



Oostomy Association of the Houston Area

November 2005

PO Box 25164
Houston, TX 77265-5164
www.uoahouston.org

"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."

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: Ed Wood 281-493-5015
(ewood6@houston.rr.com)

Meeting: November 21st, Monday evening

Program: *Sexuality & Urinary Incontinence and the Prostate Cancer Patient*

Coni Ellis, Director of the WOCN Education Program at MD Anderson will present our program.

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: November 22nd, Tuesday evening

Program: *Sterling Representative*

Jenny Janssen-Smith, representative for Sterling Medical, will present our program. Come and join us!



Happy
Thanksgiving



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: November 21st, Monday evening

Program: *Round Table Discussion*

Join us for a discussion about ulcerative colitis and the J-Pouch connection.

Baytown Group

Monthly: Fourth Monday
Time: 7:00 p.m.
Place: Cancer Center Community Room
4021 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671

**Meeting: December 13th, Tuesday evening
(replacing 4th Monday meetings in Nov. & Dec.)**

Program: *Having Fun with Fitness*

Join us for an informative presentation about fitness. We'll discuss exercise and the ostomate.

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.

We are a health support group of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and their families. We are a Texas non-profit corporation. Our application for tax exempt status is pending.

Central Group News

Twenty members and guests were present for our October meeting and roundtable discussion. This activity provides a time for us to learn much more about our members' lives and histories. We welcomed Johnny Bradshaw and hope to see him next month.

At the last meeting of the Board of Directors, Chuck Bouse gave us an update on finances...present and future. We have at this time 113 people who pay local dues of \$10.50. I have been in the organization for 10 years and \$10.50 has been the dues during that entire time. I do not know if there are a handful of our members who could tell us when the dues were last changed. About 10 years ago when the Canadian group pulled out from the USA UOA, the UOA raised national dues, but that did not increase local dues. Below is part of our analysis of just basic, core expenses and what part of the expenses the 113 people share:

Newsletter	\$2,400/113 =	\$ 21.24
Youth Rally	\$ 700/113 =	\$ 6.19
Website	\$ 233/113 =	\$ 2.06
Visitor Training	\$ 100/113 =	\$.83
	TOTAL =	\$ 30.32

In 2007, if we affiliate with the United Ostomy Associations of America, it will cost \$2 for each member of our local association. This will increase the expenses of our organization even more.

One of our directors is responsible for fund raising and we are pursuing avenues to increase funds: letters to potential donors, products fair, grocery card program, applying for grants, etc. During our last dues cycle, many people gave above the \$10.50.

In light of the expenses above, the Board of Directors has approved an election to raise annual dues to \$25. Members at the November meetings will be voting on this proposal. We would hope that there was time for each group to begin discussing this proposal at the meetings and be prepared to vote at the November meetings. On the back of the newsletter are contacts for the directors who would welcome any questions that the members may have.

In December, we will have our annual Holiday Dinner at Pine Forest Country Club. To reserve your seat at this enjoyable event, please send your check, made payable to Ostomy Association of the Houston Area, to Chuck Bouse, 12427 Millbanks, and Houston, TX 77031. Your check is your reservation. **One change this year will be that Pine Forest Country Club would like to know your choice of entrée before that night. Please call Ed Wood at 281-493-5015 to make your choice.** You can find more information about the dinner on page 4. **The deadline for reservations is December 1, 2005.**

Coni Ellis will present our program in November. She is Director of the WOCN Education Program at MD Anderson. Cancer Center.

Hope to see you on the 21st.

Ed Wood
President



MY ALPHABET

A is for Apple, and B is for Boat, that used to be right, but now it won't float!
Age before Beauty is what we once said, but let's be a bit more realistic instead.
Now A's for arthritis; B's the bad back, C is the chest pains, perhaps car-d-iac?
D is for dental decay and decline, E is for eyesight, can't read that top line!
F is for fissures and fluid retention, G is for gas which I'd rather not mention.
H is high blood pressure--I'd rather it low; I for incisions with scars you can show.
J is for joints, out of socket, won't mend; K is for knees that crack when they bend.
L for libido, what happened to sex? M is for memory, I forget what comes next.
N is neuralgia, in nerves way down low; O is for osteo, the bones that don't grow!
P for prescriptions, I have quite a few, just give me a pill and I'll be good as new!
Q is for queasy, is it fatal or flu? R for reflux, one meal turns to two.
S for sleepless nights, counting my fears; T for Tinnitus; there's bells in my ears!
U is for urinary; big troubles with flow; V is for vertigo, that's "dizzy," you know.
W is for worry, NOW what's going 'round? X is for X ray, and what might be found.
Y is another year I'm left here behind; Z is for zest that I still have-- in my mind.
I've survived all the symptoms, my body's deployed, and I've kept twenty-six doctors fully employed!!

*"Best of all is to preserve
everything in a pure, still
heart, and let there be for every
pulse a thanksgiving, and for
every breath a song."*

- Konrad von Gesner

ANNIVERSARY GIFT

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Ostomy Association. A gift of \$1.00 for each year you have had your ostomy is a guideline; however, each person determines the amount, if any, he/she wishes to give. If you desire to make such a gift, make your check payable to the Ostomy Association of the Houston Area and please send it to:

*Ostomy Association of the Houston Area
Attn: Chuck Bouse, Treasurer
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.

MEMORIAL FUND

The Ostomy Association has established a Memorial Fund. Donations can be made to the fund to memorialize or honor individuals. All donations should be made payable to the Ostomy Association of the Houston Area and sent to:

Mary Harle
9643 Winsome Lane
Houston, TX 77063-3725

When sending a donation, be sure to include the name of the person being honored so that appropriate acknowledgement can be sent.

CENTERING YOUR POUCH

A well-fitted pouch does not allow for much margin of error. Consider this: the correct opening size is determined by measuring your stoma's diameter with a measuring card and adding one eighth of an inch. This means your pouch must be centered exactly and carefully each time. How do you do this? Good lighting is important, preferably from both above and the side. Stand sideways to the light source for better visibility. A wall mirror is a great help to see that the appliance hangs straight.

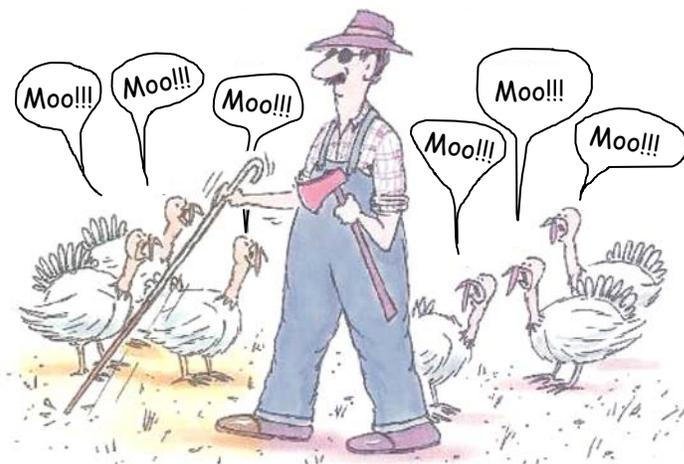
A crooked pouch exerts uneven pressure on the skin and stoma and can only lead to trouble. Don't rush! Take the time to check placement carefully before allowing your skin barrier to make contact. No time is saved if you have to do the whole thing over again because the pouch is crooked or uncomfortable.

Remember if your pouch feels out of place or uncomfortable, TAKE IT OFF! Don't wait for an injury to occur. It is better to change unnecessarily than to risk damaging that precious stoma. You have to live with it for a long, long time.

Donation of Supplies

If you have ostomy supplies that you no longer use, please consider donating them. We are contacted on a regular basis by individuals who are in need of donated supplies of all kinds. This is one way that you can assist your fellow ostomates in the Houston area. Please contact Chuck Bayens at 281-497-7749 with any questions.

Happy Thanksgiving!



ATTENTION... Ostomates and Medical Personnel

Clarice E. Kennedy, Certified Enterstomal Therapist, is available for consultations by appointment only at Spring Branch Medical Supply at 8700 Long Point Road, Houston, Texas. Clarice is an ostomate herself and has 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. The Houston area is fortunate to have such a dedicated individual available for personal consultations. Appointments can be made by calling Clarice at 713-647-8029.

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.



Holiday Dinner Party

Date: *Tuesday, December 6*
Time: *6:30 p.m. - Hors 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, dessert, coffee or tea)*

**Deadline for
reservations is
December 1st!!**

- 1. Chicken Boursin (Chicken filled w/boursin cheese & prosciutto ham then wrapped in a puff pastry). Served with rice blended with cranberries and pecans and seasoned asparagus.*
- 2. 6 Oz. Filet Mignon with Bernaise (Chargrilled). Served with Garlic Mashed Potatoes and seasoned asparagus.*
- 3. Herbed Seared Salmon with light, lemon butter sauce. Served with rice blended with cranberries and pecans and seasoned asparagus.*

Cost: *\$25.00 per person (includes gratuity)*

- Reservations can be made by sending your check (payable to Ostomy Association of the Houston Area) to Chuck Bouse, Treasurer, 12427 Millbanks, Houston, TX 77031.*
- Your check will serve as your reservation.*
- Also, please call Ed Wood, 281-493-5015, to make your Entrée selection. (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, good friends, and fun door prizes.

LEAK IS A 4-LETTER WORD! WHAT TO DO ABOUT IT?

Most every ostomate will have an experience with leakage at one time or another. Hopefully, the situation will be rare and should not occur with any frequency.

The crux of the matter is how one handles it. An ostomate should be prepared. It is usually recommended that one carry simple post-operative pouches that can easily be applied and one that will hold until you can eventually get home. Keep a spare pouch in your desk at work or in your purse or suit pocket. If you feel more secure with your re-usable equipment, fix a small kit with all the necessities.

If and when disaster strikes, try to be calm (sometimes easier said than done), grab your emergency kit and head for the nearest bathroom. You may have to do it with wet and dry paper towels, Kleenex or toilet paper – they all help in an emergency.

If leakage occurs with any frequency, something is wrong. You may need a change in your pouching system. An increase or decrease in weight since surgery can create folds and valleys around your stoma, particularly while sitting. This may require a different convexity or small outside diameter on the wafer. The stoma size may have shrunk. The wafer should be 1/16 to 1/8 inch larger than the stoma. If the pouch is the correct one for you, the problem may be with the application. There are several products on the market, which are good. One may work better for you than another. One rule of thumb – the skin must be bone dry before you apply anything. A hair dryer on cool or a hand fan can accomplish this. Skin breakdown and irritation, particularly if it is wet and moist, can affect wearing time and cause leakage. If the leakage problem persists despite your attempts to correct it, make an appointment to see an ET or CWOCN. Don't be discouraged. Help is available. Leakage should be a rarity and not a common occurrence. ♦

BAYTOWN SUPPORT GROUP

We had a great meeting on October 24th with 12 in attendance. We welcomed two new visitors and their families. The group discussed the update about UOAA as well as the local dues increase. Cindy plans to attend the Christmas party at Pine Forest Country Club and invites anyone else who is interested to come along.

Our roundtable discussion was a time to share experiences with equipment and techniques and to support our newest ileostomate and his daughters. One member shared info from ConvaTec's Health and Vitality magazine and all agreed that they would like to receive this resource as well.

Discussion regarding meeting during holiday time resulted in the decision to hold only one meeting during November and December. That meeting is scheduled for December 13th and Laura Weldon will present "Having Fun with Fitness".

Enjoy the holidays!!

Cindy Barefield, RN, WOCN
281-420-8671
Pager 713-404-0296

Special Holiday Meeting

(Replacing 4th Monday of November and December)

December 13, 2005

7:00-8:30pm

**Cancer Center Community Room
4021 Garth Rd**

On the agenda for the evening:

**Presentation by Laura Weldon, Exercise
Physiologist**

"Having Fun with Fitness"

- Collection of your donated ostomy supplies
- Discuss Support Group plans for the coming year

INTERESTING TIDBITS

- 3 Million—Number of cancer survivors in 1971.
- 15 Million—Projected number of survivors in 2010.
- 25%—Amount above the usual daily calories that the average American eats on Thanksgiving Day.
- 5 Years—How much longer a person with normal blood pressure at age 50 will live than someone who has hypertension.
- 1 Gallon—Amount of water required daily to run our digestive waterworks. Without water, we could not digest our food. Saliva alone accounts for a quart and a half of this water.

NORTHWEST GROUP HAPPENINGS

A good time was had by all at our "Fall Picnic" on October 18th. One visitor joined us making a total of 17 attendees. GayNell furnished the brisket...side dishes and desserts were provided by members. Thank you to everyone who prepared all the terrific food. It was delicious!!

Jane Price and Carl Stephens were the winners of the drawing for the fall mums. Thank you to GayNell for providing the flowers.

We discussed the proposed rate increase for dues and will be voting on that proposal in November.

As always we invite family and friends to attend our monthly meetings. Hope you can join us November 22nd for our meeting with Sterling Representative, Jenny Jansson-Smith.

Have a safe and happy Thanksgiving Holiday!!

Tony Romeo
281-537-0681

CONVEXITY

via Port Huron, MI Ostomy Support Group

What is convexity? Who needs convexity? Unfortunately, many of us have less than a perfect stoma. The less perfect the stoma, the more difficult it is to obtain or maintain a good pouch seal.

Convexity is the adaptation of a barrier or faceplate so that it protrudes, thereby pressing into the skin around the stoma. The use of the convexity is indicated when one is unable to maintain a pouch seal for an acceptable amount of time or when persistent skin irritation occurs even without leakage. A flush stoma (level with the skin), stomas retracted below the skin level, or peristomal skin with irregular contours frequently result in the stomal discharge undermining the barrier. A pouching system that incorporates convexity may help eliminate the undermining and improve pouch adherence.

Not too long ago people with problem stomas requiring convexity were forced to use reusable faceplates and pouches. Now there are several ways to achieve convexity—from the addition of an insert into a two-piece system, to the use of a pouch with built-in convexity. Numerous manufacturers of disposable products have added both one and two piece pouches, with convexity built onto the barrier. Several companies even offer varying depth of convexity—shallow, medium or deep.

If your stoma is less than perfect, and you are often troubled with skin breakdown, leaking, or pouching adherence problems, it may prove beneficial to pursue the use of convexity in your pouching system. ♦