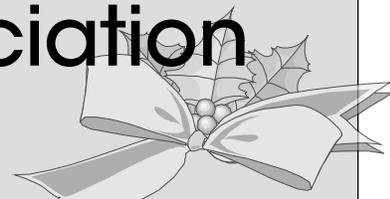




# Ostomy Association of the Houston Area



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."

## 10 Things I Wish I Could Tell Myself Before My Ostomy

By Amy Oestreicher, featured on [ostomyconnection.com](http://ostomyconnection.com)

When I first got my ostomy, I felt very alone. I felt self-conscious of the smell and sound, and sometimes I longed for my old body. When I couldn't take self-loathing anymore, I decided to make friends with it. I reached out. I inquired about support groups in my area and realized there are many people like me. I realized my ostomy is a beautiful thing and has enabled me to do all the things I've been able to accomplish over the years. It is my uniqueness.

These are 10 things I would have liked to tell myself when I first had an ostomy—10 things I didn't know but eventually learned, which I am so grateful for today:

### 1. What it was.

I had no idea what an ostomy was before I had one. But I have a confession: I didn't realize exactly what it was until a year later! Coming out of multiple surgeries, I had so many bags and new anatomical surprises to think about that a little pink bulge on my belly seemed to be the least of my problems!

I've learned things in the past 10 years that have shocked, scared and relieved me, such as: you can't actually feel your stoma—no nerve endings! I've had three ostomies and four ileostomies over the years. I didn't realize how different they were. Once I learned about the differences and functions of each, I was better able to take care of them.

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.



### 2. What my limits were.

When I saw that I'd have to live life with a bag stuck to my side, I assumed I'd be "fragile" for the rest of my life. But believe it or not, there are so many active ostomates out there! Swimming, karate, ballet, yoga—I've done everything I did before my ostomy and more.

### 3. There are so many strong ostomates.

I was privileged to be the Eastern regional recipient of the Great Comebacks® award and meet five other amazing ostomates doing incredible things. There is a huge, supportive ostomy community. Did you know Great Comebacks® was founded by former NFL linebacker Rolf Benirschke?

### 4. Ostomates excel at innovation and inventiveness.

It turned out I was able to do all those things I thought I couldn't—but that didn't mean it was easy. Some of the best things in life take work, and that makes you appreciate it even more. Let's just say that ostomy wraps, stoma guards and pouch covers have become good friends of mine, all products that were created by ostomates.

I've also created a workshop for ostomy patients and healthcare professionals!

### 5. How Amazing My Body Is

I have a new respect for my body and the way it can function now.

*(Continued on page 3)*

### In This Issue

Group News.....	2
Four Not-so-common Reasons for Ostomy Surgery.....	3
WOC Nurse Directory.....	4
<b>Meeting Dates/Times</b> .....	5
Advertising, Support.....	5-7
Membership Information.....	7
Contact Information.....	8

### 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.

## Central Group News

We had a nice group attend our November meeting, right before Thanksgiving. Betsy brought a gorgeous Thanksgiving cake for us to share, along with very festive decorations. Thanks so much!

Our guest was Jay Walls, a four-year ostomate from Katy, Texas who invented a belt to help keep his ostomy in place. Jay now wishes to market them to all ostomates. He has devised several different belts for people with ileostomies, colostomies, urostomies or any combination thereof. He custom makes all of the belts himself, and for anyone with special needs, he's willing to alter the belts to fit your specific situation. You can find more information about Jay's products at [www.etsy.com/shop/OstomyAccessories](http://www.etsy.com/shop/OstomyAccessories). Or, you can email Jay at [ostomyaccessories@yahoo.com](mailto:ostomyaccessories@yahoo.com). He offers a 20% discount for your first order with coupon code: **FIRSTTIMEBUYER**.

Because we had such a fantastic 60th Anniversary party in October, we decided not to host a Holiday Party this year. So, there will be no meeting in December.

Our next meeting will be on January 23. Note that for one time only, our meeting will be on the fourth Monday of the month. Beginning in February, we will resume meeting on the third Monday of the month.

I think our group had a fantastic 2016! Here's hoping for an even better 2017. Happy holidays to all of you.

Regards,

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

## Northwest Group News

Our final meeting for this year was held on Wednesday, November 16, with Tabatha Schroeder, Coloplast Specialist. She was sharing the program with a trainee from Tampa. We enjoyed the relaxed atmosphere as Tabatha answered questions about the Mio backlog and other Coloplast products. One member attended just to provide testimony to problems resolved by Tabatha's expertise and the Coloplast products.

All attendees enjoyed two rounds of a specialized BINGO game based on the Mio product. Two winners received a \$10 gift card to Chick-fil-A. Awesome.

We missed and thought about those not in attendance this night and some this year. Suzanne, Christy, Gen, Carl, Jane, Paul, Jay and many others—may your holidays be safe and bright.

There is no December meeting. We will convene once again on Wednesday, January 18, 2017, for our programming meeting.

**Billy Locke** 337-515-6354

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

## Baytown Group News

Baytown Ostomy Support Group met on November 14 with "Healthier Holiday Eating" presented by Amber Hammonds, RD, LD from Houston Methodist San Jacinto Hospital. The group who gathered were happy to switch their focus from politics to food if only for a short time! The group enjoyed sharing memories of holidays and preparations of their favorite foods. Amber shared some great tips to help with the challenges that the holidays bring.

### Avoid overeating by planning ahead.

- Do not skip meals before the party. Eat lighter during the day. Do not attend the party hungry. Bring a low calorie/low fat dish as an option.
- Avoid appetizers as they can cause mindless eating! Appetizers are often high in fat and calories. If you eat an appetizer, choose low calorie/low fat. Avoid appetizers that are fried or have creamy sauces.
- Be reasonable! You do not have to eat everything. Pick your favorites. If you HAVE to eat one of everything, then eat smaller portions!
- Watch for satiety cues. Eat slowly. Start with small portion of the things you choose. Avoid seconds. Avoid eating until you are stuffed!
- Watch alcohol consumption. This is loaded with calories and can affect your food choices.

### Save those Calories

- Typical Thanksgiving Dinner has more than 3,300 calories! Consider these options to save calories: Remove skin from turkey and save 100 calories; Replace whole milk with skim milk 75-100 calories saved; No calories butter spray 25-50 calories saved, Avoid fried foods and Avoid creamy dishes
- Modify recipes. Substitute 2 egg whites for 1 whole egg or skim milk for whole milk. Substitute unsweetened applesauce for oils in most baked goods

Enjoy the holidays. Eat well and be well! At our December meeting, we are looking forward to a presentation: "**Moving Joyfully Forward**" by Michelle Jernsletten, Physical Therapist from Houston Methodist San Jacinto. I hope to see you there.

**Cindy Barefield, RN, CWOCN**

281-428-3033



The **United Ostomy Associations of America (UOAA)**

can be contacted at:

[www.ostomy.org](http://www.ostomy.org) or **800-826-0826**

## Four Not-so-common Reasons for Ostomy Surgery

By Editorial Team, [ostomyconnection.com](http://ostomyconnection.com)

The word “ostomy” is slowly becoming familiar in the media, but still very misunderstood. You may know people suffering from Inflammatory Bowel Disease (IBD) or colorectal cancer who require a temporary or permanent ostomy as part of their treatment, however there are other illnesses in which ostomy surgery may be needed. Here are four not-so-common reasons some patients require ostomy surgery:

### 1. Familial Adenomatous Polyposis

Familial adenomatous polyposis (FAP) is an inherited condition in which numerous adenomatous polyps form mainly in the epithelium of the large intestine. While these polyps start out benign, malignant transformation into colon cancer occurs when left untreated. According to an article from the National Center for Biotechnology Information, “Surgical management of familial adenomatous polyposis (FAP) is complex and requires both sound judgment and technical skills. Because colorectal cancer risk approaches 100%, prophylactic colorectal surgery remains a cornerstone of management.” Patient advocate and blogger, Jenny Jones writes about her diagnosis with FAP, ileostomy and reversal straight pull-through surgery in her Life’s a Polyp blog.

### 2. Colonic Inertia

Colonic Inertia (also known as slow-transit constipation) is a motility disorder that affects the large intestine (colon) and results in the abnormal passage of stool. It is a rare condition in which the colon ceases to function normally. A study from the NCBI shows, “Patients with severe constipation due to colonic inertia who remain symptomatic after extensive medical therapy or partial colonic resection have occasionally been treated with ileostomy as a last resort.”

### 3. Chronic Intestinal Pseudo Obstruction

Intestinal pseudo-obstruction is a clinical syndrome caused by severe impairment in the ability of the intestines to push food through. It is characterized by the signs and symptoms that resemble those caused by a blockage, or obstruction, of the intestines. The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) explains, “...when a health care provider examines the intestines, no blockage exists. Instead, the symptoms are due to nerve or muscle problems that affect the movement of food, fluid, and air through the intestines.”

Sara Gebert was diagnosed with Chronic Intestinal Pseudo Obstruction (CIPO) and Gastroparesis which required her to have ileostomy surgery in December, 2014. To raise awareness for CIPO she created Sara’s Army, a nonprofit organization created to fund her own medical treatments as well as research towards a cure for this disease.

### 4. Hirschsprung’s Disease

Hirschsprung’s disease (HD), also called congenital megacolon or congenital aganglionic megacolon, occurs when part or all of the large intestine or antecedent parts of the gastrointestinal tract have no ganglion cells and therefore cannot function. It is a disease of the large intestine that causes severe constipation or intestinal obstruction. According to the NIDDK, “People with HD are born with it and are usually diagnosed when they are infants.” As a result, “some children with HD can’t pass stool at all, which can result in the complete blockage of the intestines, a condition called intestinal obstruction.” Thousands of people fell in love with 2-year-old Jameus after a post from his mom, Dallas Lynn went viral on Facebook. The family documents his journey to raise awareness for Hirschsprung’s Disease.

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## 10 Things I Wish I Could Tell Myself Before My Ostomy

*(continued from page 1)*

### 6. Judgment Hurts, But Fear Hurts More.

Stay informed and know the facts. The more I actually understood how an ostomy worked, the more I realized how wonderful it was. After that, I took it as my responsibility to educate others. Instead of wondering if I was being “judged” by others, I took it as a privilege to inform them.

### 7. Everything Is Connected.

Take care of your full self: emotional, spiritual, mental and physical. If you’re stressed, you might be bloated or feel pain or discomfort. Remember to take deep breaths in difficult times.

### 8. The People Who Love You, Love You.

If you’re just getting comfortable with your ostomy, remember that your support system loves you for who you are. You are more than your ostomy. Reach out when you feel alone and never forget how loved you are.

### 9. Eat Fresh.

You are what you eat, so eat whole and nourishing foods. Your ostomy will thank you, and so will you!

### 10. Life Can Go On.

Throughout the years, I’ve been strong, determined and willing to do whatever it took to stay alive. I’ve dealt with tubes, bags, poles, you name it. And if this ostomy is all that I’m left with after everything, then I am truly grateful. More than that, I thank my ostomy for enabling me to live life to the fullest, to my fullest. I call it my Harry Potter thunderbolt scar: a symbol of strength, courage, individuality and life.

There are a few things I didn’t know before my ostomy. But what I look forward to most is everything left to learn. Thank you, ostomy, for making the world a wide open door once again.



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**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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## Central Group

- Monthly:** **NO MEETING IN DECEMBER** Note that for one time only, our January 2017 meeting will be on the **FOURTH** Monday of the month
- Date:** Plan ahead! **Next meeting is January 23, 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

## Baytown Group

- Monthly:** Second Monday of the month
- Date:** **December 12, 2016**
- 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:** **“Moving Joyfully Forward”**  
**Guest Speaker:** Michelle Jernsletten, Physical Therapist from Houston Methodist San Jacinto

## Northwest Group

- Monthly:** Third Wednesday of the month
- Date:** **NO MEETING IN DECEMBER**
- 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

## J-Pouch Group

- Monthly:** Third Monday of the month
- Date:** **NO MEETING IN DECEMBER**
- 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.*

## 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.

### 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  
Attn: Tony Romeo, Treasurer  
P. O. Box 25164  
Houston, TX 77265-5164

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

### Sponsorship

You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Please make the check in the amount of \$25.00 payable to ***Ostomy Association of the Houston Area*** and send to the treasurer's address above.

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.



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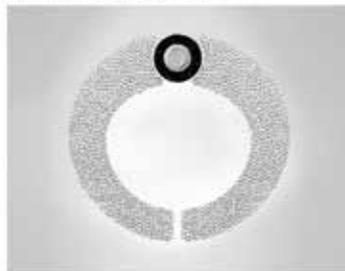
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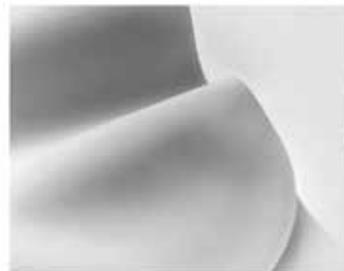
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Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown. Dues of **\$25.00 per year** are payable to:  
**Ostomy Association of the Houston Area,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

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<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

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 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  
 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.