



Oostomy Association of the Houston Area

December 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: No regular meeting in December.

Next regular meeting - Monday, January 16, 2006

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: No regular meeting in December.

Next regular meeting - Tuesday, January 17, 2006

May this season of peace and joy
touch your heart in a special way.



Merry Christmas



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: January 16th, 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 meeting in 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

Coni Ellis, Director of the WOCN Program at MD Anderson, presented our program in November. She talked about prostate cancer, its treatments, and issues associated with the treatments. She had an excellent PowerPoint presentation. Thank you, Coni, for taking time from your busy schedule to be with us. We had 24 in attendance. It was good to see Mary Beth again.

Both Brian Washington and Harold Richmond are in our thoughts and prayers as they continue treatment. We hope to see them soon.

It is hard to believe that it has been a year since Cindy Barefield contacted us about starting a support group in the Baytown area. Congratulations to the Baytown group upon celebrating their one-year Anniversary! We also congratulate Cindy for her professional accomplishment of receiving credentials from M.D. Anderson in the areas of ostomy, wound care and continence nursing.

The reports from the Central group and the Northwest group indicate a unanimous vote to raise our annual dues to \$25 starting in 2006. We will continue to pursue other areas of funding. The Fundraising Committee prepared letters seeking donations which were sent out recently.

We would like to thank the following for providing refreshments at the Central Group meetings in 2005: Floyd and Judy Swinger, Chuck and Barbara Bouse, Kathleen and Bert Duplessis, Clarice Kennedy, Mary Lou and Dan Del Homme, Mary Harle, John Flowers, Debbie Hobart, Lorette Bauarschi, and Dorothy Andrews.

Some things to look forward to in 2006:

- Dr. H. Randolph Bailey, who is on our medical advisory board, will speak to us.
- March 26 we will celebrate our 50th Anniversary as an ostomy organization in the Houston area.
- In September or October we are planning a products fair night at the American Cancer Society.

Thanks to the hard work of Lorette Bauarschi, the IRS has our application for a determination for our non-profit status. As soon as we receive that status, we will apply to the state to receive a tax-exempt status.

We continue to receive donations of supplies and, because our cabinet at the American Cancer Society building is full, Ana Poonawala, owner of Spring Branch Medical Supply, has allowed us to place a second cabinet at her location. Thanks to Juan Martinez who helped us with delivery of the cabinet, Clarice Kennedy who "negotiated" the cabinet placement, and Chuck Bayens who is supervising the inventory of the supplies at both locations. We hope to have a list of supplies to publish soon.

At the time of the writing of the newsletter, we have 36 members, from the Central, Baytown, and Northwest groups, signed up for Holiday Dinner at Pine Forest Country Club. We are looking forward to a great night.

We will have a roundtable and discuss programs for the new year when we meet January 16 for our first meeting of 2006. Hope to see you then.

Have a Happy Holiday and a Great New Year.

Ed Wood
President

A VISIT FROM ST. OSTOMY

by Marjorie Kaufman



'Twas the night before Christmas and all through the flat, there was general confusion, including the cat. The bathroom was strewn with ostomy ware, that I had abandoned in utter despair. The courage I'd had in the hospital bed, to follow instructions, had suddenly fled. It all looked strange, and uncommonly new; I swore I would never know quite what to do. Now which goes to which, and what sticks to what? I fumble each step, with my nerves overwrought. And then in my anguish, I went to my room to settle my brains for a night full of gloom. With a household a-flutter in holiday matter, I shut out the sounds of excitement and chatter. When out in the hallway I heard from below...the sound of a voice with a jolly "Hello." As I peeked through the door, up the stairway she came; and she smiled when she saw me, and called me by name. And I, in my wonder, just couldn't believe, that ostomy visits were made Christmas Eve. And then in a twinkling she put me at ease, and said she could lessen my anxieties. She was dressed all in white, in a form-fitting sheath with nary a sign of what lay underneath. So trim and well groomed, a delight to behold...no one would suspect, unless they'd been told. But standing before me so calm and serene, was the very first ostomate I'd ever seen. Her manner was so friendly, with faith and good cheer, that I quickly knew I had nothing to fear. My questions, like leaves in a hurricane flew; and with each knowing answer, my confidence grew. Then under her guidance each part fell in place as I conquered the problem I'd just failed to face. And all of a sudden I knew I was free, to live just as normal and happy as she. For only an ostomate is really akin to the fears and frustrations that lie deep within. Her time and friendship which she's so willing to give, will keep me remembering as long as I live. And my family was grateful for what she had done, for once more the evening was festive and fun. Now each time I meet her, more clearly I see, the "Saint" who came calling with blessings for me!! ♦

"Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful."

- Norman Vincent Peale

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.

UROLITHIASIS

excerpt from article by A. Trudeh, RN ET

Urostomates, ileostomates and transverse colostomates have one thing in common: **continuous output with a loss of fluids**. If the liquid intake does not exceed the output, these ostomates may be dehydrating their bodies, making themselves prone to a condition called "urolithiasis" which refers to the presence of stones in the urinary system. These stones may be found anywhere from the kidney to the bladder and vary in size from mere granular deposits to bladder stones the size of an orange.

Conditions which predispose one to experience stone formation are: (1) infection, (2) periods of immobility, (3) concentrated urine, (4) abnormally high concentration of calcium in the blood, (5) heredity and (6) dehydration.

Measures to prevent stone formation are: drink 2 to 3 quarts of fluid daily—preferably water and juices. Include acidic juices such as cranberry to maintain acid urine which helps prevent infection. Urinate during the night if necessary. Exercise daily. Use caution with foods containing calcium. Since a certain level of calcium is required for good health, restrict your diet only with the advice of a physician. ♦

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.



"And now...about these deductions under 'GIFTS'!?"

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. 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.

The Northwest Group enjoying their October "Picnic"



Carl, Gen & Pat



So MUCH to choose from!!



Yes!! It was GOOD!!



Gay Nell



Can we have seconds???



Tony



Rosl



Fred & Bill

November 21st Meeting Central Group



Coni Ellis



Coni Ellis, Director of the WOCN Education Program at MD Anderson Cancer Center, presented an informative and educational session for the Central Group on November 21st. Her topic was *Sexuality & Urinary Incontinence and the Prostate Cancer Patient*. ♦

BAYTOWN SUPPORT GROUP

The Baytown Ostomy Support Group is celebrating!! Not only are we celebrating the holidays, but we are also celebrating the one-year Anniversary for our group!

By creating a WOCN position within the facility, San Jacinto Methodist Hospital provided a firm foundation for our group which officially started in November 2004. After visits to local support groups in Beaumont and Houston, Cindy wasted no time re-establishing the support group that had once flourished in Baytown. Ed Wood and Clarice Kennedy were invited out in December to introduce the group to the Houston UOA and we were soon on our way!

In January, the hospital provided for Cindy to attend WOCN school at MD Anderson. We certainly appreciate our vendors from ConvaTec, Coloplast and Hollister who sustained our programs during those months!

The visibility of the group in Baytown and the surrounding communities is due in part to the hard work of M.A. Bengston in the Business Development Department at SJMH. We also appreciate Halena Hellums at the Cancer Center who works with us on the Meeting Room and sees that the very visible marquee along Garth Road lets everyone know about us!

We have a great group of people who gather each month; whether they come to learn or to share what they have learned; they leave with a smile and perhaps knowing just a little bit more than they did when they came...

Baytown Ostomy Support Group will continue to meet the 4th Monday of each month in the coming year. Won't you join us? For more information, contact:

*Cindy Barefield, RN, WOCN
281-420-8671*

NORTHWEST GROUP HAPPENINGS

We had 12 members and visitors in attendance for our November 22nd meeting which was a good turnout considering all the preparations that were underway for Thanksgiving. We missed our WOCN, Pat Thompson, who was visiting with family.

Jenny Janssen-Smith with Sterling Medical presented our program and was of assistance to several who had questions regarding ordering and insurance. Thank you, Jenny, for your knowledgeable assistance and for providing the Thanksgiving cookies also.

Thanks also to Rosl Khushf for providing refreshments for us.

We voted to increase the annual dues for membership from \$10.50 to \$25.00 (which is still less than we had to pay before the dissolution of UOA's national office.)

As usual, we'll not have a regular meeting in December due to the Christmas Party at Pine Forest Country Club. Our next meeting will be a roundtable discussion on Tuesday, January 17th.

Have a Merry Christmas & Happy New Year!

Tony Romeo

281-537-0681

"RECIPE" FOR UNSTRESSED HOLIDAYS:

KISMIF

(Keep It Simple, Make It Fun!!)

WHAT'S NORMAL FOR YOUR STOMA

What is normal for my stoma? This is a frequently asked question. Here are some answers from your stoma to you:

1. My color should be a healthy red. I am the same color as the inside of your intestine. If my color darkens, the blood supply might be pinched off. First make sure your pouch is not too tight. It should fit 1/16 to 1/8 inch from the base of the stoma. If I should turn black (very unlikely - but it happens occasionally) seek treatment AT ONCE. Go to an emergency room if you cannot readily locate your doctor. Be sure YOU remove the pouch for them to examine the stoma. TAKE AN EXTRA POUCH ALONG.
2. I might bleed a little when cleaned. This is to be expected. Do not be alarmed. Just be gentle, please, when you handle me.
3. If I am an ileostomy, I will run intermittently and stool will be semi-solid. If you should notice that I am not functioning after several hours and if you develop pain, I might be clogged. Try sipping warm tea and try getting in a knee chest position on the floor. (Have your shoulders on the floor and your hips in the air.) Rock back and forth in an attempt to dislodge any food that might be caught. If I do not begin to function after about an hour of this, call your physician. If you cannot locate him, go to an emergency room. In the meantime, I might have begun to swell. Remove tight pouch and replace it with a flexible one cut slightly larger.
4. If I am a colostomy located in the descending or sigmoid colon, I should function according to what your bowel habits were before surgery. (Daily, twice daily, three times weekly, etc.) I can be controlled in most cases with diet and/or irrigation. This is a personal choice. There is no right or wrong to it. As long as I am working well, my stool will be fairly solid.
5. If I am a urinary diversion, I should work almost constantly. My urine should be yellow, adequate in amount and will contain some mucous. If my mucous is very much more excessive than usual, I might have an infection. I will probably also have an odor and possibly a fever. Consult your physician if that is the case.
6. If at any time, you doubt that your stoma is functioning normally, please seek help. The cause needs to be evaluated. If your problem is a serious one, it needs correction. If it is not, you will be relieved to know your stoma is alive and well. ♦