



# Ostomy Association of the Houston Area

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

"We help ourselves by helping others to help themselves."

## A Successful Recovery from Ostomy Surgery Tips and strategies for coming back strong after surgery

By *Diana Gallagher, MS, RN, CWOCN, CFCN*

For many, ostomy surgery is lifesaving, but initial feelings can sometimes be negative. For individuals with years of unresolved incontinence or inflammatory bowel disease, however, life after surgery is frequently viewed as a positive improvement and the promise of a return to a normal life.

The following are important tips to help you transition into your new life and embrace living with an ostomy.

**1. Selecting A Surgeon** Select a surgeon with valuable experience in the type of surgery that you are facing. General surgeons as well as specialty surgeons can perform ostomy surgery. Specialty surgeons are those who have completed additional education, training, and fellowships within the specialty. These surgeons will be identified as Colorectal or Urology Surgeons. You can find a local physician through the websites for the American Society of Colorectal Surgeons or American Urological Association.

**2. See an Ostomy Nurse** Before surgery, your surgeon may refer you to a specialty nurse, like a Certified Wound Ostomy and Continence Nurse (CWOCN). If not, you will need to find a specialty nurse. This nurse will help ease your transition into living with an ostomy. Although education may be provided during your hospital stay, it can be difficult to focus

and remember because of anesthesia, surgical pain and stress. Your ostomy specialist will provide comprehensive education including practice pouch changes before surgery. In addition, he/she will identify and mark the best location for your ostomy. During surgery, it is difficult for your surgeon to know where the waistband of your pants sits, where creases or irregularities exist and other special considerations to consider when selecting the optimal site.

**3. Contact a Support Group** Attend a United Ostomy Associations of America (UOAA) affiliated support group (ASG) meeting in your community. You may think that you do not need a support group or not feel comfortable in a group setting. Put those feelings aside; listening in the beginning is a good start. Join your local group, even if you don't initially find someone your age with a similar story, there is a lot to learn. UOAA affiliated support groups are truly one of the BEST places to obtain the necessary education, helpful hints, support, and resources. Don't feel that you are alone.

**4. Find The Right System** Determine which pouching system will work best for you. In the beginning, you will most likely receive sample products from a number of companies. It is helpful to keep the two-piece products from each manufacturer separated; wafers from one company will not necessarily snap onto a pouch from another company. The sampling program will help you try a variety of products to learn which ones work best for you.

**5. Order Your Supplies** Once you know what you like best, an order can be placed through a distributor. There are countless distributors to choose from and depending on insurance, your supplies can be delivered monthly or every three months. The first time that you order, it is logical to order a month's worth of supplies. As your expertise develops, you may fine-tune your

*(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.

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### Patient Visiting and Support Services

*Doctors and WOC Nurses, please note:*  
Upon request from a doctor, nurse, or social worker, a specially trained visitor will be asked to contact an ostomy patient by phone or visit them in person before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. The visitor does not give medical advice, and there is no charge for this service. Please contact our Visitation Coordinator, Marian Newman at 713-392-5768, or newmarian@gmail.com.

## Central Group News

The speaker at our September meeting was Melissa Horne, Regional Chronic Care Specialist, with B. Braun Medical. Mel was kind enough to come from Dallas to talk about B. Braun's introduction of its ostomy line into the Texas market. The Flexima 3S ostomy appliances are described in detail on B. Braun's website at [www.bbraunusa.com](http://www.bbraunusa.com). B. Braun's ostomy supplies can be purchased through a few different medical supply companies depending on your insurance coverage (private or medicare). It's best to contact Mel to determine where to get supplies. They are rolling out a new program called My Osto that will provide samples of supplies as well as measuring guides, scissors, belts and other items. If you have questions about these appliances, feel free to call Mel at 469-617-0489. And you can check out a video about the Flexima 3S appliances on their website (click on Resources, Video Library and scroll down to 40 Years of Expertise in Ostomy).

I want to sincerely thank Denise Parsons for all of her hard work in collecting and donating ostomy supplies to those affected by Hurricane Harvey in Houston and surrounding areas. As soon as the rain started falling, we heard from people all over the country wanting to donate supplies to those affected. We collected boxes and boxes of supplies—all delivered to Denise's house. We are determined that the supplies donated by so many generous ostomates, manufacturers, WOC nurses and medical suppliers are put to good use. Denise was able to directly connect with many ostomates to provide supplies, but we have found that it has been a challenge getting the word out to the medical community "on the ground", despite our website, facebook posts (thanks to Patti!), email blasts to WOC nurses and assistance from other ostomy groups in Texas and the UOAA. There are still so many medical providers who have never heard of us! With the help of June Huber on our Board, we connected with the right person at the Health Services Team at the Red Cross, who is working with Hurricane Harvey victims. They were very happy to accept our donated supplies. In addition, we collected so many supplies that we were able to send several boxes to an ostomy group in Georgia who is spearheading the effort to get needed supplies to those affected by Hurricane Irma in Florida and Georgia. Because of the devastation faced by so many, we anticipate that this will be an ongoing process for months. Please take a moment to thank Denise for all the hours of time she has so willingly devoted to this effort.

I'm happy to say that the very first Ostomy Association of the Houston Area and Spring Branch Medical Supply Scholarship was awarded at the South Central Region of the WOCN conference on Friday, September 29. The first scholarship will go to Jarrod Vance, a nurse with MD Anderson. We are so excited to be able to provide support to nurses in getting the specialized training that we ostomates rely on so much. Denise and I presented the award on behalf of our group and Spring Branch Medical Supply at their awards meeting on September 29.

**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.

Ed Wood and Jenrose Foshee attended the Conference and manned a booth to provide information about the OAHA and to distribute handouts.

Our next meeting is October 16. Our speakers will be Robert Martinez and Kim Thorn with McKesson Patient Solutions. I look forward to seeing you there.

Regards,

**Lorette Bauarschi**, President, OAHA, 713-582-0718

## Northwest Group News

Almost a half dozen members enjoyed 'Farang Ba' a John Sullivan documentary featuring Craig Wilson overcoming his medical issues to continue pursuing his dream as an amateur boxer in Thailand. The feature was so exciting that once it started, no one moved to browse the snack buffet set up by Billy and Patti. After the movie, Patti sent a thank you note to Craig for his wonderful contribution to ostomates everywhere in pursuit of their dreams. Craig lives in Bangkok, Thailand, and is the oldest amateur boxer on record!

Several people signed up already to bring complimentary dishes to our Annual October Picnic. This year it will be held at a private residence, so please contact Patti (contact information is located on the last page of the newsletter) to RSVP for this event, get directions and let her know what you are bringing.

Annual Picnic will be held Wednesday, October 18 beginning at 7:00 p.m. Looking forward to seeing everyone there.

**Billy Locke**

337-515-6354

## Support Group for Pediatric Ostomates

We sometimes receive calls from parents who have a baby or young child who has an ostomy and are looking for support from others who are going through the same thing. Other than referring them to an ostomy nurse, we have not really been able to provide much support as most of our members are adults and most of our inquiries come from adults. Recently, we have been approached by a nurse who wanted to gauge whether there would be interest in a separate support group for the parents of baby ostomates. If you are a nurse who works with pediatric ostomy patients or the parents of a pediatric ostomy patient and would be interested in attending a support group, please call or email Lorette at 713-582-0718 or [lorette@bauarschilaw.com](mailto:lorette@bauarschilaw.com). If we receive enough of a response, we will begin the process of starting such a support group.



The **United Ostomy Associations of America (UOAA)** can be contacted at:  
[www.ostomy.org](http://www.ostomy.org) or **800-826-0826**

**Baytown Group News**

Hurricane Harvey did not deter the Baytown group from meeting in September. We had a great turnout for the presentation “I will survive: Assessing your Resilience Factors” which seemed appropriate in lieu of recent events. I want to credit Chaplain Steve Spidell for his work on Resilience which provided some of this background and launched the topic for our group.

With handouts for reference, the group reviewed the definition of resilience: “an ability to recover from or adjust easily to misfortune or change.” This seemed to apply to some Hurricane Harvey adventures that were shared as well as being relate-able to the ostomy journey of several in attendance. Another quote that was discussed included this, “Resilience is that indescribable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes.” This quote reminded the group of *The Phoenix*—official publication of the UOAA which has the mystical phoenix featured in its logo. Researchers have found that high resilience levels equate to health-promoting behaviors and better adaptation to chronic illness. Attendees were encouraged to review the list of Resilience Factors listed below and mark those that they felt had impacted their ability to adapt to life with an ostomy.

**Resilience Factors**

Optimism	Enjoys Learning	Support System	Flexibility
Gratitude	Sense of Humor	Religious/Spiritual	Self-directed
Enjoy planning	Generosity	High self-esteem	Self-confidence
Emotional control	Purpose in life	Make a difference	Consider options
Strong role models	Willing to change	Adaptability	Life has meaning

The group had a great discussion relating the various factors to their health and/or ostomy journey. One member shared how 4 surgeries and then ultimately two ostomies had given him “Purpose in Life.” Another recalled that her family asked if she was worried about dying following her cancer diagnosis and surgeries. She was not—her father had gone through similar circumstances and lived a very full and happy life (Strong Role Models). Another young member told about her struggle to come to the decision to have the surgery and how she worked through that with her surgeon and ultimately it gave her acceptance and ownership of the ostomy (Consider Options.) A gentleman who had his surgery after years of medical management of Crohns, finally decided to have surgery and realized this was being “Willing to Change.” He has not regretted it for a moment! Another member shared that the Grandmother on the father’s side of the family had been a “Strong Role Model” for him.

We hope to see you in October. Meeting is re-scheduled to October 16 to accommodate Cindy’s schedule. Our favorite Physical Therapist—Michelle Jernsletten will be back to inspire and motivate us—Do not miss it!

Sincerely,

**Cindy Barefield, RN, CWOCA, 281-428-3033**

**A Successful Recovery from Ostomy Surgery**

*(continued from page 1)*

list. Insurance normally pays 80% of supplies that are medically appropriate. If you have a secondary plan, the remaining 20% may be covered. Check for a list of the established limits for each product. Reorder supplies early so that you are never without what you need.

**6. Get Organized** Select a place to keep your ostomy supplies organized. Many people keep their basic supplies in a bathroom drawer, others buy a plastic organizer with several drawers that can be moved about. Excess supplies can be stored in a closet but regardless of where you choose to keep supplies, it is best to avoid temperature extremes and high levels of humidity.

**7. Be Prepared** In addition to the extra supplies that you keep on hand at home, always keep a small pouch with all the supplies necessary for a complete change with you. Like your other supplies, these should be kept away from temperature extremes and humidity. Hopefully, you will rarely need to make an unplanned change, but being prepared, makes most ostomates feel secure and confident. If you anticipate an occasional return to the hospital, keep a bag packed with your preferred supplies. The hospital may not have the brands that work best for you.

**8. If Problems Arise** Promptly consult your ostomy specialist for any problems. This might be a decrease in normal wear time, a change in your stoma, or a problem with your peristomal skin. A good practice for all is to hydrate properly to avoid complications.

**9. Get Back to Living** Recover from surgery and LIVE life to the fullest. Having an ostomy does not change who you are or what you are able to do. After recovery, work to strengthen your abdominal muscles to help prevent hernia risk and enjoy all your old activities including swimming. Every October UOAA holds the Run for Resilience Ostomy 5k where people of all ages prove living with an ostomy does not need to be limiting.

**10. Advocate for Yourself** You will find that not everyone is knowledgeable about ostomies. Educate others when possible, but always be willing to advocate for yourself and others. You can also help by supporting UOAA’s advocacy program and taking part in events like Ostomy Awareness Day held on the first Saturday in October. UOAA works toward a society where people with ostomies and intestinal or urinary diversions are universally accepted and supported socially, economically, medically, and psychologically.

**Tell Your Story**

**11. Tell your story.** Your story has the power to help others as they begin their journey. Connect with others at a support group meeting, online or contact The Phoenix ostomy magazine ([www.phoenixuoaa.org](http://www.phoenixuoaa.org)) to help the next person who has this lifesaving surgery.

For more information visit [www.ostomy.org](http://www.ostomy.org) or contact United Ostomy Associations of America at 1-800-826-0826.



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Fax (713) 461-5806

**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

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The Phoenix is the leading national magazine for ostomates, their families and caregivers. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates.



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## Central Group

**Monthly:** Third Monday of the month  
**Date:** **October 16, 2017**  
**Time:** 7:00 p.m.  
**Place:** Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193  
**Contact:** Denise Parsons 713-824-8841  
 rockynme2@aol.com  
**Program:** **Guest Speaker: Robert Martinez and Kim Thorn** with McKesson Patient Solution

## Baytown Group

**Monthly:** **THIRD Monday this month only!**  
**Date:** **October 16, 2017**  
**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  
**Program:** **Guest Speaker: Michelle Jernsletten**, Physical Therapist

## Northwest Group

**Monthly:** Third Wednesday of the month  
**Date:** **October 18, 2017**  
**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:** Billy Locke 337-515-6354  
**Program:** Annual Picnic will be held Wednesday, October 18 beginning at 7:00 p.m. Call Pat for location and to RSVP 281-352-2566.

## J-Pouch Group

**Monthly:** **Third Monday of the Month**  
**Date:** **October 16, 2017**  
**Time:** 7:00 p.m. or by Appointment  
**Place:** **Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193**  
**Contact:** Ron Cerreta 832-439-1311  
 Ron Meisinger 281-491-8220

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

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

## Opportunities and Announcements

### 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/>

### 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.

### AmazonSmile

On your first visit to AmazonSmile ([smile.amazon.com](http://smile.amazon.com)), you are prompted to select a charitable organization from the list of organizations. You can change your selection at any time. To change your charitable organization: Sign in to [smile.amazon.com](http://smile.amazon.com) on your desktop or mobile phone browser. From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. Or, from your mobile browser, select Change your Charity from the options at the bottom of the page. Select Ostomy Association of the Houston Area as your charity.

### 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 Tony Romeo, Treasurer, at 936-588-4031 or [sal1mr@sbcglobal.net](mailto:sal1mr@sbcglobal.net) or send your request to the provided address below.

### For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

Ostomy Association of the Houston Area  
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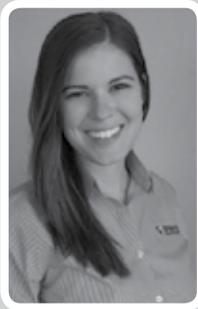
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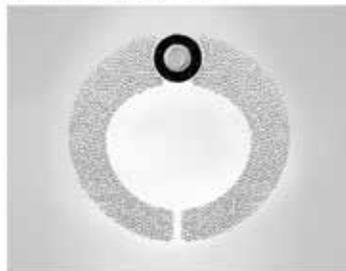
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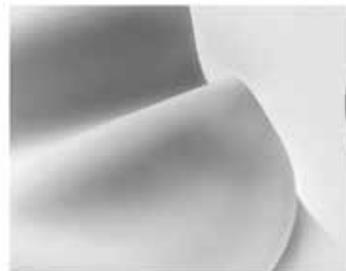
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Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown. Dues of **\$25.00 per year** are payable to:  
**Ostomy Association of the Houston Area, Attention: Treasurer**  
**P. O. Box 25164, Houston, TX 77265-5164**

Date: \_\_\_\_\_

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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

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.

*Membership benefits include:  
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