



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

Keeping the Peristomal Skin Healthy

Information presented by *Cindy Barefield, BSN, RN, CWOCN*



Cindy Barefield

With the creation of a stoma on the abdomen and the subsequent need for an appliance, the peristomal skin becomes vulnerable to inflammatory and infectious skin disorders. A study in 2006 by Herlufsen *et al* documented that up to 80% of participants with peristomal complications did not seek professional help. Another study in 2007 by Cottam *et al* found that 34% of patients experienced skin related

complications within three weeks of surgery. Unfortunately, patients with peristomal complications often do not perceive signs of skin irritation as a problem. Patient, caregiver, and physician should be educated that "Zero tolerance for pouch leakage" is the goal.

In 2008, an Ostomy Skin Tool was developed to help identify probable causes of peristomal skin problems. "**M-I-N-D-S**"

M – **Mechanical** trauma from ostomy equipment and skin stripping

I – **Infection** – bacterial or fungal

N – **Noxious** chemical and irritants—strong alkaline, feces, urine

D – Diseases of skin—such as pyoderma or psoriasis

S – **Skin** allergens

Once the cause of the skin problem is identified, we need to be focused in our care and know when to return to "maintenance care" of the skin. Ruth Bryant, Director of WebWOC Nursing Education Program educates nurses who provide care to ostomates. She advises that all products should be used for

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.

a specific reason and modified as needed to address specific problems. Always say to yourself, "Why am I using this product and when should I quit using this product?"

On the Hollister website, <http://hollister.com>, the Learning Center offers the Lifestyle series on various topics. "Skin Care for Your Stoma: 3 Easy Steps to Maintaining Healthy Skin" is an easy to read booklet. A few of the main points include:

- Always better to **prevent** than treat skin problems around the stoma
- **Powder is not for prevention**; it treats broken skin
- **Tip:** Avoid skin stripping by pressing the skin away from the barrier at time of removal
- Use removers if needed to get hard-to-remove appliances or tapes off your skin
- Empty pouch when $\frac{1}{3}$ to $\frac{1}{2}$ full (Ensures adhesive is not carrying too much weight and allows it to keep a good seal. If pouch gets too full, contents will leak and wash back over barrier. This can dissolve barrier and weaken seal between your skin and pouch.)
- 3 steps to healthy skin
 - Cleanse**—plain warm water is fine. If cleansers, soaps or removers are used; rinse these away as the residue from these products can affect your pouch seal.
 - Condition**—this step is optional. Redness or mild irritation can be treated with a non-oil based cream that will not interfere with pouch adhesion.

(Continued on page 3)

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.

Central Group News

We had 24 folks attending the August 16th Central Group Meeting with 2 visitors, one of which was a WOCN from M.D. Anderson Hospital who has been on our members list for some time and she wanted to come see what our meetings are like. The other lady has been talking with Fran about their urostomy related maintenance issues.

Mr. Nicholas Gritzai gave a good program. Unlike other products, Cymed products were developed and patented by an ostomate, Dianne Eastman, CEO and President of Cymed, who could not find adequate solutions for her ostomy related problems, so, she invented and patented equipment that worked better for her. Mr. Gritzai provided samples for everyone based on their type of ostomy. Each of the packets contained the Product Catalog and a list of suppliers that carry Cymed products which are covered by Medicare. The Cymed toll-free number is 800-582-0707. Their web site is www.cymed-ostomy.com.

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.

For the September meeting of the Central Group, our 2nd Vice President Ron Cerreta will be presiding over the meeting since both I and the 1st Vice President Denise Parsons will be travelling separately with our spouses out of the country. Ron is planning an interesting meeting will have one of our Medical Advisory Board physicians, Dr. Cali, give a presentation, possibly including new information on ostomy related hernias.

Hope to see you all in October after my trip to the once every ten years Oberammergau Passion play trip in September.

Terry Marriott, President, Ostomy Association of the Houston Area

Northwest Group News

Fifteen people attended the Northwest Group meeting. Similar to the Central Group, Mr. Gritzai with Cymed came and presented a program about his MicroSkin products line. We had several newcomers and their family members. Mr. Gritzai was such an energizing speaker that our meeting time doubled its normal range. We welcomed back Leonard from his recent surgery and certainly missed Suzanne, Pat, Patti, and Tony, some of our core members. Gay Nell provided a fresh coffee cake still warm from the oven.

Next month, Dr. E. C. "Chip" Winkel III, a member of the Urology Specialists PA, will be our speaker. A practicing Surgeon and Urologist, Dr. Winkel offers a humorous look at the ins and outs of human plumbing along with many other related issues. He answers questions in an easy to understand manner and has been known to draw pictures illustrating his points. Come learn his secret steps to reduce kidney stones and enjoy a laughter filled evening of Q & A. Urostomies are optional. A must come and see event!

Gay Nell Faltysek
281-446-0444

Anthony Romeo
281-537-0681

Baytown Group News

We had 20 people present for the August meeting of the Baytown Ostomy Support Group. Special thanks to Frank Essig from Hollister who always brings in a great crowd.

Frank reviewed the www.C3life.com website with the group pointing out some of the features that are helpful such as: ostomy basics, product basics and events and news. Visitors to the site are encouraged to log in to participate in forums or discussion groups. Although this website is supported by Hollister, you will not find any mention of specific brands. The C3Life.COM initiative is an outgrowth of Hollister's mission as an organization to help make life more rewarding and dignified for those who use its products.

Frank also shared updates on new product with the group. Hollister is launching several new one piece pouches that will offer both pre-sized and cut-to-fit options. One feature that is particularly helpful is the new filter in the Hollister pouch which has an extended life and can extend the wear time of the pouch.

Next month: September—**Date is changed** to accommodate Labor Day Holiday. We will meet the **second Monday, September 13**—roundtable is planned with ostomy potpourri (Everyone is encouraged to bring an item that has proven beneficial to their ostomy/healthcare to discuss with the group!)

Don't miss it!

Cindy Barefield, RN, WOCN
281-420-8671

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Keeping the Peristomal Skin Healthy

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Protect—Products to protect the skin may include paste, stoma powders, protective wipes, rings and strips. All of these products have indications for use and should be used appropriately. Even healthy skin may occasionally develop a problem—skin barrier can cover this or powder until the problem is resolved.

- Changes in the size or shape of your stoma and/or the size of your abdomen can change the fit of your pouching system and lead to leakage. Change immediately when this occurs. Change pouching system on a regular schedule before it leaks. Contact ostomy nurse for help if leakage continues. Consider use of accessories.
- Skin irritation under tape—can develop any time. May be sensitive to product in the tape or skin is damaged from tape removal.

Studies have shown that severe skin complications negatively affect all health-related aspects of quality of life of ostomates. Correct and timely treatment ensures high quality of life of ostomy patients. Take good care of your skin!

Cindy practices at San Jacinto Methodist Hospital in Baytown, Texas. Outpatient Ostomy Services and a monthly support group are available. She can be reached at 281-420-8671.

3 x 5 Life Saver

By Patti Suler

119.2 million people visited the emergency room in 2007 and this number is increasing each year. Aside from the medical problem, the most important information needed is what medications are being taken. This information can be critical to diagnosis and treatment selections. On occasion, some treatments may be delayed while the medical staff seeks this information.

Ostomates learn early on to make an emergency kit in the event of a leak or pouching failure. There is another important tool that can be fashioned ahead of time for both ostomates and non-ostomates: The quick reference medication list 3 x 5 Life Saver card.

The 3 x 5 Life Saver is a simple postcard. It can be used to expedite medical support and possibly save a life. This card is easy to create and maintain. The postcard contains three information areas: allergies, current prescription medications, and common doctor contact information.

To fashion your 3 x 5 Life Saver card you will need a postcard and pen or pencil. If you have trouble writing, enlist the aid of a friend or family member. On the front top of the card, write your name and date of birth. Then, on the next line, list any allergies or the wording allergies=none. Below that line, begin listing your current medications. Not all details are needed, simply the medicine name, amount and how often it is taken. You can list medicines in columns.

The reverse side of the card should carry your doctors' names. Be sure and include name, phone number and type of practice. Emergency contact names can be also be listed. The 3 x 5 Life Saver card can be stored on your refrigerator for easy retrieval. Extra copies can be carried in your wallet or purse.

Every time you see your doctor for a routine appointment, carry your card with you and make sure your medication list is consistent with their records. Be sure and strike through any discontinued medications and add the new ones. PC owners can create these same cards using any word document software and print on labels for easy attachment.

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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0508 SG HLFAD

Jane Doe, 6/23/1944
Allergies: Penicillin, Latex
Medications: Atenol 23 mg, 2X daily
Ibuprofen, 200 mg, 4 X daily
HCTZ, 10 mg, 1X daily
Aspirin, 81 mg, 1X daily
Lipitor, 20 mg, 1X daily
Multi-Vitamin, 1X daily

Front side of card example (at left)

Dr. Joan Bigalow, Internal Medicine
713-458-4545
Dr. Frank Cadiscin, Cardiologist
281-457-3228

In case of emergency, contact:
Sally Doe, 713-454-7895 Daughter
David Doe, 281-448-4545, Husband

Back side of card example (at right)

*Note: I have created these quick reference cards for years. However, a recent medical emergency left me without an updated card. It took over 24 hours to get the information from home brought to the hospital. Although there was no direct affect on treatment **this time**, it did delay the provision of routine medications for over a day.*

Want to Live Longer?

UOAA UPDATE 11/09 Mercer County, via Metro MD

Want to live longer? Then go out and mingle, mingle, mingle. A recent community health study reveals that socially active people lived longer than their quieter neighbors. Reported in the *American Journal of Epidemiology*, the study took into account such variables as cholesterol, drinking and height-to-weight ratio, as well as others, such as smoking, which could be expected to have an effect on longevity. For men, passive solitary leisure activities such as television viewing and reading were "positively associated with mortality." Frequent social contact with other people substantially lowered the risks of dying in the 12 years the study has been in existence. For women, the association between solitary leisure activities and the risk of dying was even more positively associated. Marital status for women was less significant than for men in the study.

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



Save the date!
Holiday Dinner Party
December 7, 2010

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

WOCN and ET Directory

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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
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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.

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, September 20, 2010**
Program: **Guest Speaker: Joseph Cali, MD, Medical Advisory Board, OAHA, General Surgery and Colon Surgery & Rectal Surgery**

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, September 13, 2010**
Program: **Roundtable** is planned with ostomy potpourri (Everyone is encouraged to bring an item that has proven beneficial to their ostomy/healthcare.)

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
 salimr@sbcglobal.net
Meeting: **Tuesday, September 21, 2010**
Program: **Guest Speaker: Dr. E. C. "Chip" Winkel III, Urology Specialists PA**

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 20, 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 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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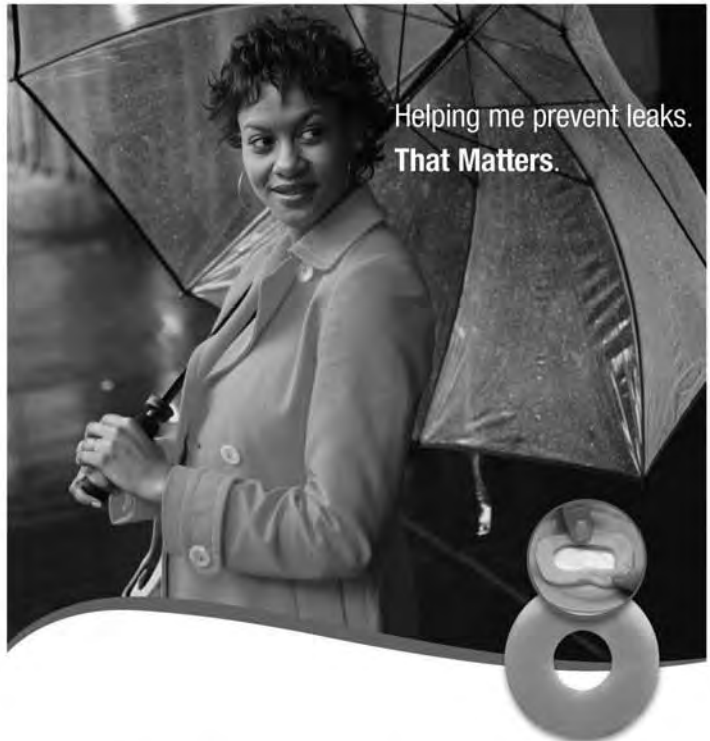
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