



# 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:** **No December meeting,  
Next meeting will be January 19, 2009.**
- Program:** **Roundtable and Planning for 2009  
(January meeting)**

## Baytown Group

- Monthly:** First 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:** **December 22, Monday evening**
- Program:** **Roundtable**

## 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, 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.

## 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 December meeting,  
Next meeting will be January 20, 2009.**
- Program:** **Roundtable and Planning for 2009  
(January meeting)**

## 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:** **No December meeting,  
Next meeting will be January 19, 2009.**
- Program:** **General Discussion**

## Editing Help Needed

Please consider volunteering to serve as editor for this monthly newsletter. The job involves collecting meeting information from the groups (by email), providing articles (original or from archived newsletters), and sending information on to the graphic designer. No design work is involved for the editor. If you would like to know more, please contact Ed Wood at 281-493-5015 or ewood6@comcast.net.

## Central Group News

We had 21 in attendance at our November 17 Central Group meeting of the Ostomy Association of the Houston Area for the power point presentation by David A. Thompson, MD, FACS who is a member of the Colon and Rectal Clinic of Houston and is a member of our Medical Advisory Board. We were going to have Dr. Thompson's presentation first, but due to technical difficulties with the PowerPoint file and the fact that Dr. Thompson had a copy he could get relatively close with the computer expertise of one of our new members, Monica, we did what we planned to be second, first.

Chuck Bouse, with the able support of his wife Barbara, was our Treasurer for many years and even before he was Treasurer he did the Newsletter distribution and mailing. He continued to do the Newsletter mailing while doing the Treasurer's job until relatively shortly before Lorette took over as Treasurer. We honored Chuck with a plaque that noted his service to our organization and a gift check which were presented by Clarice. A picture of Chuck and Clarice at the presentation can be seen later in this newsletter, along with a picture of Clarice with Dr. Thompson and one of his patient's Mary.

After Dr. Thompson and Monica returned with a working copy of the PowerPoint presentation, we copied it to Lorette's laptop computer which was used to run the projector and show Dr. Thompson's presentation "Possible Stoma Complications Associated with Ostomy Surgery." Dr. Thompson was introduced by Clarice and he then showed slides depicting the various kinds of things that could happen during the construction of the stoma, and the skin and abdominal wall tissue surrounding the stoma. Some of the things that happen during surgery involve the difficulty of saving the needed visceral blood supply to the stoma which can cause loss of a portion of the stoma if it doesn't receive enough blood flow, and placement of the stoma which if placed wrong can make appliance maintenance very difficult. Dr. Thompson indicated he always tries to use the services of an Enterostomal Therapist to mark the placement of the stoma, usually Clarice, before surgery, so it will be in the best place for easy care and maintenance by the patient. Dr. Thompson also went over other things that can cause those of us with stomas a number of problems including hernias around the stoma, skin rashes due to allergies or leakage, external damage to the stoma, etc., and the various types of things that can be done to prevent or cure such problems. The most severe and persistent problems should be referred to an Enterostomal Therapist, or as the newer ones are called, WOCNs, Wound Ostomy Care Nurses.

I also mentioned that I had received information from the UOAA about some surveys in which new ostomates were being encouraged to participate. Below I give the information that I received; the closing date for the surveys was not clear, but

it was clear that anybody wanting to participate needed to do it soon. I received this information from the UOAA in early November 2008, last month when you get this, hopefully it will be still operational when you read this; it seemed to test out properly when I wrote this article.

If they have an ostomy, or plan to have surgery, here is an opportunity for them to share their opinions about online communities and the Internet by participating in a research study being conducted by **C3Life.com**, a website supported by Hollister Incorporated. Their opinions will be collected through one-on-one telephone interviews taken over the next two weeks. The interviews will be about 45 minutes long and will be completely confidential. Each person's comments will be combined with the comments of other interviewees and the data will be used to improve **C3Life.com**. No one who is interviewed will be identified in any materials or on the website.

As a way of thanking them for their participation, each person interviewed will receive a **\$75 Visa gift card**. All people who are interested (depending on how you are viewing this newsletter) need only type in, or copy into your browser, or click on the following link to apply for an interview:

[http://www.surveymonkey.com/s.aspx?sm=ADvFEiTV0fDQBgmqr4OxEg\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=ADvFEiTV0fDQBgmqr4OxEg_3d_3d)

More recently, another interview opportunity was sent from the UOAA that was offering less money, but also taking less time.

Earlier this year, Innovative Concepts gathered the thoughts and comments of your group's members regarding ostomy related practices, products and issues. They have contacted the President of the UOAA again and are conducting a similar study. They are interested in talking with more ostomates who have had their surgery for less than one year. If you have a new ostomate in your group that would be willing to participate in this survey, please have them call this toll free number **866-895-6485**. The company is looking to complete this survey within the next several weeks, so time is of the essence.

As an incentive to participate, the company has advised that they will give a **\$30.00 honorarium** to the person being surveyed and a matching **\$30.00 donation to UOAA for each referral**, so when your member calls, please have them explain that they are affiliated with UOAA.

I personally think that any way we can help to improve the products or services provided by the ostomy product manufacturers, all existing and future ostomates will benefit.

Hope to see you all at the January meeting and hope that I did see you at the Christmas dinner.

**Terry Marriott**

## Baytown Group News

Baytown Support Group had a great November meeting with Jenny Jansson-Smith, RN, CWCN, COCN from Sterling Medical Services leading a great presentation on "Accessories: Making Life Easier with the Right Product at the Right Time." Those in attendance learned a great deal about products that can help restore the skin around the stoma, treat irritation, and help get a better seal. Some folks picked up a few tips they could use to get a few more days wear out of their current system. There was also a great discussion about reimbursement and how distributors can help ostomates learn to stretch their ostomy budgets!

Our Support Group will finish out the year, meeting on the **4th Monday**, December 22nd at 7:00 p.m. We've decided to move our meeting day and time in 2009:

- We will meet the **1st Monday** of every month rather than the 4th Monday.
- We will start our meeting at **6:00 p.m.** rather than 7:00 p.m.

The Baytown Support Group welcomes ostomates, family, and friends. We hope you will join us in the Community Room in the Lobby of San Jacinto Methodist Hospital, 4401 Garth Rd.

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

## Northwest Group News

Seventeen attended the fall picnic at our November meeting. No one left hungry with plenty of barbecue and fixings to go with it. Gay Nell is very appreciative of all of those who gave her a helping hand that night. Everyone enjoyed tremendously the new dessert that Jane brought. Congratulations to all of the door prize winners. We wish Barbie a continued recovery. We will be thinking of Jason and his upcoming surgery. Have a happy holiday.

**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.

## Visitor Training Is Coming Soon

On **February 7, 2009**, the Houston Chapter will have their biannual **Visitors Training** at the American Cancer Society building at 6301 Richmond Ave. This will train new visitors and will renew for another two years those visitors who previously have been trained. We will use the new training video that was produced by the Fort Worth Chapter of UOA. Training will take place from 9:00 a.m. to 2:00 p.m. For more information call Terry Marriott 713-668-8433 or Dorothy Andrews 713-789-4049.

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

The United Ostomy Associations of America (UOAA) can be contacted at [www.uoaa.org](http://www.uoaa.org).

## 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)**

Send check or money order to:

The Phoenix, P.O. Box 3605, Mission Viejo, CA 92690.

Phone/Fax: 949-600-7296.

**Money Back Guarantee!**

Name \_\_\_\_\_  
 Address \_\_\_\_\_ Apt/Suite \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 E-mail \_\_\_\_\_ \$ \_\_\_\_\_ UOAA Donation (optional)

0508 SG HLFAD

## Special Event

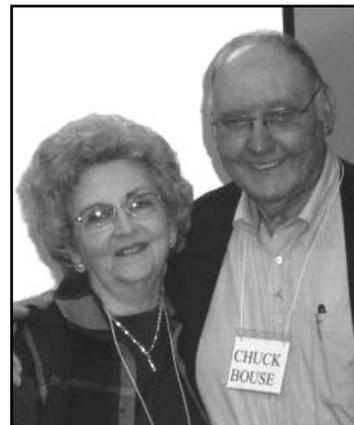
## Honoring Chuck Bouse, Former Treasurer and Newsletter Distributor

By Clarice E. Kennedy, CET  
 Honorary Lifetime Member  
 Member of the Board of Directors

The Ostomy Association of the Houston Area honored Chuck Bouse, former Treasurer and also Newsletter Distributor at our November 17, 2008 meeting. It was my pleasure on behalf of our organization to present Chuck with a lovely plaque similar to the one we gave Judy in October, with the exception of the inscription of commendation to him for his outstanding service to our organization as Treasurer for four years, and also for the many hours he spent as Newsletter Distributor, a service he was providing prior to being elected Treasurer and kept on doing until Tom Ryan volunteered to take on that responsibility. Chuck also served as a member of the Board of Directors. The presentation of the plaque was made by Lorette Bauarschi and the inscription to Chuck was read by her. Clarice presented Chuck with the American Express gift check included in the "Thank You" card from the organization which she also read. These were presented to Chuck to express our deep appreciation for his outstanding service to our organization and to let him know of our love and respect for him for donating so much of his time in fulfilling the duties of Treasurer, Newsletter Distributor, and as a member of the Board of Directors. Chuck, you are a most special person and we hope you will always know how much you mean to the officers and members of the Ostomy Association of the Houston Area.

It was my honor to be asked to introduce our distinguished speaker for our November program, David A. Thompson, M.D., F.A.C.S., who is a member of the Colon and Rectal Clinic of Houston. He practices at the Memorial Southwest Hospital, where he is Chief of Staff, and in the Medical Center at St. Luke's Hospital and Methodist Hospital. His educational background includes the following: He attended Medical School at Halifax, Nova Scotia, 6 years of General Surgery Training at the University of Texas Medical School in Houston, and one year as a Fellow at the Colon and Rectal Clinic of Houston. Upon the conclusion of this training, Dr. Thompson was invited to become a staff member of the Colon and Rectal Clinic. This group of surgeons is widely recognized for their expertise in colon and rectal surgery throughout the U.S. and also other countries. I have known Dr. Thompson for many years and have had the honor and the pleasure of working with him when he consults me to see his patients for pre-counseling for ostomy surgery and to assist in the care and management of peristomal skin problems which can occur as a result of ostomy surgery. During the many years of working with

Dr. Thompson, I have come to recognize and appreciate this surgeon's expertise in his chosen field of specializing in colon and rectal surgery and also to know him as a physician who cares about the patients who have placed themselves in his capable hands for their surgical needs. It was my honor to introduce Dr. David Thompson who presented a program on the topic "Possible stoma complications associated with ostomy surgery." His program included a PowerPoint presentation with pictures to accompany his presentation. We appreciated his willingness to share his expertise with us and answer the questions the audience addressed to him.



Clarice Kennedy congratulates Chuck Bouse on the chapter's recognition of his many years of service on the board of directors, treasurer, and newsletter distributor. Chuck was presented a plaque and gift certificate in recognition for his service. Thanks for all that you and Barbara have done for our organization.



David A. Thompson, M.D., F.A.C.S., speaker at the November 17, 2008 meeting, with Clarice E. Kennedy, C.E. T., and Mary Harle, Second Vice President, and one of Dr. Thompson's patients.

## 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

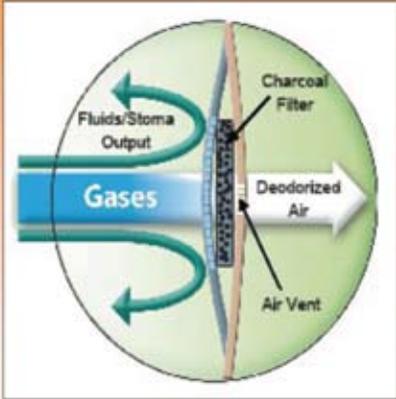
### Use Those Shopping Cards

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.

### 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.

**SUR-FIT® NATURA® Drainable Pouches**  
**Advanced Air Filter**



**Designed to stay flat so you can stay active.**



To learn more, click on this ad or call us at  
1-800-422-8811  
www.convatec.com

©/™ Indicates trademarks of E.R. Squibb & Sons, L.L.C. US-06-1101(2)



A Bristol-Myers Squibb Company

**To Learn More,  
about our Ostomy Products,  
click on this ad or call our  
Customer Interaction Center**

1-800-422-8811

Monday through Thursday, 8:30 a.m.—8:00 p.m. ET,  
Friday, 8:00 a.m.—6:00 p.m. ET, and  
Saturday, 10:00 a.m.—2:00 p.m. ET.

WWW.CONVATEC.COM

©/™ Indicates trademarks of E.R. Squibb & Sons, L.L.C. US-06-1101(4)

# Introducing

# STOMOCUR™

## OSTOMY PRODUCTS

- ▶ Comfortable feel & fit - feels like you are not wearing an appliance
- ▶ No tape required
- ▶ Longer wear time
- ▶ Highly absorbent durable rings & paste



FOR LIFE GmbH  
Berlin, Germany

For a Free Sample  
or For More Information Contact  
**Clarice Kennedy, CET (713) 647-8029 or [cekennedy1@peoplepc.com](mailto:cekennedy1@peoplepc.com)**

For Life GmbH • Tabbertstr. 12 • 12459 Berlin, Germany • <http://www.stomocur.com>  
Tel: +49 30 / 65 07 36-0 • Fax: +49 30 / 65 72 26 4 • email: [FOR\\_LIFE\\_GmbH@t-online.de](mailto:FOR_LIFE_GmbH@t-online.de)

## 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.

**Medic Pharmacy**  
**Ostomy Products**  
**Medical Equipment and Supplies**

**4040 S. Braeswood, Houston, TX 77025**  
 (next door to "3 Brothers Bakery")  
**Centrally Located**  
**With Free Front Door Parking**



**713-666-6353**

FAX: 713-666-2831  
 9 AM to 5:30 PM M-F; Sat. 1 PM to 3 PM



**Osto-EZ-Vent™**

*Celebrating* 10 SUCCESSFUL YEARS



• EASY TO VENT, OPEN • GIVES YOU CONTROL  
*Where to Buy?* Check out website for dealers, catalogs,  
 online ordering, or call our toll free number to order  
 direct by mail.



For more information and a free sample  
 call 1-888-562-8802  
 Visit our website [www.kemOnline.com](http://www.kemOnline.com)



**NORTHSHORE MEDICAL SUPPLY**

SALES • RENTAL • SERVICE • UNIFORMS

**OSTOMY PRODUCTS**  
**ConvaTec • Hollister • Coloplast • Stomocur**

M-F 9am—6pm  
 Sat 9am—4pm  
 713-451-4462

375 MAXEY RD.  
 HOUSTON, TX 77013  
 FAX: 713-451-8330



**SPRING BRANCH MEDICAL SUPPLY**

**PULMONARY ASSISTANCE INCORPORATED**

Ostomy & Urological Supplies ▪ Wound Care  
 Oxygen & Respiratory Equipment ▪ Hospital Beds  
 Wheelchairs ▪ Bedside Commodes ▪ Walkers  
 Bathroom Aides ▪ Mastectomy Products  
 Compression Hosiery ▪ Orthopedic Supplies

8700 Long Point Road  
 Houston, TX 77055  
**(713) 465-2200**  
 Fax (713) 461-5806

Ostomy Consultations with  
 Clarice E. Kennedy, CET  
 By appointment only  
 Call (713) 647-8029

**Newsletter Advertising:** Please contact the newsletter editor for sponsorship and advertising opportunities.

**Adapt**  
 Lubricating Deodorant  
 Convenience on the Go



The only product to deliver the dual benefits of lubrication and odor control. Adapt Lubricating Deodorant's clear formula\* lets you enjoy greater confidence and security. It eases emptying of your pouch, helps prevent pouch static and sticking, while neutralizing the odor. Also, available in single-use packets, it is easy to use anywhere.

**Make the Smart Move and try Adapt Lubricating Deodorant today!**



Add approximately 5mL (1 tsp) of Adapt Lubricating Deodorant into your pouch, then rub to coat the inside of the pouch.



**Hollister Incorporated**  
 2000 Hollister Drive  
 Libertyville, Illinois 60048 USA  
 1.800.323.4060  
[www.hollister.com](http://www.hollister.com)

Hollister and logo, and Adapt are trademarks of Hollister Incorporated, Libertyville, Illinois USA. ©2005 Hollister Incorporated. \*Patent Pending