



March 2020

# Ostomy Association of the Houston Area

## AFFILIATED SUPPORT GROUP

"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](http://www.ostomyhouston.org)

## YOU ARE NOT ALONE, A COMMUNITY OF SUPPORT IS HERE TO HELP

By Ellyn Mantell

Upon returning from a day of errands, my hands full of packages and bags of food, the phone rings, and it is a familiar call. It is from a woman who is fighting tears (this I recognize from the many calls I receive) and immediately, bags and packages left on the floor, I go into SUPPORT mode. I imagine this lady has used every bit of determination and perhaps energy she has to call a total stranger to discuss the most intimate details of her health and anatomy. She needs my full and undivided attention, because if I am remiss in that area, she may never reach out for help again. Before we even move past the pleasantries of conversation (hello, how are you?) I know she has been through so much. She will tell me the details, and each survivor is unique, but I already know she is scared, suffering and feeling terribly alone.

This lady tells me she is extremely disappointed because she just discovered that her colostomy, which resulted from the loss of some of her colon, will not be reversed, as she had hoped. It is too dangerous, and her ulcerative colitis is rearing its ugly head. Instead of the reversal, she needs her colon and rectum removed, and will, therefore, have an ileostomy. It has taken her a year, she tells me, to accept what she thought was a temporary colostomy, and now she will need a permanent ileostomy. Not only is her head spinning, but she is feeling like she has lost total control of her life.

These are feelings we all have, and my heart is right there with her as she laments the loss of yet another part of her body. Looking



ahead to at least another major surgery, we discuss the fact that she is in mourning and grieving, and then her tears began to flow. I tell her to please cry, sob, let out her feelings, whatever they may be, I am up to the task of listening and comforting. After all, I have had 23 major abdominal surgeries...I have had my share of tears and need for comfort.

We end the phone call with each of us making a promise: she will attend our next Ostomy Support Group at Overlook Medical Center in Summit, New Jersey, and I will be there to listen to her fears and concerns as long as she is in need of sharing them. I told

*(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.

### 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](mailto:newmarian@gmail.com).

### In This Issue

A Community of Support .....	1/3
Group News .....	2-3
Water .....	2
Take Steps Walk .....	4
Wellness Made Easy .....	4
Reward Programs that Benefit OAHA .....	4
<b>Meeting Dates/Times</b> .....	5
WOC Nurse Directory/Advertising .....	6
Advertising Support .....	6-10
HOPE Pediatric Group .....	8
Membership Information .....	9
Contact Information .....	10

## Central Group News

On Monday, February 17, 2020 the Central Group met and we welcomed our speaker, Kimberly Ferguson, RN, BSN, WOC Nurse. Kimberly is an inpatient wound, ostomy and continence nurse at HCA Houston Healthcare West. We were thrilled to have Kimberly as our presenter as she attends our monthly meetings and is always very generous with her time and knowledge.

With more than 20 years of experience in wound and ostomy nursing care, Kimberly truly champions the advancement for quality of life for ostomates. Kimberly shared some tips for all types of ostomies and even our more seasoned ostomates learned a thing or two. Also included in her presentation were recommendations for everything from foods that can cause a blockage, gas, odor, discoloration to foods that help replace lost electrolytes. We left the meeting armed with handouts such as 'Tips for all types of ostomies' and, my favorite, 'Tips from the Trenches.' We thank Kimberly for her fabulous presentation. She was personable, funny and very informative.

Call to action: Don't forget the Crohn's & Colitis Foundation is hosting its Take Steps walk on Saturday, March 28th at the Houston Zoo. You can join the Ostomy Association of the Houston Area Team and walk to honor former Team Captain and OAHA member, Patti Suler. Patti led us for 10 years and has recently stepped down and now Pat Thompson, BSN, RN, CWON would love for you to join her and the team to continue this rewarding fight. Please see this newsletter for more information and hurry as time is of the essence! Thank you, Patti Suler and thank you, Pat Thompson!

Our next meeting is March 16th and our speaker will be Tracy Baranyk, Ostomy Territory Manager for ConvaTec. Please join us with you questions and learn about what ConvaTec has to offer. I hate to miss Tracy's presentation but I will be traveling in southern Africa in March. Lorette Bauarschi, our VP and former President will be running the meeting—thank you Lorette! Have fun and I will see you in April.

**Kathleen Duplessis, President, OAHA, 713-299-3180**

### Election of Board of Directors

We have three members of the Board of Directors whose terms are up in June—Lorette Bauarschi, Terry Marriott, and Jenrose Foshee. Our nominating committee has nominated these same individuals to serve for an additional 3-year term each from July 1, 2020–June 30, 2023. The election is in May. Please contact Kathleen for any additional information about these candidates or the election.

## Northwest Group News

We had a great turnout for Shannon Triplett, Territory Manager—Houston for Coloplast. Shannon shared information about all the great accessories available that can be used with pouching to correct peristomal skin problems. She reminded us of the less is more practices when pouching stomas and yet when we need something to help maintain healthy skin that there are lots of great products to help.

Our March 18th program will feature line dancing by Ken Gross. Back by popular demand, Ken will be leading us in a full program of line dancing. Remember to wear close-toed shoes and if possible, ones that do not grip the floor. Ken shared that bringing an old pair of socks to put over our shoes will help with sliding and turning so our knees don't get so sore.

We will meet at Luby's before the meeting for a fellowship meal around 5:30pm.

Directions to our new meeting location. Turn North on Cali Dr. from Cypress Creek Parkway (FM 1960). At the 2nd stop sign turn left on to Peakwood Dr., then turn at the first left. You may park in the surface lot on the left or in the garage on the right. Enter the doors, turn left at the information desk and we are in the Boardroom, third door on the left.

**Billy Locke, 337-515-6354**

## Water

*(from UOAA Nutrition Guide)*

Our bodies are made up of 75%–80% water. We need adequate amounts of water for many important bodily functions to occur. For overall health, stay well hydrated.



Make a habit of drinking water throughout the day.

At the same time, limit or avoid beverages with added sugars and artificial colors and sweeteners.

What Water Does:

- Moistens tissues in the mouth, eyes, and nose
- Protects body organs and tissues
- Helps prevent constipation
- Helps maintain hydration
- Helps dissolve minerals and other nutrients to make them accessible to the body
- Regulates body temperature
- Lubricates joints
- Lessens the burden on the kidneys and liver by flushing out waste products
- Carries nutrients and oxygen to cells
- Prevents kidney stones

[https://www.ostomy.org/wp-content/uploads/2019/10/Eating\\_with\\_an\\_Ostomy.pdf](https://www.ostomy.org/wp-content/uploads/2019/10/Eating_with_an_Ostomy.pdf)

## Baytown Group News

Following the plan established earlier this year to set aside a time every few months to check in with each other rather than have a scheduled presentation, Roundtable: Heart-to-Heart with Family & Friends was the theme for the February 10th meeting. The meeting flowed easily over the hour with a great exchange of information, questions, answers and support for one another.

I came across some information from a resource titled “Choosing a Support Group that’s Right for You”. Listed here are some excerpts from this resource and the website if you’d like to read more.

Support groups are a way for people with a common experience to help each other and learn from each other. A helpful support group empowers its members to take good care of their health by providing good-quality and reliable information. The knowledge that’s shared can help members better manage their problems, learn about the health problem, and seek treatment or other supports. Good support groups have a facilitator you can contact for more information.

<https://www.heretohelp.bc.ca/infosheet/choosing-a-support-group-thats-right-for-you>

You are invited to join Baytown Ostomy Support Group in 2020. In addition to meetings that educate, inspire and update the group, we designate a time for Roundtable for everyone to share their ostomy experiences. In the upcoming months, we have plans for Edgepark, Hollister and a urologist to bring presentations to our group.

We meet from 6:00-7:00 pm in the CRCU Community Room. (Located in Plaza 2 of the building connected to the hospital.) Parking is available just outside the door of our meeting room.

Best regards,

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

## YOU ARE NOT ALONE, A COMMUNITY OF SUPPORT IS HERE TO HELP

*(continued from page 3)*

her I wear a flower at each of the Support Group meetings I lead, because I have had so many sent to me over the years and that it is a great way of identifying myself to new members. Flowers always bring a smile to others. She will find me the day of the meeting, because I will be waiting in the foyer to bring her in, make her feel comfortable, introduce her to many like herself, and show her how special she is for reaching out and asking for SUPPORT!

Reach Out to a UOAA Affiliated Support Group near you and learn more about the emotional impact of ostomy surgery.

*Ellyn Mantell is a UOAA advocate and Affiliated Support Group leader from New Jersey. You can follow her personal blog at [morethanmyostomy.com](http://morethanmyostomy.com)*

## Sugar Land Group News

On Thursday, February 20th, the Houston Methodist Sugar Land Ostomy Support group met. We watched quick video from Dr. Weil on the benefits of an anti-inflammatory diet. Sarah Arriaga, our WOC nurse, then provided handouts from Shield on How to Reduce Inflammation With Nutrition. Key points of the discussion included:

- Reduce overall calorie intake—fewer calories means less work for the body to clear all that food.
- Choose whole grains, fruits, and vegetables which fill you up more and contain fewer calories. These should make up 60-80 percent of each meal.
- Choose omega-3 fatty acids, as in flax or chia seeds, cold-water fatty fish like salmon tuna or sardines and add fish oil, krill oil and seaweed to your diet.
- Eat more plant-based foods such as soy, tofu, or tempeh. While organic foods contain more healthy fats, any change to plant-based proteins will decrease inflammation.
- Drink more green and white teas, which has antioxidants and polyphenols to help decrease inflammation.
- Drink alcohol in moderation, which means 1 drink for women and 2 drinks for men. A drink is defined as 12 ounces of beer OR 5 ounces of wine OR 1.5 ounces of liquor.
- Use more ginger, turmeric, garlic, cayenne, and oregano in cooking. All these spices have anti-inflammatory effects in the body.
- Avoid refined carbs and added sugars.
- Avoid omega-6 fatty acids in full fat meat and dairy, and oils made from corn, safflower, sunflower, peanut and cottonseed. Avoid all trans-fats by avoiding foods with “partially hydrogenated oils” on the ingredient list.
- Avoid processed, cured, and charred food products.

Our next meeting will be March 19, 2020, from 6-7 PM in the Houston Methodist Sugar Land Hospital, Main Pavilion Conference room A.

Our topic is Ostomy Apps. For more information contact:

**Joan Burnham, MSN, RN, OCN, RN-BC**, Oncology Nurse Navigator at [jmburnham@houstonmethodist.org](mailto:jmburnham@houstonmethodist.org) or 281-274-0188

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

## CCFA Take Steps 2020

### Making A Difference Is Personal

By Pat Thompson, BSN, RN, CWON

I'm fundraising on the behalf of the Crohn's & Colitis Foundation because I, like many of my peers, have worked with patients from the clinical or medical support side. We have a unique view of how hard this community fights against many different forms of IBD and those with ostomies in addition to the many related physical and personal complications.

Please use this opportunity to make a personal contribution, aside from our daily business side—a personal contribution of time and/or money. I know we are busy, we all are too busy most of the time and yet, I am asking each of you now to take just a few moments and join me in supporting this special community.

The walk takes less than half a day. If you are unable to join us on Saturday, March 28th at the Houston Zoo—please donate money. This team is comprised of family and patients from the Ostomy Association of the Houston Area—they gather year after year to support each other and CCFA. Together they are making a difference in the lives of so many, join me in walking and supporting them.

*Thank you for your time and consideration.*

Pat Thompson  
OAHA Take Steps Team Captain

<http://online.crohnscolitisfoundation.org/goto/SupportPatThompson>

As usual, the UOAA will be manning a table before and after the walk to distribute educational information about ostomies.

## Wellness Made Easy

From UC Berkeley Wellness Letter

Spending 20 minutes in a park or other green space may be enough to reduce stress, suggests a study in *Frontiers in Psychology*. For eight weeks, 36 urban volunteers were asked to have a “nature experience” (NE)—sometimes called “nature pills”—for at least 10 minutes three or more times a week. NE was defined as spending time anywhere outdoors that made the participants feel that they were interacting with nature. They were free to choose the time of day, duration, and place according to their preferences and schedules. They could sit or stroll, but not exercise, read, have conversations, or use electronic devices. Stress levels were estimated via changes in levels of cortisol and another biomarker (alpha amylase) measured in saliva samples taken shortly before and after an NE several times over the eight weeks. The greatest changes in these stress markers occurred after 20 to 30 minutes NE, after which benefits continued to accrue, but gradually. A growing body of research has found that contact with nature can have a number of psychological and physical benefits.

## Houston Take Steps, March 28, 2020 Houston Zoo

**7:00am Check-in and Festival Start | 8:00am Walk Start**

1 in 200 Americans live with Crohn's disease and ulcerative colitis, yet there is no cure. That's why Team Ostomy Association of the Houston Area is participating in Take Steps on March 28, 2020.

Our team will be uniting together for hope, and walking together for cures in a welcoming and inspiring event. We're joining our community in the fight against IBD and have set a team goal to raise more than \$3,200 for the Crohn's & Colitis Foundation.

IBD affects more individuals than you may think; it is estimated that as many as 3 million Americans suffer from Crohn's and colitis every day.

Your donation will help support local patient programs, as well as important research projects. Please join our team or donate to our efforts to support crucial IBD research.



## March Call to Action

Do you shop at Randalls and Kroger? Shop on Amazon? If so, please make sure to link your Reward Card to the Ostomy Association of the Houston Area as one of your charity choices for their programs. At Randalls, you can visit the Courtesy Booth for assistance. (Randalls charity #3698) For Kroger, you can enroll online (Kroger charity #LB326). And don't forget to ask friends and family to do the same. The OAHA receives checks on a quarterly basis from Randalls and Kroger and every little bit helps. Designate OAHA as the charity (see link below) when you shop at [smile.amazon.com](https://smile.amazon.com). Thank you!



Randalls  
charity  
#3698



Kroger  
charity  
#LB326



Designate OAHA at  
[smile.amazon.com/  
ch/30-0336134](https://smile.amazon.com/ch/30-0336134)



## Central Group

**Monthly:** Third Monday of the month  
**Date:** **March 16, 2020**  
**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@gmail.com  
**Program:** **Tracy Baranzylk**, Ostomy Territory Manager, ConvaTec

## Baytown Group

**Monthly:** Second Monday of the month  
**Date:** **March 9, 2020**  
**Time:** 6:00 p.m.  
**Place:** Houston Methodist Baytown Hospital, CRCU Community Room. (Plaza 2 of building connected to hospital) Parking available just outside door of meeting room. 4401 Garth Road, Baytown, TX 77521  
**Contact:** Cindy Barefield, CWOCN, 281-428-3033  
**Program:** **To be determined**

## Northwest Group

**Monthly:** Third Wednesday of the month  
**Date:** **March 18, 2020**  
**Time:** 7:00 p.m.  
**Place:** HCA Houston Northwest, 710 Cypress Creek Pkwy. Turn North on Cali Dr. from Cypress Creek Pkwy. At the 2nd stop sign turn left on Peakwood Dr., then turn at the first left. Park in the surface lot on left or in garage on right. Enter doors, turn left at the info desk and go to Boardroom, third door on left.  
**Contact:** Billy Locke 337-515-6354  
**Program:** **Line Dancing with Ken Gross**

## Sugar Land Group

**Monthly:** Third Thursday of the month  
**Date:** **March 19, 2020**  
**Time:** 6:00 p.m.  
**Place:** Houston Methodist Sugar Land Hospital Main Conference Room A, 16655 Southwest Fwy, Sugar Land, TX 77479  
**Contact:** Joan Burnham, MSN RN OCN, Oncology Nurse Navigator, 281-274-0188

## Woodlands Pediatric Group

**Monthly:** Second Sunday of the Month  
**Date:** **March 8, 2020**  
**Time:** 2:00 p.m.  
**Place:** Texas Children's Hospital, The Woodlands, Inpatient Building, 1st floor, RM 0110.61  
**Contact:** MaryAnne Lewis, maryannelewis@hotmail.com or 281-948-1490

## J-Pouch

For J Pouch questions, attend any of our group meetings, or call or text Ron Meisinger at 281-491-8220

## Opportunities and Announcements

### Use Those Shopping Cards

Kroger (LB326) and Randalls (3698) 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? Changing Your Email Address?

Please make sure we have your current contact information so we can reach you by email, U.S. mail, or phone. Send updates to Lorette Bauarschi at [lorette@bauarschilaw.com](mailto:lorette@bauarschilaw.com).

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

Ostomy Association of the Houston Area  
 Attn: Mike McGinity, 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.)



## 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

## WOC Nurse Directory

Cindy Barefield, RN, CWOCN (281) 428-3033  
Houston Methodist Baytown Hospital  
cbarefield@houstonmethodist.org

Pat Thompson RN, BSN, CWON (281) 397-2799  
Patricia.Thompson6@hcahealthcare.com

# Get Ostomy Answers!

Save  
\$15<sup>00</sup>\*

### Special Discount for ASGs!

Now until June 30th, 2020, NEW Subscribers and NEW ASG Members can enjoy a \$15 discount on a year subscription to the *Phoenix Ostomy Magazine*. That's a savings of 40% off the cover price.

Topics included in each issue include diet, exercise, intimacy, skin care, odor control, new products and so much more. Medical doctors and nurses offer concrete advice and solutions while personal stories show that almost anything is possible with an ostomy. - **Subscribe Today!**

**Privacy Guarantee:** The *Phoenix* is mailed with discretion. Your contact information will never be given, rented or sold to a third party.\*\*



### FREE New Patient Guide!

Get real-world answers to common questions after ostomy surgery. Yours free with a subscription.

New Patient Guides are made possible by the UOAA, [www.ostomy.org](http://www.ostomy.org).

- ☐ One-year Subscription \$24.80 (Save 40%\*)  
☐ Send me a FREE New Ostomy Patient Guide  
☐ Send me FREE ostomy product samples, special offers and product information\*\*



### Send Magazine To:

Name \_\_\_\_\_ Email (opt.) \_\_\_\_\_  
Address \_\_\_\_\_ Apt/Suite \_\_\_\_\_ Phone (opt.) \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Send Payment to: The Phoenix, P.O. Box 15755, North Hollywood, CA 91615-5755



\*Based on cover price of \$39.95. Canadian subscriptions: one-year \$39.95; \$64.95 two-year. U.S. funds only.\*\*Your contact information will be disclosed to third party companies to fulfill the request. Published March, June, September and December. If you are not satisfied for any reason, we will gladly refund the unused portion of your subscription.

ASC2019



## Help maintain healthy skin around your stoma with the CeraPlus skin barrier

Ceramide is a natural component of healthy skin. People who have tried the ceramide-infused **CeraPlus skin barrier** have reported visible improvement in the appearance of their skin.†

To learn more about how the CeraPlus skin barrier can help support healthy skin from the start, or request a FREE sample, contact us at **1.888.808.7456** or **[www.hollister.com/tryCeraPlus](http://www.hollister.com/tryCeraPlus)**.

†Global User Evaluation. Data on file, Hollister Incorporated.

The Hollister logo, CeraPlus, and "Healthy skin. Positive outcomes." are trademarks of Hollister Incorporated.  
©2018 Hollister Incorporated.



Ostomy Care  
Healthy skin. Positive outcomes.

**Brava®**

***"I don't want to be thinking about my ostomy pouch while I'm focusing on something else."***

**– Mike**

Mike is a Brava user who has received compensation from Coloplast to provide this information.

## Security to live *everyday life*

### **The new Brava® Elastic Barrier Strip XL**

The wider shape of Brava Elastic Barrier Strip XL increases the adhesive area and fits all available SenSura® Mio barriers to improve feelings of security.

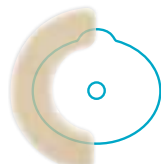
#### **Improved coverage and larger adhesive area**

Provides an increased feeling of security to those looking for extra security

#### **Brava Elastic Barrier Strip**

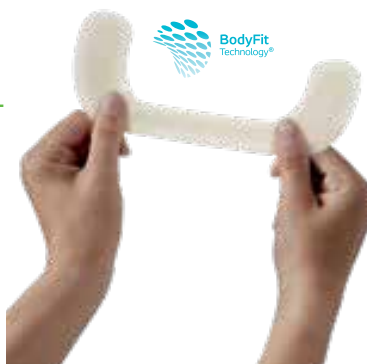


#### **Brava Elastic Barrier Strip XL**



#### **Designed for extra security**

Helps keep the edges of the barrier firmly in place



#### **Supports an active lifestyle**

Absorbs sweat and moisture, and keeps its elasticity during physical activities, which makes Brava Elastic Barrier Strip XL suitable for moving around in everyday life



[Ostomy Care](#) / [Continence Care](#) / [Wound & Skin Care](#) / [Urology Care](#)

Coloplast Corp. Minneapolis, MN 55411 / 1-800-533-0464

[www.coloplast.us](http://www.coloplast.us) The Coloplast logo is a registered trademark of Coloplast A/S.  
© 2018 Coloplast Corp. All rights reserved.



PM-04480 05.18



# Houston Area, Ostomy, Pediatric Education & Support Group

**Presented by Texas Children's Hospital The Woodlands**

Date: March 8, 2020

Time: 2:00-3:00 PM

(Offered 2nd Sunday of every month)

Location: Texas Children's Hospital The Woodlands Inpatient Building,  
2<sup>nd</sup> Floor Conference Center "A"  
17600 I-45 South, The Woodlands, TX 77384

**Topic: Promoting Optimal Nutrition in Pediatric Ostomy Patients**

**Speaker: Jenny C. Moe, MS, RD, LD, CNSC**  
**Clinical Dietician,**  
**Texas Children's Hospital-The Woodlands**

Purpose: To foster supportive relationships with peers who share common diagnoses; to support healthy lifestyles and enhance body, mind and spirit.

Objectives:

- Patients and parents will join group discussions and activities that provide solutions and coping strategies for challenges of managing an ostomy.
  - Topics include: mental, physical, financial and social issues impacting children and adolescents managing ostomy care.

To reserve your place, contact MaryAnne Lewis via e-mail ([maryannelewis@hotmail.com](mailto:maryannelewis@hotmail.com)) or 281--948-1490

*Siblings welcome! Light snacks provided.*



The  
Woodlands



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.



<https://www.facebook.com/OstomyHouston/>

# Osto-EZ-Vent®

#1 preferred venting device for any Ostomy pouch



Quick • Discreet • Relief™

- Pinchable Glides for easier opening.
- Convenient and Simple.
- Provides Comfort, Relief, & Confidence.
- Attaches to Any Pouch.



Enterprise, Inc.

Call 888-562-8802

[www.kemOnline.com](http://www.kemOnline.com)



Medicare Reimbursement Code A4366  
Also covered by Insurance

Contact KEM for more information on the Osto-EZ-Vent® including Where to Buy.

Manufactured by KEM in the U.S.A.

**Newsletter Advertising:** Please contact the President or Treasurer for advertising opportunities.

**Osto Group** [www.ostogroup.org](http://www.ostogroup.org)

Providing Ostomy Products to the Uninsured.

All you pay is shipping and handling. **877-678-6690**



## 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: **(required)** \_\_\_\_\_

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                          |

*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

☐ 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.



# Seatbelt Relief

**STOMASPAN** is a positive solution to a difficult situation and an Ostomate's bridge to ostomy protection. Created by an Ostomate, Stomaspan is a patent pending device that provides a bridge effect spanning ones stoma and ostomy bag, allowing relief from an uncomfortable and painful seat belt. Stomaspan is made in the USA of durable lightweight aluminum and weighs less than a cell phone. Stomaspan slips on and off a seatbelt quickly and conveniently. Its compact size allows easy movement from one vehicle to another. It can be carried in a briefcase, handbag or kept in your vehicle console.

Stomaspan sells for \$57 which includes shipping within the USA. For more information or to place an order please visit our website at [www.Stomaspan.com](http://www.Stomaspan.com) or call 713-725-5890.