



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

Continuing Your Social Life with an Ostomy

UOAA Update 6/2014

Your social life can be as active as it was before surgery. You can enjoy all activities: meeting people, attending concerts, sporting events, civic and social club meetings, parties, religious occasions or whatever you enjoyed before. The first time you go out of the house after surgery, you may feel as if everyone is staring at your pouch, even though it is not visible under your clothing. You can feel your pouch on your body, but no one can see it. Keep those concerns in mind. Did you know what an ostomy was or where a stoma was located or what it looked like before you had surgery?

You may also worry about your pouch filling with gas and sticking out under your clothing. A quick trip to the restroom can take care of this problem. If you are worried about your pouch filling up immediately after eating at a social event, remember, people without ostomies often need to go to the restroom after eating and nobody will think it is unusual if you do the same! You will probably find that you need to empty your pouch less often than you need to urinate.



Friendship and love—You may be wondering about your relationship with others. Now that you have an ostomy, you may feel that it will change your present relationships and decrease new opportunities for friendship and love. True friendships and deep relationships

on any level are built on trust and mutual understanding. These qualities depend on you and other persons. You have the same qualities you had before surgery and your ability to develop friendships is unchanged. If you care about yourself, others will feel your strength and will not be deterred. If your ostomy does cause a break in friendship, or relationship or even marriage, this relationship was not built upon trust and mutual respect and probably would have crumbled sometime in the future anyway.

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.

Young Ostomate Poses In Bikini

Bethany Townsend, a 23-year-old aspiring model and make-up artist crossed over from social to hard media recently when she was photographed in a bikini displaying her two ostomy pouches. The photograph went viral.



Ms. Townsend was on vacation with her husband in Mexico and decided to no longer hide her appliances. She has been through numerous surgeries and trials as she battles Crohn's disease. Ms. Townsend was quoted as stating, "I've lost more weight and now I'm waiting for the NHS to fund a drug that hasn't really been in the UK. If this doesn't work a bowel transplant is in talks as I can't have anymore of my intestine out as I haven't got much left. **But** I'm still hopeful."

Patient Visiting and Support Services

Doctors and WOC 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, Marian Newman at 713-392-5768.

In This Issue

Group News	2-3
2014 UOAA National Elections	2
WOC Nurse Directory	4
Stomal Prolapse	4
Your Stoma and Chemotherapy	4
Meeting Dates/Times	5
Opportunities and Announcements	5
Membership Information	6
Advertising Support	5-7
Contact Information	8

Central Group News

It was nice to see so many of our members in attendance. We welcomed a couple of visitors along with a couple of WOCN nurses. Tabatha Schroeder, RN, BSN, CWOCN with Coloplast was our speaker. Coloplast has a new line of pouches and wafers, the SenSura Mio. The wafers are very thin and extremely flexible. They are designed to fit valleys and hills and to move with you. The pouches have a very soft cloth-like feel. In addition, the pouches are of a color that doesn't show as much under white clothing and have a unique, two part filter design. Tabatha brought samples of Brava tape which can be used to reinforce adhesion around any wafer. She also had a sample of Coloplast's lubricating deodorizer. For more information about Coloplast products, their website is www.Coloplast.com or we have contact information for Tabatha.

REMINDER: Starting August 1, it is necessary to renew your yearly commitment to donate Kroger shopping points to our organization. Your shopping points contribute about \$225 per quarter which helps cover the costs of newsletter printing and mailing. If you shop at Kroger, please consider donating your points to us. If you need help, please contact one of the Directors who are listed on the back of the newsletter.

The Board of Directors met and the current officers will continue to serve for another year in their positions. I want to thank the members of the board for their time and their service.

The UOAA is holding national elections for 2nd Vice President and 3 Director Positions. We will vote for these positions at the September meetings. Biographies of the candidates can be found at <http://tinyurl.com/m2npgjv>.

If you have received a dues notice, please renew your commitment to support the organization.

Our speaker next month is Annette Bisanz, RN. Annette retired from MD Anderson as a motility expert. She will be talking about food and how it affects your system.

Keep cool and enjoy the long days of summer. If you are traveling, remember to keep your supplies with you and out of the heat.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

2014 UOAA National Election Information

Candidate biographies can be viewed on the main UOAA website at www.uoaa.org. Votes will be collected at the September meetings.

The deadline for returning ballots is September 30, 2014.
Thank you for your support of UOAA!

Northwest Group News

This was our annual Ice Cream Social attended by regulars Paul, Pat, Tony, Carol, Jay and his mom. We had a newbie Tamara in attendance.

Everyone enjoyed the root beer floats however Pat reported having a lot of melted ice cream left over.

There was an exciting rumor that the next Visitor's training may be held at the Northwest location. Last time the two trainings were held at two locations, one was at Central and one was at Northwest.

Contacts were made with Gen and Beverly. They are each battling complex medical issues. Suzanne continues to recover from her latest surgery as well. Our prayers are with everyone.

Concern is rising about Northwest attendance. Is it just the summertime? Is it interest or topics? Is it temporary or permanent? Patti has been absent, what's up with that? Collect your thoughts—we may host our first topic feedback and discussion on this issue during the November meeting.

It was observed that the newbie made her first meeting and reminded us why we all still are involved. She had lots of questions and seemed relived to see people who have a life, actually a good life with an Ostomy. **You cannot replace human contact.**

The August Northwest Group will feature Jenny Jansson-Smith, RN CWON, a Clinical Consultant with Stomocur by FOR LIFE. Ms. Jansson-Smith is a returning presenter who always provides a great presentation and lots of samples.

Our September Northwest Group will feature Sherilyn Gordon-Burroughs from the Methodist Hospital Houston Medical Center presenting on Short Bowel Syndrome in addition to taking open questions. Dr. Gordon-Burroughs is a General and Transplant Surgeon with experience and interest in Intestinal Transplant and Intestinal Rehabilitation. She received her Medical Degree from Washington University School of Medicine in St. Louis Missouri and completed her Medical Fellowship from David Geffen School of Medicine at UCLA. Additionally she completed a Clinical/Multi-Organ Abdominal Transplantation fellowship from Dumont-UCLA Transplant Center in Los Angeles.

Tony Romeo
936-588-4031

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

You miss 100% of the shots you don't take.
—Wayne Gretzky

Baytown Group News

Baytown Ostomy Support Group did not meet in July. Cindy Barefield, RN, CWOCN and facilitator for the group attended the National WOCN Conference in Nashville, Tennessee recently. Listed below are some of the interesting topics from the conference:

- Therapeutic linen—material has been shown to have antimicrobial properties that improve skin conditions such as psoriasis and eczema. Impacts the micro climate of patients and helped decrease the occurrence of pressure ulcers and increased healing for other skin conditions.
- A capsule has been developed to help patients suffering from clostridium difficile (infectious diarrhea). This advancement has received a lot of attention in healthcare circles as a way to reestablish the patient’s normal flora in their GI tract.
- Better devices for ears and other body parts that must have devices attached to them during your hospital stay. This puts you at risk for changes in your skin integrity. As WOC Nurses, we are happy to see the manufacturers redesigning their products to be safer for use.

There were so many wonderful presentations. WOC Nurses around the country are involved in research. The old saying “we’ve always done it this way” has been replaced with evidence based practice and research. Ultimately, this results in better care for you at the bedside!

Baytown Ostomy Support Group will meet again on Monday August 4. Faith Shifrin Ettehadieh from McKesson Patient Care Solutions will join us to talk about how suppliers can help patients get what they need covered by their insurance. Faith will also explain their sampling process.

We hope to see you there!

Cindy Barefield, RN, CWOCN
281-428-3033

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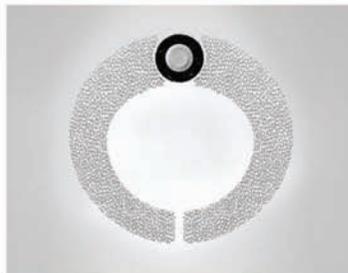
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Stomal Prolapse

By Diane Kasner, RN, MS, ET, Baltimore, MD

UOAA UPDATE 6/2014

Prolapse is a relatively frequent stomal complication (affects up to 14 percent of all ostomates) defined as the excessive protruding of the bowel out of the abdomen. The piece of bowel that protrudes may often be as long as six inches in length, up to three inches wide easily.

If your stoma prolapses, you should remove your pouch, so that the bowel has space without being constricted. Apply a cool compress. If this is the first time you have prolapsed, call your physician or WOCN nurse immediately. If you cannot get in touch with a WOCN and especially if your drainage has stopped, it would be wise to go to the emergency room at your local hospital. If your stoma has prolapsed before, you may have been taught by the physician to “reduce” your stoma and you should try to do so.

Your Stoma and Chemotherapy

Via: *The Ostomist*, May/June 2014

Chemo and radiation can have some side effects that you should watch out for. Common concerns are nausea and vomiting or constipation or diarrhea. If you are experiencing diarrhea it may be necessary to take an anti-diarrhea medication after discussing with your family physician. If you are vomiting and struggling to keep fluids down, then seeking medical help is advised. Staying hydrated is extremely important and more so when on chemotherapy.

- Your stoma may increase in size; thus it is important to ensure that you re-size your appliance regularly.
- Your stoma may bleed a little more than usual. Although this is of course a little worrying, it really is no cause for concern. Be gentle when cleaning and, wiping your stoma. If it starts to bleed, apply gentle pressure to the area.
- Ulcers might appear on the stoma, these look very much like mouth ulcers. In the majority of cases these will disappear on their own.

Editor's note: Cancer is still the leading contributor for ostomies.

People often say that motivation doesn't last. Well, neither does bathing. That's why we recommend it daily. —Zig Ziglar

WOC Nurse Directory

- | | |
|---|----------------|
| Cindy Barefield, RN, CWOCN
Houston Methodist San Jacinto Hospital
cbarefield@houstonmethodist.org | (281) 428-3033 |
| Charlene Randall, RN, CWOCN
Specialty Wound & Ostomy Nursing, Inc.
charlene@swoni.com | (713) 465-8497 |
| Pat Thompson RN, BSN, CWON
Pat.thompson@tenethealth.com | (281) 397-2799 |

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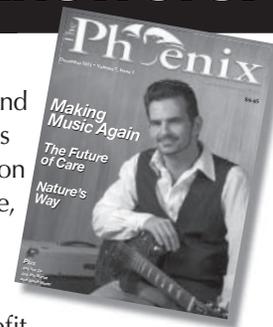
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The **United Ostomy Associations of America (UOAA)** can be contacted at: www.uoaa.org or **800-826-0826**

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.



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Central Group

Monthly: Third Monday
Time: 7:00 p.m.
Place: American Cancer Society Building
 6301 Richmond Avenue, Houston
Contact: Denise Parsons 713-824-8841
 rockynme2@aol.com
Meeting: **August 18, 2014**
Program: **Guest Speaker: Annette Bisanz, RN**
 Annette retired from MD Anderson as a motility expert.

Baytown Group

Monthly: First Monday
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
Meeting: **August 4, 2014**
Program: **Guest Speaker: Faith Shifrin Ettehadieh** from
 McKesson Patient Care Solutions

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: Tony Romeo 936-588-4031
 sa1tmr@sbcglobal.net
Meeting: **August 19, 2014**
Program: **Guest Speaker: Jenny Jansson-Smith, RN CWON,**
 Clinical Consultant with Stomocur by FOR LIFE

J-Pouch Group

Monthly: Third Monday
Time: 7:00 p.m. or by Appointment
Place: American Cancer Society Building
 6301 Richmond Avenue, Houston
Contact: Ron Cerreta 832-439-1311
 Ron Meisinger 281-491-8220
Meeting: **August 18, 2014**

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 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 Ron Cerreta, Treasurer, at 832-439-1311 or texasronc@aol.com 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: Ron Cerreta, 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.)

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/>

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.

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Jenny Jansson-Smith, RN, CWON at 512-992-7703
 or send email to **JennyMJanssonS@stomocur.com**

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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

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.



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