



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: **October 20, Monday evening**
Program: **Guest Speaker: Dr. Ira R. Flax**
Dr. Flax will speak about "Pre-Ostomy Surgery Considerations."

Baytown Group

Monthly: Fourth 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: **October 27, Monday evening**
Program: **General Discussion**

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: **October 21, Tuesday evening**
Program: **Roundtable Discussion and plan for Fall Picnic.**

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: **October 20, Monday evening**
Program: **General Discussion**

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

Due to Hurricane Ike we had no Central Group meeting in September and I don't believe any of the Satellite groups had meetings either. The Central Group will reschedule Dr. Thompson for either November or early next year depending on his availability.

I know of at least two members who have homes in the Galveston area; Denise who has home on Tiki Island says her house survived in reasonably good shape, but it needs a lot of clean up and new carpet. Another member who has (or maybe had) a house on Bolivar peninsula we haven't heard from yet; we are hoping that he will be able to make it to the October meeting and that he otherwise survived the hurricane with little more than loss of power like most of the rest of us. I am unaware of any other members who may have been seriously affected by Ike. At the advisement of Denise who got internet access back earlier than most, Juan our webmaster for the <http://www.ostomyhouston.org> website has inserted a special block note for those who might need help after Ike:

We hope that all our members are safe and that their homes are OK. If anyone needs emergency ostomy supplies, the best way to reach the organization is by email at information@ostomyhouston.org or the Feedback page or phone numbers found on the back of this newsletter.

I got an email from Diana Burkett at the American Cancer Society Building where the Central Group meets, and she reported that they were closed the full week after the hurricane due to loss of power, but that they now have power and the building is now open and serving those that need their help; they also have a new national weblink for those affected by Ike: <http://www.cancer.org/hurricane>

Our October meeting will have some special refreshments that were meant to be for the September meeting and some special presentations that were also supposed to be for September but were postponed. Our featured speaker is Dr. Ira R. Flax who will be speaking on "Pre-Ostomy Surgery Considerations." Things like what goes into the decision to have ostomy surgery, what type of surgery to have (j-pouch vs. ileostomy), nutritional considerations pre-surgery, medications pre-surgery, the role of homeopathic remedies, etc. He also might discuss post-surgical considerations.

Please see page 5 for information about our Annual Holiday Dinner. You may call or email me to make a reservation and to request your entree. Mail your payment for the dinner to Lorette Bauarschi at the P. O. Box listed on page 3.

Hope to see you all at the October meeting,

Terry Marriott

The United Ostomy Associations of America (UOAA) can be contacted at www.uoaa.org.

Northwest Group News

The September meeting was not held due to Hurricane Ike. Plans for the October meeting include a Roundtable Discussion and planning for the Fall Picnic.

Baytown Group News

The August 25 meeting of the Baytown support group had eight ostomates, family members, and friends in attendance. The group welcomed a new member, came to consensus on each other's concerns and discussed topics for the Fall.

Roundtable discussion is planned for every other meeting. There was no meeting in September due to Hurricane Ike. October brings another month of Roundtable and then a presentation on Accessories is planned for November.

Ostomy Association of the Houston Area—Baytown Group meets the 4th Monday of every month. We hope you will join us in the Community Room in the Lobby of San Jacinto Methodist Hospital at 7:00 p.m.

Cindy Barefield, RN, WOCN
281-420-8671

"As the years pass I am becoming more and more to understand that it is the common, everyday blessings of our common everyday lives for which we should be particularly grateful."

- Laura Ingalls Wilder

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

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
 P. O. Box 25164
 Houston, TX 77265-5164

(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 ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Laura Beth Jackson at 281-530-8912 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 cekennedy1@peoplepc.com or call 713-647-8029.

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

Use Those Shopping Cards

Kroger 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 or ewood6@comcast.net.

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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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 713-460-1955 or lbauarschi@sbcglobal.net 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.

Ask the ET

My appliance leaks after only two days. How often should I change it?

By Clarice E. Kennedy, CET
Certified Enterostomal Therapist

In order to answer this question appropriately, the cause of the leakage must be determined. A well fitting ostomy device should last from 5-7 days without leakage. However, many factors have to be taken in consideration.

1. Is the ostomy device the most appropriate one for the person experiencing the frequent leakage?
2. Is the opening being cut to the correct opening size? If the ostomate is wearing a cut-to-fit wafer, the stoma should be measured and the opening should be cut to accommodate the stoma with no abdominal skin showing between the wafer and the stoma. Conversely, the opening should not be cut too small which could make it cover a portion of the stoma thereby causing the effluent expelled by the stoma to go under the wafer.
3. Chemotherapy treatments can effect the wear time of the wafer.
4. Inappropriate peristomal skin preparation can be a cause for leakage (*i.e.*, Use of soaps containing oil or use of baby wipes to clean the skin can contribute to wafer leakage problems). My recommendation to ostomy patients is the use of plain warm water only to clean the peristomal skin. If any residue from the previous wafer, stoma paste, etc. remains on the skin after removing the wafer, clean the skin with a Remover Wipe such as All Care by ConvaTec or Uni-Solve by Smith Nephew, and then cleanse the peristomal skin with plain warm water and pat it dry with a soft towel. Use of stoma paste around the opening cut out for the stoma on the skin side of the wafer (after removal of the paper covering from that portion of the wafer) and the use of a Barrier Wipe (there are many brands of both of these products on the ostomy market-ConvaTec, Hollister, Coloplast are the primary brands used) are helpful in skin preparation and will generally promote better wear time. An ostomate with a flabby abdomen or crease to the right and left of the stoma may need a convex prosthesis.

The Big Three

Via *Remedy*, , Sept./Oct. 2004 Issue

Below are the three most common excuses, says Maryann Troiani, Psy. D, that clients give for not making healthy lifestyle changes, along with her advice for overcoming those excuses:

1. **“It takes too long.”**
Break the plan down into small steps and set micro-goals so you can accomplish some things right away.
2. **“It’s too hard.”**
Commit to making changes one day at a time, and throw in a few stress-relievers as a bonus. Also, remind yourself of the long-term consequences of not having a healthy lifestyle.
3. **“I don’t have the time.”**
Remind yourself that your health is a priority. Go into problem-solving mode and fix what’s eating up your hours. Are you overcommitted? Are you a perfectionist? Do the people around you drain your energy?

Everyday Ways to Live Well for Less

Great tips for saving money and living better!

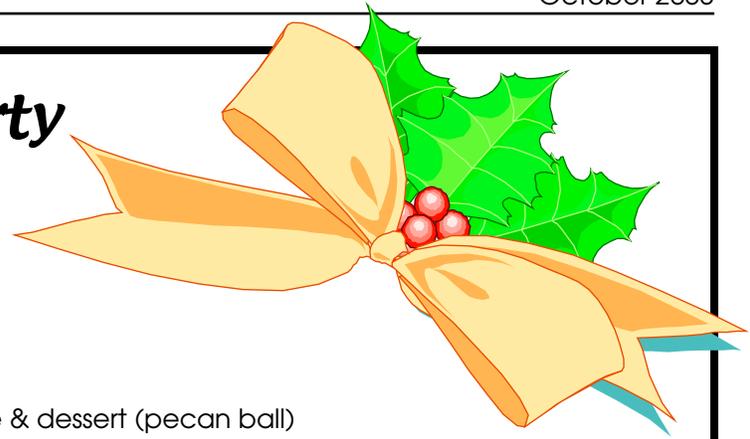
Make a List. Whatever you’re shopping for, bring a list of what you need with you. Then stick to the list. That way you won’t be tempted to buy things you don’t need or that don’t really fit your figure, your lifestyle or your budget.

Before You Buy. When it comes to clothing, planning ahead can save you money. Go through your wardrobe, so you’re familiar with what you have and what you need. Before buying, be sure each piece passes the rule of three: can you think of 3 things to wear with it, 3 places to wear it, and 3 ways to accessorize it?

Eat Before you Shop. Never go food shopping on an empty stomach. Hunger compels you to buy things you don’t need, like high-priced “indulgence” goods you’ll regret later.

Exercise for Free. So many people join an expensive health club, and then stop using it. Get fit in both body and wallet by exercising ‘on the cheap’. Try walking or running (you only need shoes and determination), working out with an exercise tape at home (there are many varieties to choose from) or even jumping rope (amazing cardio benefits for the price of a jump rope)!

Annual Holiday Dinner Party



Date: Tuesday, December 9, 2008

Time: 6:30 p.m.—Hor d'oeuvres and Cash Bar
7:30 p.m.—Dinner

Place: Pine Forest Country Club
18003 Clay Road, Houston, Texas 77084

Menu: Entrée Choices: Includes salad, rolls, tea, coffee & dessert (pecan ball)

1. 6 Oz. Filet Mignon with Béarnaise (Chargrilled). Served with garlic mashed potatoes and seasoned asparagus.
2. Chicken Maison (Chicken sautéed with mushrooms, artichoke hearts, and sun dried tomatoes in a brandy semi-glaze.) Served with rice pilaf and seasoned asparagus.
3. Herb Seared Salmon with a light butter sauce served with rice pilaf and seasoned asparagus.

Cost: \$27.00 per person (includes gratuity)

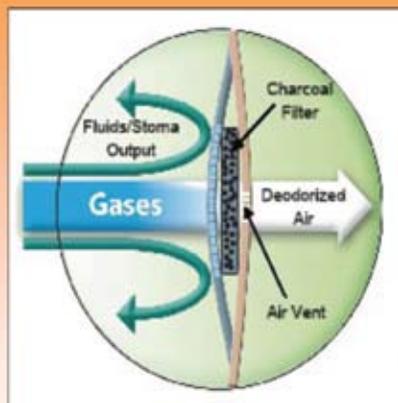
Reservations can be made by sending your check (payable to Ostomy Association of the Houston Area) to Lorette Bauarschi, Treasurer, P.O. Box 25164 Houston, TX 77265-5164.

Your check will serve as your reservation.

To make your Entrée selection, please call Terry Marriott, 713-668-8433 (Leave a message if no one answers.) This must be done at the time of your reservation.

The holiday dinner is a wonderful way to start this joyous season. Please join us to enjoy the beautiful surroundings, great food and good friends.

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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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Lock 'n Roll

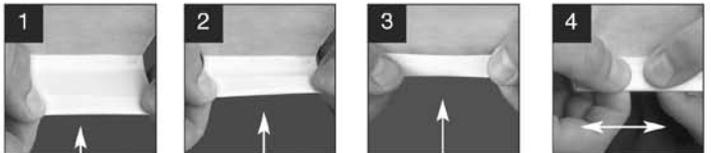
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Ostomy Association of the Houston Area

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Cindy Barefield	Baytown Group Coordinator	281-420-8671 or cbarefield@tmhs.org
Ron Meisinger	J-Pouch Coordinator	281-491-8220

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Ostomy Association of the Houston Area

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