



# Ostomy Association of the Houston Area

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.

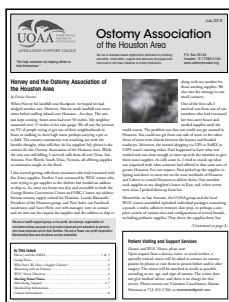
P.O. Box 25164  
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www.ostomyhouston.org

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

## Important News about our Newsletter!

by Lorette Bauarschi, President, OAHA

For most of you, this will be the last newsletter that you will receive from us by U.S. Mail. As of September 2018, we will begin emailing our monthly newsletters to our members and friends. Printing costs have been increasing steadily and are now just too high for our small organization to absorb going forward. In fact, many of you have asked us to send you an email version of the newsletter instead of a print version. We have most of your email addresses already. However, if we do not, you will receive a letter asking you to provide us with one. I know that a few of you simply do not have access to email. Don't worry—we will make arrangements to mail you your monthly newsletter. So, beginning next month, please watch for our newsletter from **ostomyhoustonnews@gmail.com**, and check your spam filters if you don't receive it. Let me know if you have any questions, and we appreciate your patience with us in case there are any hiccups as we go through this transition.



## Ostomy Diet Guidelines After Surgery

Courtesy of ostomy.org

Chances are you will be able to return to your normal diet not too long after your operation. It is good to keep in mind that foods that were good and healthy for your body before your operation are still good for you. A well-balanced diet is recommended for most individuals.

Although your ostomy nurse more than likely will give you tips and advise you on your health and diet, here are some alternative helpful suggestions for maintaining a proper diet after your surgery.

Follow the advice of your surgeon, dietitian, and/or WOC nurse regarding any dietary restrictions right after surgery or on a long-term basis.

### Start Small

Ease your way back to proper nutrition with small quantities of food. It is recommended to eat 3 or more times per day in smaller quantities and portions. Try to eat these meals at the same time each day to help regulate bowel movements. Eating more frequently and in smaller quantities will help aid your body's ability to process food and help with unnecessary gas.

For the first several weeks after your surgery, eating simple and bland soft foods will be easier to digest. Keep in mind that chewing your food well also adds to the ease of digestion—the

*(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.

## 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.

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## Central Group News

We had a really great turnout at our July meeting where we hosted Shannon Triplett of Coloplast. Shannon told us about some new Coloplast products (such as, ostomy bags for high output ileostomies and extended wear rings), and she took so many questions that we ended up not having time for the game that she planned for us. However, that worked out great as everyone got the winning prizes! Shannon also brought yummy refreshments, and the Brauns brought very patriotic cupcakes for dessert. We very much appreciate Shannon's time and Coloplast's longtime support of our organization.

We were happy to have quite a few visitors at our meeting—some of whom are scheduled for surgery in the next month. We wish them well and will be here for them as they start their new lives as ostomates.

Some of you should have received your dues notices in the mail in the last week or so. Please return your dues to us as soon as you can. And, of course, we'd appreciate any extra donation you can make!

Our next meeting is August 20th. Our presenter will be Allison Rosen, who is the Lead Project Coordinator for the Dan Duncan Comprehensive Cancer Center. Allison came to our attention when she asked us to participate in a 5k walk/run she is planning for November. However, Allison also is a Crohn's patient and cancer survivor with an ileostomy. She wrote a great article in the *Washington Post* about her experience as a young woman with an ileostomy. Here's a link to the article: <https://tinyurl.com/y7ayf2lr>. Allison will join us to discuss her journey with an ileostomy.

I look forward to seeing you.

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

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.



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

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

## Baytown Group News

Lisa Osterhaus, Ostomy Sales Specialist, and Sianna Takaki, Secure Start Services Acute Care Coordinator from Hollister, delivered a dynamic presentation to the Baytown Ostomy Support Group in July. Lisa reminded the group about the inclusion of Ceramide into many of Hollister's ostomy products. Ceramide occurs naturally in our skin and helps to decrease transepidermal water loss from damaged skin. CeraPlus wafers and accessories help maintain peristomal skin health and protect the skin's natural moisture barrier. This can extend the wear time on the barrier. Lisa shared some ideas for the use of barriers and rings: Cut apart convex rings and use instead of paste. Easy application and much easier removal than paste

The one piece urostomy pouching system is new. Features include a new tap made of softer material and a streamlined shape to improve comfort against the body. There are built-in chambers to improve distribution of urine in the pouch. The new side tab design of the adapter makes it easier to connect to bedside drainage.

Lisa also shared results from the **ADVOCATE** Clinical Trial: **A Study Determining Variances in Ostomy Skin Conditions and the Economic Impact**. This research study sponsored by Hollister included multiple sites in the U.S. and Canada. This randomized double-blinded design compared ceramide versus non-ceramide wafer for ostomates who were no more than 12 weeks since stoma creation. The results were published in the January/February issue of the *Journal of Wound, Ostomy and Continence Nursing (JWOCN)*, the peer-reviewed publication of the Wound, Ostomy and Continence Nurses Society. "CeraPlus skin barrier users in the **ADVOCATE** study experienced a clinically meaningful reduction in the occurrence of peristomal skin complications."

Sianna Takaki talked with the group about the Secure Start Program. Secure Start has Acute Care and Home Health staff members assigned to it. In addition, when you call in to Secure Start, you have a coordinator assigned to you and only speak to that person. Secure Start can help you with Education booklets. There are many different topics to consider. They can help work out Insurance supplier issues as well. You do not have to use Hollister to tap into Secure Start. They can sample only Hollister supplies but can help guide you through ostomy equipment snafus!

### Hollister Secure Start Website:

<http://www.hollister.com/en/securestart>

Phone: 1-888-808-7456

Baytown Ostomy Support Group continues to meet the 2nd Monday of each month @ 6:00 p.m.

Join us in August—we will meet our new ConvaTec Territory Manager, Tracy Baranzky with an update on the Me+ Program.

Best regards,

**Cindy Barefield, RN, CWOCN**

281-428-3033

## Northwest Group News

Our Ice Cream social was an amazing success. Almost two dozen attended—we ran out of spoons! We provided three homemade ice cream flavors (peppermint, cookies & cream, butter pecan) made by Billy P. Additionally Betty brought a wonderful assortment of cookies. There were three new faces in the group and several members we had not seen in awhile. We settled right on to serious ice cream fun and socializing after a brief fiscal update provided by our Treasurer Tony Romeo.

The one-hour gathering ended two hours later! We missed Gay Nell, Silver, Jay, Craig, Suzanne, Christy, Jane. We welcomed Georgia, Shirley and Nancy—hope to see you guys again at the August program.

Our August program will be on Wednesday, August 15th, at 7:00 p.m. and will feature Allison Rosen, Lead Project Coordinator with the Dan L. Duncan Comprehensive Cancer Center. She is an ostomate and her personal story was featured in a wonderful article in the Washington Post. Additionally, OAHA plans to participate in an upcoming 5K walk with her group in November—watch for more details on that as our own Laurie coordinates with them on the upcoming colon cancer coalition walk. We will be gathering at Luby's before her presentation at 5:45 p.m.

**Billy Locke**  
337-515-6354

## Ostomy Diet Guidelines After Surgery *(continued from page 1)*

more broken up it is, the easier it will be to process. Take your time with introducing high-fiber foods back into your diet as these will be harder to digest and can cause blockages. Ileostomates are often encouraged to avoid high-fiber foods to prevent risk of obstruction. Always follow the advice of your surgeon, dietitian, and/or WOC nurse regarding any dietary restrictions right after surgery or on a long-term basis.

If you are trying new foods, it is advised to try them slowly and one at a time. This will help you to have a better understanding of how your body works with the new foods and if any will cause excess gas, constipation, strange odors, or diarrhea. Slowly incorporate them into your diet and make note of how your body responds to them. Remember that every body is different and what affects someone else may not affect you in the same way. This is why it can be helpful to keep a journal or diary of how your body responds to different foods.

### Drink Lots of Liquids

It is important to drink lots of liquids with an ostomy. If you have an ileostomy, more specific ileostomy dietary guidelines will be helpful. Dehydration can happen as you lose more fluids daily after an ileostomy, due to the fluid not being reabsorbed into the large intestine. Make sure to hydrate even more on hot and humid days or if you are participating in active sports. (Sports drinks and other high electrolyte drinks can help with this.)

Coffee and tea are fine to drink, but water and juices are still better sources of liquid, so be careful not to use coffee or tea as a substitute for water.

### Can I Drink Alcohol With my Ostomy?

Alcohol is fine in moderation, you may want to try one drink (or even a half) and wait and see how it affects your body. Like other

carbonated beverages, beer may cause extra gas and uncomfortable bloating but every body is different and what affects one person may not affect you in the same way.

### Ostomy Problem Foods

Even though you can still enjoy most of the foods you loved before surgery, there are some foods to be aware of after your ostomy, specifically foods that are hard on digestion and can cause blockages. The following is a list of common foods that can cause problems, as they don't break down easily:

- Nuts
- Seeds
- Popcorn
- Dried fruit
- Mushrooms
- Raw-crunchy vegetables

Eat these foods in small quantities and be sure to chew them well. If you think you have a food blockage, you should call your doctor or ostomy nurse. Having an ostomy certainly doesn't mean you have to completely change your diet. By steering clear of a short list of problem foods and making sure to stay hydrated, you can get back to enjoying the foods you love.

To learn more about proper nutrition with an ostomy, visit Coloplast Care online.

Follow the advice of your surgeon, dietitian, and/or ostomy nurse regarding any dietary restrictions right after surgery or on a long-term basis.

*Editor's note: This educational article is from one of UOAA's digital sponsors, Coloplast. Sponsor support along with donations from readers help to maintain their website and the free trusted resources of UOAA, a 501(c)(3) nonprofit organization.*



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**WOC Nurse Directory**

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

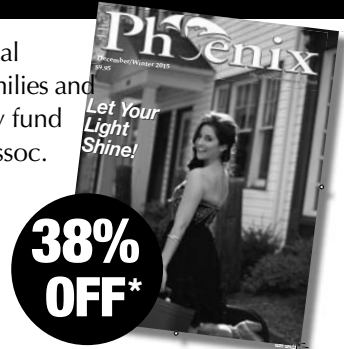
Charlene Randall, RN, CWON (713) 465-8497  
Specialty Wound & Ostomy Nursing, Inc.  
charlene@swoni.com

Pat Thompson RN, BSN, CWON (281) 397-2799  
Patricia.Thompson6@hcahealthcare.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:** **August 20, 2018**  
**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@gmail.com  
**Program:** **Guest Speaker: Allison Rosen**, Lead Project Coordinator for the Dan Duncan Comprehensive Cancer Center and a Crohn's and Cancer Survivor

## Baytown Group

**Monthly:** Second Monday of the month  
**Date:** **August 13, 2018**  
**Time:** 6:00 p.m.  
**Place:** Cancer Center Community Room  
 4021 Garth Road, Baytown  
**Contact:** Cindy Barefield 281-428-3033  
**Program:** **Guest Speaker: Tracy Baranzky**, ConvaTec Territory Manager with an update on the Me+ Program

## Northwest Group

**Monthly:** Third Wednesday of the month  
**Date:** **August 15, 2018**  
**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:** **Guest Speaker: Allison Rosen**, Lead Project Coordinator for the Dan Duncan Comprehensive Cancer Center and a Crohn's and Cancer Survivor

## J-Pouch Group

**Monthly:** Third Monday of the Month  
**Date:** **August 20, 2018**  
**Time:** 7:00 p.m. or by Appointment  
**Place:** Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193  
**Contact:** Ron Cerrera 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 [sal1mr@sbcglobal.net](mailto:sal1mr@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  
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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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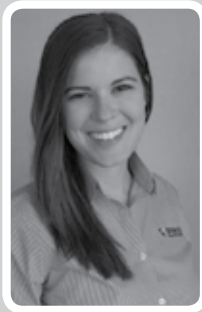
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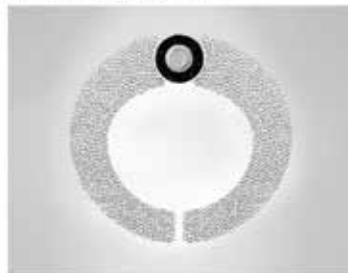
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**Membership Application**

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**

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

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

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

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<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:  
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 Meetings, Social Events,  
 Monthly Newsletter*