir, and also for being the main presenter at the July meeting after I was back but not up to speed yet. Thanks also to Jenrose Foshee for helping out with the name tags and for volunteering to be our new Librarian.

Next month we will have a manufacturer representative from CYMED give our main presentation. Nicholas Gritzai will be showing us the various products that they make for ostomates including their very thin and flexible adhesive wafer material "MicroSkin" and many of the products that they make using it.

More can be learned about CYMED by looking at their website: [www.cymedostomy.com](http://www.cymedostomy.com)

Hope to see you all on August 16,

**Terry Marriott, President, Ostomy Association of the Houston Area**

*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.uoaa.org](http://www.uoaa.org) or 800-826-0826**

**Northwest Group News**

The Northwest Group held their annual Ice Cream Social with 18 attendees. Jenn McCoy with Edgepark Medical Supplies was also on hand and provided a brief overview of her company. Edgepark is one of the largest medical supply companies and works with over 1,000 insurance plans plus Medicare assignment. They offer next day supply service from Ft. Worth to Houston.

Ms. McCoy answered a variety of questions:

***What is the most popular brand?***

Convatec, Hollister and Coloplast are the big three—most ordered, followed by the newer companies of Nu Hope and CYMED.

***How do I see if my insurance is accepted by Edgepark?***

Just contact our company via phone and a representative will assist you.

***What if I don't have insurance?***

Edgepark offers many discount rates to the uninsured, call for a quote.

Ms. McCoy also provided new catalogs and advised their web site had also been upgraded.

It was good to see returning group members Silver B., Shirley and her daughter, and always our core regulars. We visited with a new ostomate and held a mini round table discussion on managing the heat and humidity. Pat shared some goodies from the recent WOCN conference in June. We all enjoyed the homemade vanilla ice cream provided by Gay Nell.

Next month's program will feature Nicholas Gritzai, President of CYMED who will present *How CYMED MicroSkin Works to Improve the Quality of Life of Ostomates*.

**Gay Nell Faltysek**                      **Anthony Romeo**  
281-446-0444                              281-537-0681

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## Baytown Group News

The July meeting of the Baytown Ostomy Support Group had a great time with Roundtable. We discussed the “Travelling Ostomate” article from the June newsletter and found some additional info on the popular [www.c3life.com](http://www.c3life.com) website.

Travel tips from the [C3life.com](http://www.c3life.com) website included:

- Airline weight limits (some offer special allowances for passengers carrying medical equipment), be careful of heavy luggage—avoid a hernia!
- Airline forbidden items (methylated spirits and inflammable aerosol adhesives, removers, and scissors)
- Using airline toilets (with vented pouches, don't worry about gas build up, just keep pouch emptied!)
- Car travel (seat belts across hip and pelvis not the abdomen and stoma)

In addition, the UOAA's ([www.uoaa.org](http://www.uoaa.org)) website offers a Travel Communication Card as an aid in dealing with airline security. This card is provided to travelers to simplify communication with Federal Transportation Security Personnel and airline flight attendants regarding private screening and restroom access. It can be printed out and laminated if desired.

Next month: August 2—Frank Essig from Hollister will be here. Don't miss it!

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

## It's All Here!

*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.



Half of each subscription funds the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

### Annual subscriptions: \$25 (4 issues)

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## Summer Time Tips

Just imagine chewing gum on a hot summer's sidewalk and you have a good idea of what happens to ostomy supplies when exposed to too much heat and humidity. Too much? According to most manufacturers, supplies should be stored at room temperature and not exposed to high humidity levels. This is great if you live somewhere else besides Houston. We are humid and hot in that order. However this is no reason for ostomates to avoid enjoying the outdoors. Keep these pointers in mind for lots of fun summer activities.

Wiping off the mirror to see in the bathroom after a shower? This is a good reason that supplies should not be kept in the bathroom even though it is convenient. Store supplies in a cooler, dryer closet else where.

Barbeque, Gardening, Lawn Care? Wear hats, sunscreen, cool light color cotton clothing, and stay hydrated. Do not stand endlessly near a hot grill. Ostomy care? Watch for perspiration building up under your pouch as this can cause heat rash or skin irritation. Consider powder or a soft cotton pouch cover. Vice President Denise Parsons has patterns available to make you own covers.

Change your pouching system more often. The adhesives are sensitive to heat and humidity. They will degrade much faster based on the temperature and activity levels.

Drink, drink, drink. Ostomates are a lot like cars without radiators, they need constant fluid intake to make their bodies work properly.

Peristomal skin giving you a new itch? Watch out for monilla. It is characterized as a red itchy rash and is very common during the summer months. Monilla can affect pouch adherence so seek out a WOCN for assistance if you suspect it is present.

Water sports are best enjoyed before a big meal and concerned mates can secure their wafer in a frame style with pink tape.

Outdoor events, cook-offs, craft shows, and garden centers are great to visit except for the dreaded port-a-pottys! Don't be left out, just pack a few extra tissues and wet wipes in your pockets.



## What in the World is a CWOCN?

*July 08 UOAA Update*

CWOCN is an abbreviation for certified Wound, Ostomy, Continence Nurse. Formerly known to all or most ostomates as an E. T. nurse or more formally correct as an Enterostomal Therapy Nurse. That area of nursing has greatly expanded.

A CWOCN is a Registered Nurse (RN) who has at least a Bachelor's degree in nursing. In addition, the CWOCN has received extensive training in anatomy and physiology; wound, ostomy and continence management; patient teaching; prevention of complications; appliance fitting and refitting; and evaluation and consultation. The CWOCN must pass a rigorous certifying examination for each area of specialty, and become certified by the national organization. The CWOCN must also attend relevant continuing education sessions each year and be recertified every five years.

## When Do You Need a CWOCN?

New ostomates may see a CWOCN multiple times during the first year after surgery as they learn pouching techniques and get comfortable with their new body. Stoma sizes change dramatically during the first six months and products may also need to be changed.

Annual CWOCN checkups are recommended after the first year for the next five years or as needed.

Contact your CWOCN any time, as needed, for skin problems, stoma problems, or when physical changes such as weight gain or loss affect your pouching process.

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.

### WOCN and ET Directory

Cindy Barefield, RN, CWOCN	(281) 420-8671
Clarice E. Kennedy, CET cekennedy1@peoplepc.com	(713) 647-8029
Charlene Randall, RN, CWOCN Specialty Wound & Ostomy Nursing, Inc. charlene@swoni.com	(713) 465-8497
Pat Thompson BSN, RN, CWOCN Pat.thompson@tenethealth.com	(281) 397-2799
Catherine Walsh RN, BSN, CWOCN UTMB @ Galveston cmwalsh@utmb.edu	(409) 747-3070 Fax: (409) 747-3038

## 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  
 marriot@rice.edu  
**Meeting:** **Monday, August 16, 2010**  
**Program:** **Guest Speaker: Nicholas Gritzai, President of CYMED** *How CYMED MicroSkin Works to Improve the Quality of Life of Ostomates*

## Baytown Group

**Monthly:** First Monday  
**Time:** 6:00 p.m.  
**Place:** Community Room in Lobby of San Jacinto Methodist Hospital  
 4401 Garth Road, Baytown  
**Contact:** Cindy Barefield 281-420-8671  
**Meeting:** **Monday, August 2, 2010**  
**Program:** **Guest Speaker, Frank Essig, Hollister representative**

## Northwest Group

**Monthly:** Third Tuesday of the month  
**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:** Anthony Romeo 281-537-0681  
 saltr@sbcbglobal.net  
**Meeting:** **Tuesday, August 17, 2010**  
**Program:** **Guest Speaker: Nicholas Gritzai, President of CYMED** *How CYMED MicroSkin Works to Improve the Quality of Life of Ostomates*

## 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:** **Monday, August 16, 2010**  
**Program:** **Roundtable**

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



## Opportunities and 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 to the ***Ostomy Association of the Houston Area*** and sent to the address shown at the right (in the box).

### 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/>

### 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 at the top right (in the box). 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 Lorette Bauarschi, Treasurer, at 713-582-0718 or [lbauarschi@sbcglobal.net](mailto:lbauarschi@sbcglobal.net) or send your request to the provided address at the top right of this page.

### 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 Mary Harle at 713-782-7864 with any questions.

### 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 address at the top right.

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

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

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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:

**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

- ET 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.





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