



Oostomy Association of the Houston Area

September 2006

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: Ed Wood 281-493-5015
(ewood6@houston.rr.com)

Meeting: September 18th, Monday evening

Program: Round Table Discussion

Bring you questions and comments for an evening of sharing.

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: September 19th, Tuesday evening

Program: Hollister Products

Chris Robison, Hollister Sales Representative will be with us for a discussion about Hollister products.



Enjoy the last few 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: September 25th, Monday evening

Program: The Dangers of Heat Exhaustion

Join us for this presentation by Edward Borner, RPh.

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: September 18th, 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 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.

See you on September 18th!!

Ed Wood
President

ALLERGIC? HOW TO TELL FOR SURE

by Kathryn Hoyman, TN, ET

Many times I hear that people are allergic to adhesive tape, or paper tape or skin prep, in any number of different products that are used in ostomy care. Allergies can occur with any product. They occur with the first use of a product or after years of using a product without problems. Most people never have an allergic reaction, but a few are plagued with multiple sensitivity.

However, many things assumed to be an “allergic” reaction might be another problem. It is important to know whether or not you are truly allergic to a product, because eliminating products reduces your options. Believing you are allergic may cause you not to try a pouch that might be perfect for you.

Allergic reactions are usually severe and cause blistering and/or weeping skin wherever the pouch touches. Two situations are frequently labeled as allergic by mistake.

First, if a skin sealant wipe is used, it needs to dry completely to allow the solvents to evaporate. If the pouch is applied while the solvents are still on the skin, sore skin can easily occur. Since the solvents can't evaporate through the skin barrier as they can through the paper take collar. This will look like an allergy to the skin barrier.

Second, each time you remove a pouch, the adhesive takes with it the top layer of dead skin cells. However, if you are removing a pouch frequently, cells can be removed faster than they can be replaced. This is called “tape stripping.” Everyone's skin reacts differently to having tape removed. But it's important to be gentle and not remove a pouch more frequently than necessary. Skin that is stripped will be sore in some spots and not in others.

Sometimes skin around the stoma becomes fragile and strips easily, and a pouch and tape with very gentle adhesive must be found. To check whether you are really allergic: take a small piece of skin barrier or tape and place it on the other side of your abdomen, or, with the help of someone else, on your back. After 48 hours, take it off and see whether you are reacting. (If pain, itching or blistering occurs, take it off immediately). If it's an allergy, you will react. If you have a history of allergies, test this way before trying on a different pouch.

It's better to have a half-inch of sore skin on your back than around your stoma, where you need a good seal. If you develop an allergy to a product you have used for a long time, you can call the manufacturer and find out if they have made changes in the manufacturing process. Calls from users are sometimes their first notice that the new improvements aren't working. ♦

“He who angers you, controls you.”

- Unknown

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 supplies of all kinds. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Chuck Bayens at 281-497-7749 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 cekennedy@ev1.net or call 713-647-8029 for an appointment.

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) 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.

STRAIGHT SCOOP ON GENERIC DRUGS

Most of us have scanned the shelves of our pharmacy trying to decide if it is worth the extra money to purchase a brand name drug or its generic counterpart. A generic drug is simply a drug with active ingredients identical to those of its brand name counterpart. Generics are manufactured by a different company and often cost much less.

When a new drug is introduced, the manufacturer gets exclusive rights to sell or license that drug for the life of the patent, typically 17 years, after which other companies can market the same drug at a reduced price. Many consumers are skeptical of the quality of generic drugs because they associate them with the quality of generic food products. However, pharmaceuticals are marketed under scrutiny of the FDA, which mandates specific quality controls. There are often few differences in how a brand name drug and its equivalent functions in the body.

There are certain cautions — certain drugs may exhibit subtle differences across brands. One drug might be absorbed rapidly into the bloodstream and achieve high levels, then disappear rapidly from the bloodstream. Another brand may be absorbed slowly and provide lower levels over a long period of time, even though it contains equal amounts of the same active ingredient. There may be specific instances where it would be advantageous to select one brand over another.

Pharmacists are well trained to understand the nuances between various generic brands and can explain how they work in your body. Medications that vary across generics include certain blood thinners, heart medications, and human hormones, such as estrogen and thyroid replacement medications. While you can often save money by using generic drugs, you should discuss any changes with your pharmacist or physician. ♦

"It's how we choose to embrace our lives that can take us from just living...to living well."



"For safety's sake, I'm issuing you a 'spare tire' recall."

DRUGS AND THE SENIOR

Changes in the body, caused either by age or disease, make seniors three times as likely to have adverse drug reactions (nausea, dizziness, blurred vision and others) than younger people.

Taking medications without a clear understanding of the what, when, how, and why significantly reduces the effectiveness of the medication.

It's a fact that:

- Approximately 25% of all prescriptions are written for patients 65 years of age or older who receive an average of 13 prescription drugs per year.
- The cost of failure to consume drugs properly exceeds \$15 billion per year.
- Approximately 43% of patients want more information about the drugs they take and any side effects.
- Approximately 7% of patients never get their prescriptions filled.
- Approximately 15% of patients do not take a full course of their prescribed drug therapy.
- Approximately 125,000 Americans die each year from failure to take their medication properly.
- Approximately 11% of all hospital admissions are related to failure to take drugs properly.
- Approximately 3% to 5% of all hospital admissions are due to drug-induced toxicity.
- Approximately 23 percent of nursing home admissions result from inability to manage medication use in the home environment.

Studies have shown that 79-90 percent of the elderly take prescription and over-the-counter medications with little knowledge of their dangerous effects.

The elderly are often victims of over dosage, and not necessarily because of mistaken dosages. Often body weight fluctuations and normal changes in a body composition lead to over dose unless the dosage of a drug is altered accordingly. ♦

YOUR ROLE IN PREVENTING MEDICATION ERRORS

Unfortunately medication errors do occur. About half of the patient safety issues in health care are related to medications. These tips will help you prevent medication errors:

1. Keep a list that includes the name, strength, and frequency of each medication you take. Update the list every time your medicines change.
2. Ask your pharmacist to print the name and purpose of the drug on the prescription/
3. Ask your pharmacist to talk with you about your medications.
4. Follow your doctor's instructions.
5. Throw away old bottles so they will not be confused with current medications.
6. Keep medications out of a child's reach.
7. Don't share your medications with others. ♦

WHAT AN OSTOMATE SHOULD KNOW ABOUT MEDICATION

Liquid is faster acting than pills. The degree of compression of a tablet determines the rate the medicine is dissolved in one's system. The amount of medication absorbed by the body depends on the amount of intestine available. Therefore, the type of drugs to be taken must be based on the "absorption power" you have. Time-release capsules are not for the ileostomate. They do not have enough time to dissolve in the short remaining intestine and are passed virtually intact. Time-release medicine will completely dissolve at once if alcohol is consumed with it or shortly thereafter. An overdose could result! Most medication is available in a variety of forms—be sure to tell your pharmacist that you have an ostomy so that he/she can provide the right form for the prescribed medication. ♦

ANSWER THESE QUESTIONS FOR EACH MEDICATION YOU TAKE:

1. What is the name of the medicine?
2. What is the medicine for?
3. How am I supposed to take it and for how long?
4. What side effects are likely?
5. What do I do if they occur?
6. Is it safe to take with other medicines or dietary supplements I am taking?
7. What food, drink, or activities should one avoid while taking this medicine?

If you are dissatisfied with the information you have received from your pharmacist, or if you feel that he/she has not addressed your questions with your ostomy in mind, you may find it advisable to seek a pharmacist who is well informed about the needs of an ostomate, especially your ability to absorb certain medications. ♦

PUT PASSION INTO SIMPLE PLEASURES

Developing an attitude that allows you to have a passion for simple moments can also help prepare you for dealing with very serious, even extreme, difficulties that may come into your life. A small adjustment in attitude can make a big difference in how you view the world. Adults can improve their ability to learn new skills and increase their memory by breaking routine. When you force your brain to learn something new, it actually builds connectors to help store memory. Relax and do each thing you must do, but do it sensibly and with proper perspective. Try to eat well, get enough sleep, and maintain a thankful attitude...you will notice a difference! ♦

"All life is an experiment. The more experiments you make the better."

- Ralph Waldo Emerson

BAYTOWN SUPPORT GROUP

See you on September 25!!

Cindy Barefield, RN, WOCN
281-420-8671

NORTHWEST GROUP HAPPENINGS

See you on September 19th!!

Tony Romeo
281-537-0681

CONVEXITY

by Loree Siebert, RN,ET

What is convexity? Who needs it? Unfortunately, many of us have less than a perfect stoma (for many reasons.) The less perfect the stoma, the more difficult it is to obtain a good pouch seal. Convexity is the adaptation of a barrier or wafer, so that it protrudes (the stoma), thereby pressing into the skin around the stoma. The use of convexity is indicated when one is unable to maintain a pouch seal for an acceptable length of time or when persistent skin irritation occurs even without leakage. Stomas that are flush (level with the skin) or peristomal skin with irregular contours, frequently result in the stomal discharge undermining the barrier. A pouching system that incorporates convexity may help to eliminate the undermining and improve pouch adherence. Naturally there are always those individuals who have their own unique problems and need the help and guidance of a ET/WOC nurse. It was not too long ago that people with problem stomas requiring convexity were forced to use reusable wafers and pouches. Now there are several ways of achieving convexity from the addition of an insert into a two-piece system, to the use of a pouch or a flange with built-in convexity. Numerous manufacturers of products have built convexity into the barrier. Several companies even offer varying depth of convexity—shallow, medium, or deep. ♦

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.

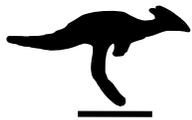
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SOCIAL EVENTS, MONTHLY NEWSLETTER**

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NEWSLETTER ADVERTISING:

Please contact the newsletter editor for sponsorship and advertising opportunities.

WHY DOESN'T MY TAPE STAY STUCK?

Non-sticking tape can lead to some rather embarrassing situations. Usually it is not the fault of the tape itself. Here are some no-nos:

Moisture on the skin: After washing, dry the skin with a hair dryer—towels may leave your skin damp.

Insufficient application pressure: In order to stick, pressure must be applied, particularly at the edges.

Water-soluble foreign matter on the skin: Residual soap, skin prep, dried perspiration or mucus will prevent a secure seal.

Touching the adhesive before application: Moisture, skin cells and other material transfer from your fingers.

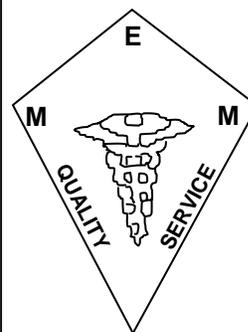
Loose solid particles on the skin: Powder, flaky skin, or an overabundance of dead skin cells can interfere.

Subjecting the adhesive bond to stress immediately after a dressing is applied: It takes time for the adhesive to flow into the microscopic irregularities of the skin and develop 100 percent contact and maximum adhesion.

Stretching the skin under the adhesive area: If your dressing always comes loose in the same place, chances are that your normal body movements are stretching the skin at that point.

Sometimes a more aggressive adhesive is required. Try foam or bandage tapes.

A majority of alleged tape adhesion problems are really due to physical skin injury: The skin consists of two layers. If tape is placed on the outer layer with tension, a strain is placed on the lower layer, inducing irritation or possibly causing blisters. Skin damage can also be caused by rapid removal of tape. Always remove tape gently. ♦



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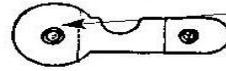


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Opened view
(hole opening to pouch)

Where to buy? Check our website for dealers, catalogs, online ordering, or call our toll free number to order direct by mail.



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HOW LONG HAS IT BEEN SINCE YOU'VE HEARD THESE TERMS?

Fender skirts - curb feelers - steering knobs - Continental kits - emergency brake - foot feed - running board - being in a family way - picture show - rat fink - percolator - DynaFlow - Electrolux - SpectraVision - Castor Oil.

If you know most of this list, you are definitely of a "certain age". How many more items can you add? ♦



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Ostomy Consultations with
Clarice E. Kennedy, CET
By appointment only
Call (713) 647-8029

"NEVER QUIT" PLEDGE: Today I promise I will not quit. I pledge that no matter how many ups and downs I pass through, I will continue on my journey. I pledge to make a new start today, and forgive myself for my past, and to stop being so critical of myself. I pledge to take control of myself, to stop making excuses, and stop blaming other people or situations. I pledge to treat myself as I would my best friend, because that is who I am. I pledge to stay in the race and to be a winner!

Adapt

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The only product to deliver the dual benefits of lubrication and odor control. Adapt Lubricating Deodorant's clear formula* lets you enjoy greater confidence and security. It eases emptying of your pouch, helps prevent pouch static and sticking, while neutralizing the odor. Also, available in single-use packets, it is easy to use anywhere.

Make the Smart Move and try Adapt Lubricating Deodorant today!



Add approximately 5mL (1 tsp) of Adapt Lubricating Deodorant into your pouch, then rub to coat the inside of the pouch.



 **Hollister**

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Libertyville, Illinois 60048 USA
1.800.323.4060
www.hollister.com

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Ostomy Association of the Houston Area

Board of Directors

Edgar C. Wood, Jr.	President	(281) 493-5015 or ewood6@houston.rr.com
M. Floyd Swinger, Jr.	First Vice President	(713) 851-4540 or swingcon@ev1.net
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Denise Parsons	Secretary	(713) 665-8082 or rockynme2@aol.com
Charles (Chuck) D. Bouse	Treasurer	(281) 495-1840 or dewitt@houston.rr.com
Clarice E. Kennedy	Ask the E.T.	(713) 647-8029 or cekennedy@ev1.net
Lorette Bauarschi	Fundraising Chair	(713) 690-7940 or lbauarschi@sbcglobal.net
Kathleen Duplessis	Membership Chair	(713) 467-3168 or kdup@rice.edu
Charles (Chuck) A. Bayens	Supplies Coordinator	(281) 497-7749 or cabayens@aol.com

Appointed Positions

Dorothy Andrews	Visitation Coordinator	(713) 789-4049
Judy Swinger	Newsletter Editor	(713) 562-3279 or swingcon@ev1.net
Charles (Chuck) D. Bouse	Newsletter Distributor	(281) 495-1840 or dewitt@houston.rr.com
Shirley Mucasey	Telephone Coordinator	(713) 263-1883
Barbara Bouse	Library Coordinator	(281) 495-1840 or dewitt@houston.rr.com
Tony Romeo	Northwest Group Coordinator	(281) 537-0681 or saltmr@sbcglobal.net
Cindy Barefield	Baytown Group Coordinator	(281) 420-8671 or cbarefield@tmh.tmc.edu
Ron Meisinger	J-Pouch Coordinator	(281) 491-8220

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Clarice E. Kennedy, CET

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