

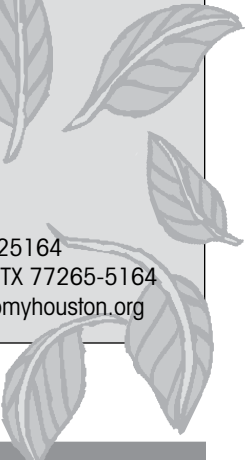


Ostomy Association of the Houston Area

"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



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
marriott@rice.edu
Meeting: **Monday, September 21, 2009**
Program: **Guest Speaker: Lynn Simpson, Pharm.D.,
University of Houston College of Pharmacy**

Baytown Group

Monthly: First Monday
Time: 7:00 p.m.
Place: Community Room in Lobby of San Jacinto
Methodist Hospital
4401 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671
Meeting: **Wednesday, September 9, 2009**
Program: **Presentation by San Jacinto Methodist
Hospital Dietitians: Nutrition for Ostomates—
Preventing Gastrointestinal Distress**

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.

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: **Tuesday, September 22, 2009**
Program: **Guest Speaker:
E. C. "Chip" Winkel III, M.D., Urologist**

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, September 21, 2009**
Program: **General Discussion**

In This Issue

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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

There were 19 in attendance at the August 17th Central Group meeting. The Coloplast representative who was supposed to have had the program was replaced earlier in the summer and the new representative was not ready to do a presentation yet, so we had a roundtable discussion instead. The new Coloplast representative will be giving a program early next year.

We had a brand new ileostomy patient, Charles, with Crohn's disease visiting the meeting who had a number of questions that we helped him answer as part of our roundtable discussion. He will be attending graduate school in chemical engineering this fall and seems to be adapting very well for only being out of surgery less than a month; this could possibly be because he is also a patient of our resident ET, Clarice.

We also found out that another of our Crohn's ileostomy people, Emilie, had attended the National UOAA convention in New Orleans during the first week of August and she has agreed to give a presentation on what she saw and heard at the convention for our November 16th meeting.

For our September 21st meeting we are scheduled to have Lynn Simpson, Pharm.D., who is an University of Houston College of Pharmacy Professor who will be giving us information on some of the medications that we take and possible problems that ostomates may experience such as poor or incomplete absorption.

See you all in September,

Terry Marriott

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 or 800-826-0826.

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.

Baytown Group News

In August, Baytown Support Group gathered for its bi-monthly "Roundtable." The timing seemed perfect for three ostomates who shared the challenges of their recent surgeries in May of this year. What a remarkable opportunity to see the caring and sharing within this group.

Whether you see yourself as a seasoned pro who never has a problem or a "newbie" who never leaves the house without an arsenal of products just in case something happens, sharing the challenges you have overcome is learning to cope step-by-step, day-by-day and perhaps even helping someone else.

Appreciate everyone who came out. We shared a lot of great discussion, laughter and information. We trumped our previous all-time high for attendance.

September meeting will be rescheduled from first Monday to Wednesday (September 9th at 7:00 p.m.) because of the Labor Day Holiday.

We will have a presentation from San Jacinto Methodist Hospital Dietitians that you won't want to miss:

"Nutrition for Ostomates—Preventing Gastrointestinal Distress."

Hope to see you there!

Cindy Barefield, RN, WOCN
281-420-8671

Northwest Group News

The Northwest group enjoyed a summer blowout gathering of 13 attendees. Patti provided a PowerPoint presentation on the United Ostomy Associations of America's (UOAA) history and activities. Some important UOAA officer elections are coming up next month and all active members are encouraged to vote. We had an old timer come back to visit and a new surgical candidate at this meeting. Extensive discussions around what types of pouching systems were used has inspired a "Show and Tell" meeting planned for later this fall. Carol brought some yummy dip and chips and a cinnamon swirl cake. We wish both of our Jennifers healthy recoveries and a quick return to our group. Dr. E. C. "Chip" Winkel III, a local prominent urologist, will be joining us for the September meeting. Dr. Winkel has spoken at our group before and never fails to educate and entertain everyone with his down to earth style and information. This is a great opportunity for urostomates to enjoy some quality time with an urologist outside of the exam room, join us!

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

Nutrition for People with Ostomies

By Kathy Glazer, MS, RD, LD, Registered & Licensed Dietitian

Reprinted with permission (Part 2 of 3 Parts)

Fluids and Beverages

Get enough fluids—Aim for 8–10 8 oz. glasses a day (64–80 ounces).

Drink more when you sweat or have diarrhea, as well as other times you lose extra fluid.

Avoid dehydration.

Drink decaffeinated coffee and teas and non-carbonated beverages.

Some foods/drinks may cause odors, diarrhea or gas: beer, alcoholic beverages, carbonated drinks.

Signs and Symptoms of Dehydration

When a body has lost 2% of its total fluid—Thirst, loss of appetite, dry skin, skin flushing, dark colored urine, dry mouth, fatigue or weakness, chills, head rushes.

When a body has lost 5% of its total fluid—Increased heart rate, increased respiration, decreased sweating, decreased urination, increased body temperature, extreme fatigue, muscle cramps, headaches, nausea, tingling of the limbs.

When a body has lost 10% of its total fluid—CALL FOR EMERGENCY HELP—Muscle spasms, vomiting, racing pulse, shriveled skin, dim vision, painful urination, confusion, difficulty breathing, seizures, chest and abdominal pain, unconsciousness.

Treatment for Dehydration

Let person drink small sips of water, Gatorade, or Pedialyte very slowly.

Eating salty foods may make a person more dehydrated—you need fluids to digest the food.

With severe symptoms, get medical attention immediately.

Person may need IV fluids to rehydrate.



Foods that may cause Diarrhea

Spicy foods, such as chili.

High-fat foods such as fried chicken, french fries, etc.

Foods with added sugar—candy, chocolate, pie, cake or cookies as well as caffeinated drinks and dairy products.

Prune juice, grape juice, apple juice.

Flu Information, Prevention and Management

Sources UOAA Update 02/2009, CDC

A lot of panic occurred this year when the “swine flu” crossed onto American soil. Schools closed, businesses sent workers home and disinfectant sales rocketed. The flu virus names are based on their location or source. Avian flu, canine flu, swine flu and pandemic flu are some of the newer ones. For ostomates, the flu threat can carry extra consequences.

UOAA President Ken Aukett recently described his viral experience, “I was confined to a hospital bed for 5 days... dehydration and electrolyte imbalance caused by severe nausea and diarrhea. This is not something to fool with...If you have the symptoms—and there is no mistaking them—get immediate professional help...”

Prevention is the key concept of all of the education programs. If you do not get the virus, you do not get sick. If you become infected, there are new treatments available to minimize the course of the illness.

Prevention

Flu shot—flu shots are available everywhere, check with your doctor or local pharmacist, do not delay.

Avoid close contact with people who are sick.

Stay home when you are sick. This is not the time to attend that family wedding.

If sick, cover your mouth and nose when coughing or sneezing, discard tissues once used.

Wash your hands frequently. Use hand sanitizers and disinfectants.

Avoid touching your eyes, nose and mouth. These areas are the main entry points for the virus into the body.

Practice healthy habits: good sleep, stress management, keep hydrated, eat nutritious food.

Symptoms

Fever (usually) high, extreme tiredness, sore throat, muscle aches, headache, dry cough, runny or stuffy nose, stomach symptoms such as nausea, vomiting and diarrhea

Treatment

Stay home.

Get lots of rest, fluids and avoid alcohol, tobacco.

New antiviral treatments can minimize the intensity and duration of illness.

(continued on page 4)

Flu Information, Prevention and Management

(continued from page 3)

At Risk

Serious flu illness is more likely in people 65 or older, pregnant women, people with chronic medical conditions and young children. Consult your doctor early for the best treatment options. Be aware of and watch for emergency warning signs where urgent medical attention is warranted:

Emergency Warning Signs (Adults)

- Confusion
- Sudden dizziness
- Severe or persistent vomiting
- Difficulty breathing, shortness of breath
- Pain or pressure in the chest or abdomen

Ostomates

Colostomates should refrain from irrigation during flu-related diarrhea. Give your colon a few days to return to normal after the diarrhea has ceased before resuming irrigation.

Urostomates need to keep their electrolytes in balance by following the general instructions for flu treatment.

Ileostomates are at the higher risk from a loss of electrolytes resulting in serious dehydration. Helpful hints offered for ileostomates dealing with electrolyte loss include a reduction in solid food intake, increasing potassium by drinking tea, bouillon, and ginger ale. Obtain sodium from saltine crackers, salty pretzels, and tomato juice. Bottom line—drink lots of fluids, water, cranberry juice, orange juice.

Resources for More Information

www.cdc.gov/flu
 www.flu.gov
 Your doctor

Living in Texas *Internet Humor Collections*

You may live in Texas if:

Someone offers you assistance in a store and they don't work there.

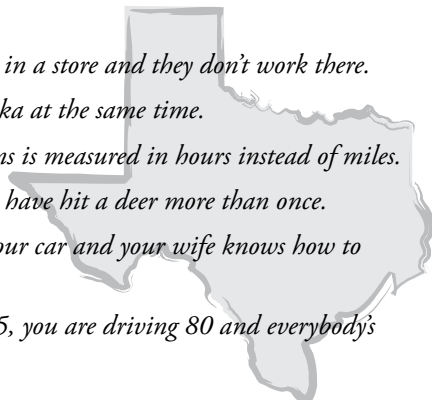
You've worn shorts and a parka at the same time.

The distance between locations is measured in hours instead of miles.

You know several people who have hit a deer more than once.

You carry jumper cables in your car and your wife knows how to use them.

The highway speed limit is 65, you are driving 80 and everybody's passing you.



Who Are We?—The Series Edgar Wood, Outreach Chairman



Edgar Wood is currently serving as our Outreach Chairman. This elected position carries the responsibilities of maintaining communication with the members, health care providers, and newspapers. Ed also represents us and provides members to any

events that request a table or representative of the Houston Ostomy Association. You can read more about this type of support in our past April 2009 newsletter.

Serving as the Outreach Chairman is not Ed's first position. He has held the positions of the Telephone Coordinator, Supplies Coordinator, First Vice-President and President of the Association.

Ed explains his dedication to serve as simply because he wants "to give back to an Association that has given so much to me." Ed's original surgery date was July of 1995. He enjoys traveling with his wife and reading.

The most important thing Ed wants new ostomates to know is that they can continue to have a full and productive life with an ostomy.

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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 and sent to:

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

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. Send your check in the amount of \$25.00 to:

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

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 or send your request to the Ostomy Association of the Houston Area, P. O. Box 25164, Houston, TX 77265-5164.

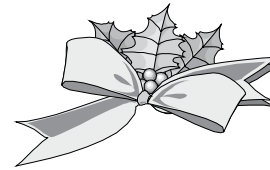
WOCN and ET Directory

Clarice E. Kennedy, CET (713) 647-8029
 cekennedy1@peoplepc.com

Pat Thompson BSN, RN, CWOCN (281) 397-2799
 Pat.thompson@tenethealth.com

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

Catherine Walsh RN, BSN, CWOCN (409) 747-3070
 cmwalsh@utmb.edu Fax: (409) 747-3038
 UTMB @ Galveston



Save the Date!
 Holiday Dinner Party
 December 8, 2009

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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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 _____

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 have enclosed an additional \$_____ as a donation to support the association's mission of helping ostomates.

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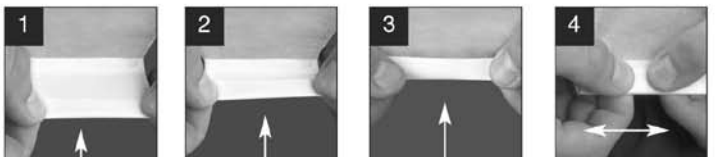
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