



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

OAHA Donates To Honor Linda Aukett's Advocacy Work

OAHA President Denise Parsons advises that \$1,000 was donated in Linda Aukett's name to the UOAA to honor her lifetime of advocacy work on behalf of ostomates everywhere. Ms. Aukett's husband Ken sent the following thank you note.



Dear Denise,

I was deeply touched to learn that the Ostomy Association of Houston Area had made a \$ 1,000 contribution to UOAA as a tribute to Linda.

As you know Linda had spent a large portion of her life trying to ensure that the needs of ostomates were recognized and met by the legislators and governmental health agencies at the State and National levels. She was recognized and well respected for her advocacy efforts by many people in the Washington political arena, in industry, and by kindred health related organizations, both professional and volunteer.

In addition she always found time to reach out to those people who contacted her with an ostomy related insurance, reimbursement or discrimination issue. There wasn't a day that went by that she was not responding to a telephone call, e-mail, website question or "Google Alert".

It may take a while, but I trust that there will be someone who will follow in her footsteps who will continue to provide the support to our community that it needs and deserves.

Please convey my sincerest thanks to your fellow Houston support group leaders and members.

*Ken Aukett
Along with Linda, Co Founder of UOAA*

Editor's note: Mr. Aukett sought me out at the UOAA convention to personally thank our group.

Water

By Prometheus T. Peabody, NNBH

Courtesy of The New Outlook, March 2013 via the New Life Newsletter of Ostomy Connection of Charlotte

Water is important. A person with an ostomy especially needs to drink enough water. It is necessary when you want to take better control of your life. Along with a balanced diet and regular exercise, water helps provide good health for your body and mind.

Water keeps us fit. We all want to stay lean and avoid adding too much body fat. Dehydration slows down our metabolism, which reduces the number of calories we burn. Did you know that sometimes when we feel hungry it might just be we are thirsty? Next time instead of snacking, drink a bottle of water. You actually train your body to be thirsty. Drink water regularly and you will

(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 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 281-485-1961.

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Central Group News

A good crowd of 22 enjoyed hearing Paul Batchelder's story and his thoughts on positive living. As most of us, Paul overcame illness and grew through the healing process. Like a rubber band, we don't know what is possible until we are stretched. Further, we can't imagine how far we can stretch or in what directions until we try. For many of us, our surgery has given us new life and a profound thankfulness for the life we have. Paul suggested that we greet each day as the best day of our life and a treasure not to be wasted. Since his recovery, Paul has ventured in several directions such as learning about photography and turning that interest into a business. He is challenging himself to speak more in public. He enjoys being outdoors and sharing those activities such as hunting and fishing with others. Paul related several quotes to motivate the group to action. One of my favorites is from Abraham Lincoln, "In the end, it's not the years in your life that count. It's the life in your years." For more about Paul, see his whereinhouston.blogspot.com site and his photography company site, paulbatchelderphotography.com.

Now is the time to get your Kroger Plus card associated with the Ostomy Association of the Houston Area. It is necessary to go on line to the Kroger web site (http://www.kroger.com/community/Pages/community_rewards.aspx) to register your card and associate your card with this organization. Instructions were included in last month's newsletter. Please contact one of our board members if you need assistance. Every dollar we get from the Kroger program allows us to keep our dues low and yet still produce the newsletters, support the Youth Rally, deliver the donated supplies to those who can use them, and assure that the group will be here for new ostomates.

Our speaker for September is Tu-Nhi Ho, a compounding pharmacist. Please join us.

Best regards,
Denise Parsons, President, OAHA
 713-824-8841

Northwest Group News

Jenny Jansson-Smith, RN CWON, spoke to about a dozen members of the Northwest Group. She provided a comprehensive program featuring Stomocur by For Life products. These products are extremely well suited for sensitive skin issues. Ms. Jansson-Smith provided everyone with small kangaroo replicas of the Stomocur logo along with numerous samples and directions for obtaining more product. Additional information can be found in the advertising section of this newsletter.

It was great to see Craig and his wife. Several new mates were present. We missed Gay Nell, Jane, Gen, and many others. Next month's program is Dr. E. C. "Chip" Winkel III, a member of the Urology Specialists PA. Although Dr. Winkel is a urologist and surgeon, he offers the inside scoop on a wide range of ostomy issues, history and best practices. This speaker and program should not be missed.

Craig Cooper
 281-948-6883

Tony Romeo
 281-537-0681

Baytown Group News

Nick Sprague from Coloplast was our speaker for the August meeting. His presentation was: "Ostomy Solutions that make your life easier!"

Nick shared the rich history that the Coloplast Corporation has with patient education. This is a company that prides itself on development from the "real lives" of patients and their input.

Coloplast offers pre-op kits—Coloplast partnered with ACS to create these kits. The group spent some time discussing the following topics:

- Discharge Program—follow patients for one year
- Review article sent monthly
- Asked for input—regarding topics and amount received
- Body Check Tool—available on website—interactive/helps direct type of product you might choose
- Discussed transition back to life
- Brava Accessories—Adhesive Remover Spray—big hit!
- Elastic Strips! Different design—Big hit!
- Various methods to get supplies

Our next meeting is Monday, September 9 (due to Labor Day holiday), at 6 p.m. Our speaker will be Mark Baham, Convatec Territory Manager. We hope you will join us!

Cindy Barefield, RN, CWOCN
 281-428-3033



Water *(continued from page 1)*

be thirsty more often. Your body will know when it needs water and will begin telling you if you train it correctly by drinking enough water.

Water helps prevent headaches, dizziness and cramping caused from dehydration. You can think and remember more clearly when you drink enough water throughout the day. Water distributes the chemicals our bodies need. Enough water distributes vitamins and minerals evenly and dilutes them enough for us to use.

Water helps us normalize our body weight. Water washes fats out of our bloodstream. If we start drinking about 3 liters of water a day our weight will increase the first few days. Then, amazingly our weight goes down sharply. The water we drink is washing the waste out of our bodies while making our metabolism more efficient. Fashion models that need to maintain extremely thin figures drink water so their tissues do not store it. Of course, just as important, we need strenuous exercise to move our blood through our veins to obtain these excellent results.

Water reduces itchy skin. If you have ever had itching around your pouching system – and we all do on occasion – try drinking a glass of water. People with ostomies are notoriously dehydrated. Our skin will become dry and itchy when this happens. People with new ostomies have the most trouble with itchy skin while their bodies adapt to their new life. Drink water to reduce itching and dry skin.

Water helps lubricate the joints in our bodies. Our skin will feel softer and smoother. Drinking water removes wrinkles and creases in skin. You will look better. The water we drink combines with nutrients in our body to create the oils and lubricants necessary for a healthy and good-looking body.

Water is especially helpful for people with ostomies in preventing kidney stones and promoting a healthy liver.

When the kidneys are overworked because of inadequate water, the liver must assume some of the tasks of the kidneys. This is not good. Because minerals may not be removed from the kidneys, stones may form more easily. Simply drinking enough water helps prevent this condition. In addition, excess bile salts are metabolized and disposed of more easily. This assists many organs and body units to operate efficiently.

Water is an excellent remedy for a hangover, which develops partly because of dehydration. Drinking caffeinated beverages like coffee, alcoholic beverages, sodas and the like actually dehydrate some parts of the body. Drink more water after enjoying these drinks. You do not need to remove them from your diet; you just need to drink more water when you drink caffeine. Many beverages do add some liquid to our bodies, although much less than drinking what pure water does.

Water fights fatigue. Many people have tiring schedules and by the day's end are exhausted. One cause of fatigue might be that we fail to drink enough water during the day. Make sure you always bring along a bottle of water. Drink water on the way to work, at work, at home, away from home, all the time. You will feel much more energized.

Water should be obtained from a high-quality source. Tap water should be used only in moderation. It contains toxic chemicals that in large quantities are poisonous to our bodies. Bottled water should not contain these toxins. Reputable water vendors sell high-quality water containing beneficial minerals, especially when drunk from a glass bottle. One of the easiest ways to be healthier quickly is to start drinking 3 liters (about seven 12 ounce glasses) of water throughout every day. We value each of our local ostomy support group members and we value the good health of each one of you too.

40-foot Colossal Colon[®]

By Patti Suler

A colon celebrity appeared recently at the UOAA Convention in Florida. The 40-foot Colossal Colon[®] travels around the country in a custom 18-wheeler and provides more than a hands-on learning

experience. Affectionately called “Coco,” this teaching tool was created by Molly McMaster to educate the public in memory of her friend Amanda Sherwood Roberts.

Sponsored by the Colon Club (www.colonclub.com) “Coco” is a crawl-through model of the human colon, complete with examples of healthy colon tissue, various diseases of the colon, polyps, and various stages of colorectal cancer.



40-foot Colossal Colon[®]

Coco is displayed in a horseshoe configuration. Visitors can enter and crawl through the colon for a close-up view of its insides. There are also plates and viewing windows cut into the colon to allow outsiders to see the various diseases. Crohn's disease, Diverticulosis, Polyps, Polyposis, Colon Cancer, and Advanced Colon Cancer are all represented through the window view and inside view.



OAHA Newsletter editor, Patti Suler experiencing the exhibit!

WOC Nurse Directory

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

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

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

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: **September 16, 2013**
Program: **Guest Speaker: Tu-Nhi Ho**, Compounding Pharmacist

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: **September 9, 2013**
Program: **Guest Speaker: Mark Baham**, Convatec Territory Manager

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 281-537-0681
sa1tmr@sbcglobal.net
Meeting: **September 17, 2013**
Program: **Guest Speaker: E. C. "Chip" Winkel III, MD**, Urology Specialists PA

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: **September 16, 2013**

Monthly support and information meetings are held in three locations for member convenience.

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

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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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11/11 SG HLFAC

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.

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 Elaine Anderson at 713-529-2724 or send email to thomasj744@yahoo.com with any questions.

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.)

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

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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/>

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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