



October 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)

## Good Samaritan Foundation 2020 Excellence in Nursing Awards

by Patti Suler, Media Coordinator, OAHA

The Ostomy Association of the Houston Area (OAHA) would like to congratulate Cindy Barefield, Pat Thompson, and Sarah Arriaga as Bronze Award recipients for the 2020 Excellence in Nursing season. The Good Samaritan Foundation reviews peer nominations for their recognitions. This is Cindy's second time to receive an award from them. These nurses demonstrate a passion for the nursing profession and exemplify excellence in teaching, mentoring, leadership and service.

### Cindy Barefield, RN, CWOCN Houston Methodist Baytown Hospital

Cindy has been a nurse for 39 years. Her educational background includes an Associate Degree followed by a Bachelor's Degree in the Science of Nursing from Angelo State University in San Angelo, TX.



Originally beginning in Pediatrics, she promoted into Nursing Management and then moved into Med/Surg Nursing. Cindy is certified in Med/Surg Nursing, Professional Development and Wound, Ostomy and Continence Nursing. She completed the MD Anderson Wound Ostomy Continence Nurse Education Program in 2005 and then began her current career focus as a Certified Wound Ostomy Continence Nurse.

Cindy began the Baytown Group in November of 2004 while still training to become a CWOCN. The Baytown group serves as a resource for ostomates throughout East Harris County and was established with support from the Methodist Baytown hospital.

Cindy shares, "I enjoy working with people, encouraging them to learn new skills and to transition to a new way of life. I get great satisfaction when I see that people are able to cope with the changes in their life from the instruction and support that I have given them.

There are challenges in the hospital setting as some people are overwhelmed with the changes they face and are unable to cope; some lack a good support system at home or their financial situation is troubling.

Barriers to providing optimal care would include time constraints imposed by insurance companies. Some people have multiple disease processes; to add an ostomy raises the stress level to an incredible degree."

She also notes, "In the acute care hospital where I practice, the majority of people I follow after ostomy surgery are unplanned – that is, they have urgent surgery to deal with an urgent medical problem. This creates an added level of difficulty for the post op period. By taking time to build relationships with the surgeons, I am hopeful that when there is an opportunity to discuss surgery

*(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

Excellence in Nursing Awards . . . . .	1/3-4
Group News . . . . .	2-3
Ostomy Awareness Information . . . . .	4
Get Your Rear In Gear—Houston! . . . . .	5
Ostomy Leaks and Skin Breakdowns . . . . .	5
Switching of Your Supplies by a Third-Party Payer . . . . .	5
<b>Meeting Dates/Times</b> . . . . .	6
Opportunities and Announcements . . . . .	6
WOC Nurse Directory/Advertising . . . . .	7
Advertising Support . . . . .	7-10
Membership Information . . . . .	9
Contact Information . . . . .	10

## Central Group News

The Central Group will not be meeting in October and we encourage everyone to join Joan Burnham with the Sugar Land Houston Methodist Hospital Support Group's WebEx virtual presentation on October 15th.

A phone call and a smile—our board has been on a mission to call our members to say hello, find out how they are doing and check to make sure they are receiving their newsletters. We are also thanking them for renewing their memberships. It has been so much fun visiting with so many of you on the phone. We just want to remind everyone to download our newsletter when you receive the email. It also sounds like a few of you have found the OAHA newsletter in your spam folders so, don't forget to check there as well. As an added bonus, all of our newsletters are also located on our website under the Publications tab.

In this October newsletter, I hope you enjoy reading Patti Suler's article featuring three of our nursing heroes who were awarded the 2020 Excellence in Nursing Awards. Thank you Cindy Barefield, Pat Thompson and Sarah Arriaga for all you do for the ostomy community—you are all greatly appreciated.

I really miss seeing everyone at our monthly support meetings and can't wait until we can safely meet again. I will be visiting the Tracy Gee Community Center in early October to request dates for our 2021 Central Group meetings. Keep your fingers crossed that we will have a successful vaccine soon which will enable us to continue our support meetings in 2021.

Many of us are enjoying the monthly virtual WebEx meetings presented by Joan Burnham, MSN, RN, OCN, RN-BC, and

Sarah Arriaga, BSN, RN, CWOCN, Houston Methodist Sugar Land Hospital. Our last virtual support meeting was on September 17th and the program was entitled: "Chew, Chew, Chew—the Mastication Message." It's always nice to see everyone even if they are only in a little box on the computer screen. These presentations are informative and educational and I encourage you to join us. I have had an ostomy going on 18 years and I still always learn a new thing or two and I am often reminded of something long forgotten. Meeting information for the October 15th meeting is in this newsletter, all are welcome. You can even participate using your cell phone!

Looking ahead for 2021 we are in the process of planning for our biennial Visitor Training Program. I am delighted to announce Cindy Barefield has agreed to present the Ostomy 101 program—a vital part of the training. Thank you Cindy! Stay tuned for the date – we are working on securing either Saturday, July 17th or July 24th at the Tracy Gee Community Center from 8:30 a.m.—1:00 p.m. Visitors trained in this program are carefully screened and trained. Once having completed this course, visitors may be asked to call or visit a new ostomate or someone considering ostomy surgery. Our visitors do not give medical advice, but talking to a person who has had ostomy surgery and who demonstrates an ability to live a normal and active life, frequently helps the patient to accept the surgery, and is important in the rehabilitation process.

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

## Baytown Group News

Baytown Ostomy Support Group will not meet in October as we are still observing social distancing requirements. We plan to stay in touch via email.

You are welcome to join the Sugar Land Group Virtual Meeting on October 15.

Best regards,

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

## HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will not be meeting in October. You are welcome to join the Sugar Land Group Virtual Meeting on October 15.

**MaryAnne Lewis, [maryannelewis@hotmail.com](mailto:maryannelewis@hotmail.com) or 281-948-1490**

## Northwest Group News

The Northwest Group has been holding a picnic gathering since its early beginnings many years before becoming a satellite to the newly formed Ostomy Association of the Houston Area in 2005. **Needless to say, we are still having our picnic and as usual—everyone is invited to attend.** We will have games, entertainment, prizes, fellowship and no need of designated drivers.



Mark your calendars for October 21st at 7:00 p.m. and contact your program leaders for the virtual link if needed. If you would like to participate in helping out with the setup or games, contact Patti Suler (info on the back of this newsletter).

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

## Sugar Land Group News

The Houston Methodist Sugar Land Ostomy Group met on September 17th at 6:00 pm through WebEx. Joan Burnham presented a video on chewing and made it available through the attached links:

<https://youtu.be/PVCstE4USqE>

<https://www.powtoon.com/c/eLofoXIJBrP/1/m>

We then had roundtable discussion about eating, and the gut. The question was asked if it is normal to pass something from your rectum after ostomy? Yes, the tissues remaining will continue to produce mucus which can trigger the stretch receptors in the anus making it feel like you are having to poop. Often this material is sticky and smelly, it may require soaking in a warm bath to help remove the discharge. The amount that is passed is dependent on the amount of colon left to produce mucus. Discussion continued on how amazing our bodies are to manage chewing with the ability of our teeth to feel incredibly small bits of grit and to stop a bite instantly as the food is smashed. These abilities protect us from damaging our teeth and maintain our ability to chew food. The ability to stop a bite has been transferred to surgical instruments that automatically retract the sharp edge once it is though the intended tissue, which avoids puncturing internal organs in laparoscopic surgery. We also talked about the importance of understanding how your body works so that you can understand what is happening inside you. Two books were mentioned that may be helpful; *Gulp* by Mary Roach and *The Inside Tract: Your Good Gut Guide to Great Digestive Health* by Gerard E. Mullin and Kathie Madonna Swift. The conversation mentioned the path of the colon and how the gut does not have great distribution of nerves so pain is not exact to the true location of a gastrointestinal problem. Trivia included that Elvis Presley had a megacolon (a very enlarged stretched out colon from backed-up stool) and died from constipation that caused a heart arrhythmia.

**Our next meeting is October 15, 2020 from 6:00 p.m. to 7:00 p.m. with a WebEx virtual platform.** Our topic will be: “Come a Little Closer—Intimacy and Ostomies” **Details on how to join the call are provided in your October OAHA Email.** Please feel free to join us!

**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.

## 2020 Excellence in Nursing Awards

(continued from page 1)

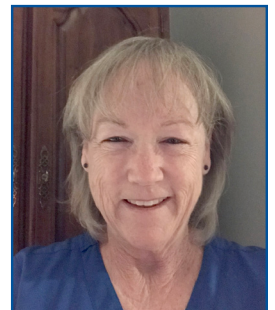
before it occurs, I will be notified. The patient/family are able to cope so much more effectively when they have had some information before surgery and know what to expect. It is also very helpful to be able to mark the abdomen for an ideal stoma site. When possible, the surgeon utilizes this site and the patient has a better chance of getting a site that will not be problematic down the road.”

Cindy is recognized as a skilled presenter with numerous professional presentations and published articles. She has supported OAHA Visitor Training for several years as well as participating in several fundraising events. Aside from her sixteen years facilitating the Baytown Group, she has also served the South Central Region of the Wound Ostomy Continence Nursing Council in the following positions: President 2017; President-elect 2016; Nominations Chair: 2013-2015; Ad Hoc Chair 2011 & 2012; Operations Chair 2009 & 2010 & Bylaws Chair, 2008. Additionally, she has volunteered with the Friends of Ostomates Worldwide—USA in the following roles: Director 2015 to 2018, Vice President 2018 to 2019, and is currently serving as President.

Outside of work, Cindy is happily married to a wonderful nurse whose career has taken him into Emergency Nursing, Management and Education. She shares her favorite titles, “I am “mom” to two grown children who are wonderfully finding their way in the world. I am “Yaya” (a.k.a. Grandma) to an awesome 9 year-old who brings me endless joy!”

### Pat Thompson, RN, BSN, CWON HCA Houston Healthcare Northwest

Pat has been in nursing for 40 years. She received her Bachelor's of Science in 1977 from the University of Texas System School of Nursing-Arlington/Galveston, Texas. She became a WOC Nurse in 1996 after completing the Wound, Ostomy, Continence Nurse Education Program at MD Anderson Cancer Center-Houston, Texas.



Pat originally worked at Presbyterian Hospital in Dallas as well as home health. She raised her daughters as well before joining Northwest Medical Center in 2000 where she works as an educator and hands-on clinician. She has served the Northwest Group for those same twenty years as their nurse and co-facilitator. Additionally, Pat has supported the CCFA Walks as part of OAHA's team for ten years and then recently took over as our team captain for that same fundraiser this year. She enjoys a close relationship with the ostomy community and loves to share

(Continued on page 4)



## 2020 Excellence in Nursing Awards

(continued from page 1)

in their personal victories as they gain self-care skills and return to active lifestyles.

Pat's advice to nurses considering becoming a CWON or CWOCN are "Be prepared to love what you do! It is very rewarding to see people's wounds improve or to help someone go through a life changing operation and provide them the knowledge to get over that hurdle and manage to move forward."

Pat was asked what she liked best about working with OAHA and the Northwest group. Her response, "Well, of course it is the people!!!! I have learned so many tips and tricks from everyone that I can use to share with new ostomates, but also different things in my own life from new recipes, to gardening to photography. Everyone has so much to offer and share and they do!!

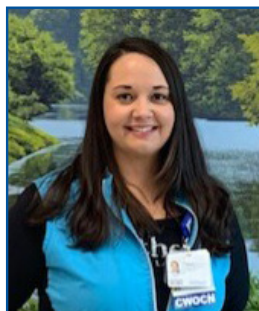
OAHA has a special place in my heart because they felt strong enough about ostomy nurses to develop a scholarship for a nurse that has the desire to become a WOC nurse. I feel this is very generous and I am so grateful to have been a part of developing the scholarship and knowing the first recipient."

Last year Pat joined with another WOC nurse MaryAnne Lewis in establishing the first hospital-based pediatric ostomy support group (HOPE) in the United States. Pat is a member of the South Central Region of the Wound Ostomy Continence Nurses Association and has served in the following roles: South Central Region of the WOCN-2019-President ex Officio, 2018-President, 2017-President Elect, 2016 & 2015-Scholarship Director. Additionally before COVID-19 hit she served as facilitator of the NW Area Wound and Ostomy nurse meetings.

Pat shared some of her personal side, "Besides work, I am pretty much just Grandma. I have 2 granddaughters and 2 grandsons and we like to play—we cook (pound cake is our specialty), swim, go to the beach, go to the lake, feed the ducks and turtles. I also like to travel but have not been anywhere since the pandemic, hope to get to Colorado, in the spring, to see my oldest daughter and spend some time in the mountains/National Parks."

### Sarah Arriaga, RN, BN, CWON Sugar Land Methodist Hospital

Sarah graduated from the University of South Alabama and began her career at Memorial Hermann Health System in 2012. Sarah completed the Web WOC Program by the Wound Ostomy Continence Nurses Association and attained her certification in 2015. In 2016 she moved to the Houston Methodist Sugar Land Hospital where she currently works. Her responsibilities include assessing patients with acute and chronic wounds, supporting proper wound healing and providing preventative care, infection control.



She collaborates with healthcare team members to develop holistic treatment plans, patient education, home health education in the care of the wounds. She also dresses wounds properly using advanced dressings and provides nutritional assessment and education. Sarah is trained in hyperbaric oxygen treatments, case management, and assists physicians during the debridement of wounds.

Sarah works alongside Joan Burnham, MSN, RN, OCN, RN-BC, who is the Oncology Nurse Navigator at Houston Methodist Sugar Land Hospital to facilitate the newest OAHA support group. Joan took a moment to share her thoughts about working with Sarah below.

*"Sarah Arriaga is the uncommon nurse who stays late to help and finds resources when there are no other options. She embodies the ideal of the wound ostomy nurse. Sarah is readily accessible for her peers and never hesitates to help out when she can. She is a mentor to our newest wound ostomy nurse, Meghan Atchison. Sarah further demonstrates her knowledge by getting her certification in wound and ostomy care."*

*"I have been working with Sarah and our Ostomy Support group for the past year. Sarah has been an invaluable resource for patients in the Sugar Land community. Her ready smile (although hard to see these days) is a welcome sight to a person who is dealing with the unexpected new ostomy. Her ease with the process helps the patient understand how to care for their ostomy themselves and to be open to letting their family members help with their ostomy. Sarah normalizes the ostomy experience to the new ostomate. Sarah helps the patient feel that there is no such thing as a dumb question and that she is available for any question or concern that may arise about their ostomy. I have never seen her unable to provide some type of answer for a question, this demonstrates her critical thinking skills and her commitment to her patients. The Good Samaritan Bronze award is the acknowledgement of Sarah Arriaga's skill and knowledge to our community. Congratulations, Sarah!"*

**Joan Burnham, MSN, RN, OCN, RN-BC**  
Oncology Nurse Navigator  
Houston Methodist Sugar Land Hospital

Once again, the Ostomy Association of the Houston Area (OAHA) is proud to recognize these wonderful nurses and their continuing contributions. **Great Job, Ladies!**

### Ostomy Awareness Day, Saturday, October 3, 2020

This year we are celebrating the 10th Anniversary of National Ostomy Awareness Day that began in 2010. Join with UOAA and the entire ostomy community on Saturday, October 3, 2020 to spread the facts about life-saving ostomy surgery and stop stigmas once and for all. (See our September issue on ways to celebrate Ostomy Awareness Day.) [https://ostomyhouston.org/generator/assets/September\\_2020\\_OAHA\\_news\\_web2.pdf](https://ostomyhouston.org/generator/assets/September_2020_OAHA_news_web2.pdf)

## Get Your Rear In Gear-Houston: Update!

by Patti Suler, Media Coordinator, OAHA

The 2020 Virtual Get Your Rear in Gear Fundraiser Benefiting the Colon Cancer Coalition on Saturday, November 14, 2020 is now looking for your support. The Ostomy Association of the Houston Area has officially joined this fundraiser under Team Captain Laurie Pitzer from the Northwest Group. To donate to the team: <https://donate.coloncancercoalition.org/houston/OAHA>.

Perhaps you have survived colon cancer or perhaps lost a loved one to it. You can donate directly on your behalf or honor the memory of someone. Funds raised through local events are granted back into host communities to increase colon cancer screenings and save lives. This virtual fundraiser directly contributes to fighting Colon Cancer through education and the promotion of early screening. If you have any questions please contact Team Captain Laurie Pitzer at 713-301-6351.



## Ostomy Leaks and Skin Breakdowns

<https://www.youtube.com/watch?v=suD1EKSrDJs&feature=youtu.be>

*Click the link above, or click on the image below to view video.*

Elaine O'Rourke and Ostomy Nurse Anita Prinz discuss ostomy leaks, reasons why they happen, what to do and how to help with skin breakdown. There is lots of valuable information in this interview for even those who have had their ostomies for many years. Elaine has had her ileostomy since 2005 due to Crohn's disease and has had her fair share of leaks over the years until finding the right pouching system for her. If you are having persistent leaks then you should always consult with an ostomy nurse who can help find a solution for you.



### Facebook Live: Ostomy Awareness Day

October 3, 2020, 12 p.m. EDT

Watch live:

[www.facebook.com/ccfafb](http://www.facebook.com/ccfafb)



### Have You Experienced Non-Medical Switching of Your Supplies by a Third-Party Payer?

Non-medical switching is a cost-cutting strategy by third-party payers whereby they refuse to cover the products that are components of an individual's pouching appliance system in favor of different products that are less expensive and/or limiting patients to a restrictive formulary. For example, have you had a supplier "switch out" what was prescribed and substitute generic, poorer quality, or less expensive brands. Or does your insurer restrict you to a specific brand or specific supplier, which limits your access to the products you need? **Please contact [advocacy@ostomy.org](mailto:advocacy@ostomy.org), if you would be willing to share your patient story.**



## Central Group

**Monthly:** Third Monday of the month  
**Date:** No meeting in October—Join the Sugar Land Group Virtual Meeting on October 15.  
**Contact:** Denise Parsons 713-824-8841 [rockynme2@gmail.com](mailto:rockynme2@gmail.com)

## Baytown Group

**Monthly:** Second Monday of the month  
**Date:** No meeting in October—Join the Sugar Land Group Virtual meeting on October 15.  
**Contact:** Cindy Barefield, CWOCN, 281-428-3033

## Northwest Group

**Monthly:** Third Wednesday of the month  
**Date:** October 21, 2020, 7:00 p.m.  
**Program:** **Virtual Annual Picnic**—games, entertainment, prizes, fellowship (contact your program leaders for the virtual link if needed)  
**Contact:** Billy Locke 337-515-6354

## Sugar Land Group

**Monthly:** Third Thursday of the month  
**Date:** **October 15, 2020**  
**Time:** 6:00 p.m.  
**Place:** **VIRTUAL WEBEX MEETING (Information is provided in the email of your October Newsletter.)**  
**Program:** **“Come a Little Closer—Intimacy and Ostomies”**  
**RSVP to Joan at 281-274-0188 or**  
[jmburnham@houstonmethodist.org](mailto:jmburnham@houstonmethodist.org).  
**Contact:** Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator, 281-274-0188

## Woodlands Pediatric Group

**Monthly:** Second Sunday of the Month  
**Date:** No meeting in October—Join the Sugar Land Group Virtual Meeting on October 15.  
**Contact:** MaryAnne Lewis, [maryannelewis@hotmail.com](mailto: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.)



The **United Ostomy Associations of America** (UOAA) can be contacted at: [www.ostomy.org](http://www.ostomy.org) or **800-826-0826**



## WOC Nurse Directory

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

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



Find us on  
**Facebook**

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



**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

# 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 UICAA, [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\*\*

**DISCOVER** **MasterCard** **VISA**  
[www.phoenixucaa.org](http://www.phoenixucaa.org)  
or call 800-750-9311  
USE Code ASG15

### 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 \$9.95. 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. ASC2018



## 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.



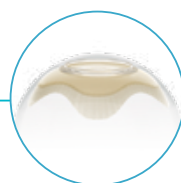
Ostomy Care  
Healthy skin. Positive outcomes.

**SenSura® Mio**

Also available  
in 1-piece and  
2-piece Click

The fit is  
the difference  
between asking for help  
and doing it yourself

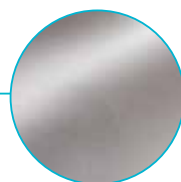
**SenSura® Mio Convex Flip** has a star shaped barrier to provide a secure fit over curved areas, even when bending and stretching.



A curved star-shaped barrier has petals that hug the body with less creasing or folding.



Fit zones in the center of the rim increase flexibility right around the stoma and optimize fit and flexibility for movement.



Neutral-colored, discreet **quiet** pouch is designed to stay unnoticed - even under white clothing.



Visit [www.coloplast.to/bestfit](http://www.coloplast.to/bestfit)



Call us toll free at **1-833-679-0801**

Ostomy Care / Continence Care / Wound & Skin Care / Interventional Urology

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. © 2020 Coloplast Corp. All rights reserved.



**Coloplast**

PM-11979 07.20





**FAST, EFFECTIVE, RELIABLE**

Near instantaneous absorption in the Jejunum helps you avoid trips to the emergency room!

**H2ORS**  
ORAL REHYDRATION SOLUTION

www.h2ors.com

Free shipping: use coupon code OST-SHIP

# Osto-EZ-Vent®

#1 preferred venting device for any Ostomy pouch

**Refreshed Design!**



**Quick • Discreet • Relief™**

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

Medicare Reimbursement Code A4366  
Also covered by Insurance

**KEM**  
Enterprises, Inc.

Call 888-562-8802  
www.kemOnline.com

Contact KEM for more information on the Osto-EZ-Vent® including Where to Buy.  
Manufactured by KEM in the U.S.A.

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.

**Osto Group** www.ostogroup.org  
Providing Ostomy Products to the Uninsured.

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



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

## 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: \_\_\_\_\_ Sex: ☐ Male ☐ Female ☐ Other \_\_\_\_\_

Reason for surgery ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects ☐ Other \_\_\_\_\_

In addition to English, I also speak the following language(s). Foreign language spoken: \_\_\_\_\_

*Why do we ask this? We have a patient visiting program and we are occasionally contacted by ostomates who are not fluent in English and we look to our membership to assist with communication.*

## 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"/> J-Pouch             | <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    Sugar Land Group    Woodlands Pediatric 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

**NEW LOW PRICE ~~~ \$45 includes shipping within the USA.**

STOMASPAN is a positive solution to a difficult situation and an Ostomate's bridge to ostomy protection.

Created by an Ostomate, our patent pending device provides a bridge effect spanning ones stoma and ostomy bag, allowing relief from an uncomfortable and painful seat belt. Made in the USA of durable lightweight aluminum it weighs less than a cell phone. Stomaspan slips on and off a seatbelt quickly and conveniently and 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.

**For more information or to place an order visit us at [www.stomaspan.com](http://www.stomaspan.com)**