



September 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)

## A Decade of Shining a Positive Light on Lifesaving Ostomy Surgery

By Jeanine Gleba, UOAA Advocacy Manager

"Ostomates Unite and Help Place The Ostomy In A Positive Light! Celebrate UOAA's Ostomy Awareness Day!" These were the words that were spread when UOAA announced the first National Ostomy Awareness Day on July 25, 2010. A decade later, UOAA continues to sponsor and celebrate this day annually in the United States by raising awareness about this life-saving surgery and increasing national visibility of those living with ostomies. Starting in 2014, and all subsequent years, UOAA has been celebrating Ostomy Awareness Day on the first Saturday of October, which coincides with World Ostomy Day every three years. **This year National Ostomy Awareness Day will be held on Saturday, October 3, 2020.**

The idea for an awareness day was originally suggested by Ally Bain, who worked with UOAA as a summer intern in 2010. (Flash forward, this is the same Ally instrumental for the [Restroom Access Act](#) (aka Ally's Law). The awareness day began as an experiment in social media to see what kind of grassroots support they could get for ostomy recognition. UOAA sent out a request on social media asking all followers to show their allegiance to the cause by changing their online status to the slogan and make their profile picture UOAA's logo. The immediate response was so strong that they were also contacted by friends at Talkin' Bout Guts, to host a 24-hour live podcast in honor of ostomy awareness. Thousands participated that year.

In recent years, UOAA has also named an Ostomy Awareness Day Champion. This year's champion is [Robin Brown](#), pageant

*(continued on page 1)*

winner Mrs. Washington, who uses her stage platform to raise awareness for ostomy surgery "all in the hopes that it can be a light for someone stumbling in the darkness". Her ostomy story and journey from farm girl to the title of Mrs. Washington World America is inspiring. [Watch her special video message for Ostomy Awareness Day!](#)

Over the years, celebrations have been centered around several different themes including Bouncing Back into Life, Navigate the Journey Together, Speaking Out Changes Lives and, most recently, Ostomies Are Life-Savers.

To commemorate the 10th anniversary, here are 10 ways you can join the movement to raise ostomy awareness this year:

*(Continued on page 1)*

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

Run/Walk for Resilience Ostomy 5k is going virtual. Register for Ostomy Awareness Day by 9/11/2020 and your \$17.50 registration will also include the 10th Anniversary Ostomy Awareness Day Race Technical T-Shirt! If you do not want a T-Shirt the registration is only \$5.00. The Run for Resilience is a critical fundraising event for the United Ostomy Associations of America, Inc. <https://ostomy5k.org/virtual-race/>



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).

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## Central Group News



### *Did you know....*

1. Ostomy or continent diversion surgery can occur at any age.
2. Having an ostomy does not lower life expectancy.
3. People with ostomies live full and meaningful lives that include swimming, working, playing sports & having relationships.
4. You'd likely never know if you met a person with an ostomy. Modern pouching systems are discreet and odor-proof.
5. Approximately 725,000 to 1 million Americans have an ostomy.
6. Approximately 100,000 new ostomies are performed each year.
7. The United Ostomy Associations of America, Inc. (UOAA) has more than 300 Affiliated Support Groups and the Ostomy Association of the Houston Area (OAHA) is one of them.

### *Yes, ostomies are life-savers!*

Stay safe! Hope you can join us virtually on Thursday, September 17th!

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

## HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will not be meeting in September. You are welcome to join the Sugar Land Group Virtual Meeting on September 20.

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

## Northwest Group News

The Northwest Group will not be having a September meeting. The Ostomy Association of the Houston Area groups are currently working together to consolidate our monthly online meetings to better leverage our limited volunteer resources.

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

## Baytown Group News

Baytown Ostomy Support Group will not meet in September 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 September 17.

Best regards,

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

## Sugar Land Group News

The Houston Methodist Ostomy Support Group conducted a WebEx On August 20, 2020 from 6-7 p.m. We had 19 participants and heard Sarah Arriaga, BSN, RN, CWOCN, speak on Stoma Changes. In a nutshell, the stoma initially may be swollen but should shrink in size over 6-8 weeks after surgery. All stomas should be moist and pink. Some changes in the stoma that can cause issues are related to skin trauma, irritation, or infections such as yeast (fungal) infections. Other later complications may be the loss of attachment from one side of the stoma to the connecting tissue of the abdomen, ulcers forming around the stoma, dead or sloughing skin on top of the stoma, overgrowth of tissue around the stoma from chronic moistness, or crusting of urine crystals to the skin with a Urostomy. Occasionally patients may experience a hernia which can present as a "pooching out" of the abdomen around the area of the stoma, or a prolapse of the stoma where the stoma protrudes beyond the level of the bag on the abdomen.

Sarah provided various options and strongly suggested for an ostomy nurse to be consulted for help in any of these situations.

Our next meeting will be September 17, 2020 at 6:00 p.m. with a virtual platform presentation from Joan Burnham, MSN, RN, OCN, RN-BC, on "Chew, Chew, Chew—the Mastication Message." RSVP to Joan at 281-274-0188 or [jmburnham@houstonmethodist.org](mailto:jmburnham@houstonmethodist.org).

**Please join us through the virtual application WebEx. Details on how to join are provided in your September OAHA Email.**

**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.

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

(continued from page 1)

1. Help shine a positive light on ostomy surgery and go “live” on your own at 7:00 p.m. EDT on October 3rd with people all across the United States. Hit the “live” button on your personal social media accounts (Facebook, Instagram or TikTok) to shine a light on yourself and tell everyone how your ostomy saved your life or that of a loved one. If you are a medical professional, share how your work helps save lives.
2. Participate in our 7th annual Run for Resilience Ostomy 5k. This year our local Ostomy 5k events will be held virtually along with our annual worldwide virtual Run/Walk, so you can walk or run in your favorite place or at home. Visit [www.ostomy5k.org](http://www.ostomy5k.org) to register or donate for one of these events. You can also join UOAA’s “United Advocates Smashing Stigma” team too!
3. Create a fundraising team through one of our Ostomy 5k events and challenge your family, friends, Affiliated Support Group members, colleagues and coworkers to raise ostomy awareness and funds for a good cause! Have your teammates share the team campaign and see who can get the most donations. Better yet, ask your employer to match any donations raised!
4. Make a [donation](#) to the “Ostomy Awareness Fund” as a tribute to the 10th anniversary. Donate a minimum of \$30 and receive a special bandana with the “Ostomies Are Life-Savers” graphic image. These bandanas are also a great pet accessory. Share a photo with UOAA of your pet raising ostomy awareness!
5. Participate in some of the events we have planned with partners such as the Facebook Live Event that will be co-hosted with Crohn’s and Colitis Foundation on October 3rd.
6. Raise awareness and spread the message that ostomies are life-savers using our infographic. We encourage you to share, post or print it wherever possible.
7. Our Operation Ostomy—A Life Saver campaign continues to spread the message that we are saving lives one ostomy at a time. Please use our 10th Anniversary [Ostomy Awareness Day logo](#) for your profile picture on your social media accounts. Use the hashtags: #OstomiesAreLifesavers #OstomyDay2020 and tag UOAA on Facebook @uoaainc Instagram @uoa\_ or Twitter @uoa.
8. Get your Federal, State or Local elected officials to pass a proclamation declaring October 3, 2020 as the 10th anniversary of this special day. Use our [sample proclamation](#) or [take action here](#).
9. Use our [sample letter](#) to the editor to share with your local media why ostomies are life-savers.
10. Aside from Ostomy Awareness Day, October is full of fun fall activities. Carve a pumpkin (or paint) in an [ostomy theme](#). “Shine a light” in your carved pumpkin and raise ostomy awareness in your neighborhood.

For more information and the latest ways to get involved including activities from some of our sponsors visit <https://www.ostomy.org/ostomy-awareness-day/>.

With your help we will carry on breaking the silence and shining a positive light on what has saved so many lives.

## Get Your Rear In Gear – Houston!

by Patti Suler, Media Coordinator, OAHA

The Ostomy Association of the Houston Area (OAHA) is forming a team again this year for the virtual version of the “Get Your Rear in Gear” 5K Family Run/Walk event. This fundraising event supports the Colon Cancer Coalition. Their specific mission is to increase awareness of colon cancer and promote early screening. If you are reading this story, most likely you are a colon cancer survivor because the majority of ostomates have their ostomies due to colon cancer. Colon cancer (also called colorectal cancer) is one of the most common forms of cancer and it is the second leading cause of cancer deaths in the United States perhaps because no one likes to talk about it.



We ostomates certainly understand stigma and how no one likes to talk about ostomies either.

Colon cancer though is highly treatable. When found in its earliest stages, the five-year survival rate is 90%. 1 in 10 of those diagnosed with colon cancer are under the age of 50. Education and regular screenings go a long way in preventing a large number of colorectal cancers from happening. Colon cancer starts with polyps, small growths that in time can turn cancerous. Testing helps your doctor find (and remove) these growths. Again, early detection is key to survival. Help the Colon Cancer Coalition with their fight for education and early screening.



**Please consider joining our own team to fight colon cancer. Save the date, Saturday, November 14, 2020, and watch for more details. Laurie Pitzer from the Northwest Group will be our Team Captain. If you have questions, she can be reached at 713-301-6351.**

# OSTOMY 101



Provided by United Ostomy Associations of America

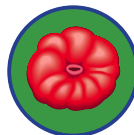
## WHAT IS AN OSTOMY?



OSTOMIES ARE PROSTHETICS

**AN OSTOMY** causes a change in the way urine or stool exits the body as a result of a surgical procedure. Bodily waste is rerouted from its usual path because of malfunctioning parts of the urinary or digestive system. They can be temporary or permanent.

**A STOMA** is the opening created by ostomy surgery. It is located on the abdomen and is dark pink in color. For most ostomies, a pouch is worn over the stoma to collect stool or urine. For some people it is possible to have a continent diversion, which is a procedure that avoids having to wear a pouch, as an alternative to a conventional ostomy.



Persons living with an ostomy in the U.S.

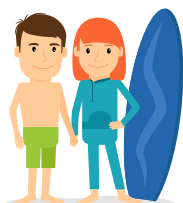
## DID YOU KNOW...?

You'd likely never know if you met a person with an ostomy.

Babies, kids and adults have ostomies.



Approximately **100,000** ostomy surgeries are performed annually in the United States.



People with ostomies live full & meaningful lives that include swimming, working, playing sports & having relationships.

**OSTOMIES SAVE LIVES.**

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## WHY DOES A PERSON NEED OR CHOOSE AN OSTOMY?



### COMMON REASONS FOR A COLOSTOMY:

.....  
Diverticulitis causing rupture  
Inflammatory Bowel Disease  
Birth Defects  
Cancers  
Bowel obstruction  
Injury

### COMMON REASONS FOR AN ILEOSTOMY:

.....  
Inflammatory Bowel Disease  
Familial adenomatous  
Birth Defects  
polyposis  
Cancers

### COMMON REASONS FOR A UROSTOMY:

.....  
Cancer  
(particularly of the bladder)  
Birth defects  
Bladder diseases or injuries

**OSTOMY.ORG**  
Advocates for a Positive Change

## WHAT ARE THE DIFFERENT TYPES?



A **colostomy** diverts stool from the colon.



An **ileostomy** diverts stool from the small intestines.



A **urostomy** diverts urine when the bladder has been removed or bypassed.





### SOME REASONS OSTOMY SURGERY IS PERFORMED TO SAVE A LIFE

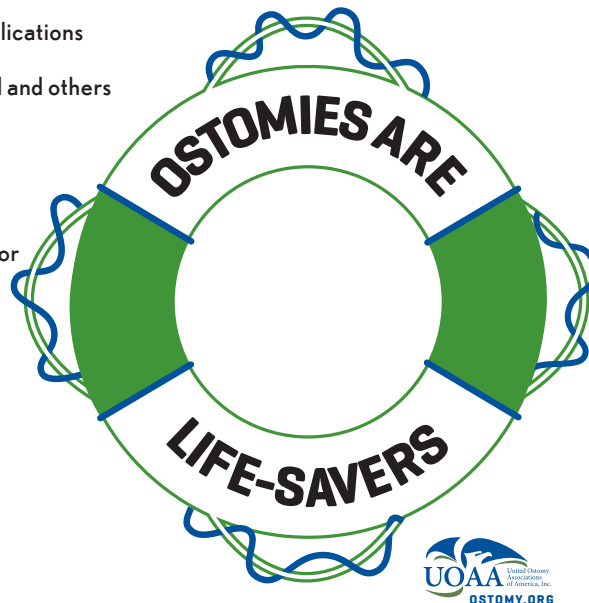
DURING COMPLICATIONS & ADVANCED STAGE:

- 1 **Crohn's disease** or **ulcerative colitis** complications
- 2 **Cancers** such as colorectal, bladder, cervical and others
- 3 **Infection (sepsis)** of the abdomen
- 4 **Perforated diverticulitis** or an abscess
- 5 **Birth defect** (for example imperforate anus or spina bifida) Rare diseases (such as Hirschprung's disease and FAP)
- 6 **Blunt or penetrating abdominal trauma** to the bladder, rectum or colon (for example stabbing, gunshot wound, or sexual violence)



OSTOMY SURGERIES PERFORMED  
**ANNUALLY IN THE U.S.**

*"My daughter's ostomy saved her life at the age of four." Elsa Y.*



*"Without my ostomy surgery I wouldn't be here today." Mary F.*



**80,470**  
NEW **BLADDER CANCER**  
CASES ANNUALLY



**4th**

MOST COMMON CANCER IS  
**COLORECTAL CANCER**



**2 MOST COMMON**

ORGANS WITH PENETRATING  
ABDOMINAL TRAUMA ARE  
**SMALL BOWEL (50%)**  
**LARGE BOWEL (40%)**

SPREAD OSTOMY AWARENESS...IT CAN BE A LIFE-SAVER.

**OSTOMY.ORG**  
Advocates for a Positive Change

## Bacteria and Your Pouch

Many patients having ostomy surgery worry about bacteria. Those with colostomies and ileostomies ask if their stomas will become infected with the discharge of stool. This is a myth! The stoma is accustomed to the normal bacteria in the intestine. Keep the skin around the area clean and be careful of adjacent wounds. You may want to keep fecal drainage away from the incision. Do not worry about the ostomy becoming infected from normal discharge. Nature has provided well. Our bodies are accustomed to certain bacteria.

The urinary ostomy patient is more likely to be susceptible to infection than the other types of ostomies. Urine is usually sterile. It is important to keep the urinary pouch very clean. On days that it is not changed, it should be rinsed with a solution of 1/3 white vinegar to 2/3 tap water. This can be allowed to run up over the stoma and will also help prevent crystals. The vinegar produces an acid environment in the pouch. Bacteria cannot multiply as readily in an acid condition. Your night drainage pouch should

be cleansed daily. White vinegar and water can be used for this too. Perhaps some of you use a special disinfectant or diluted Lysol solution. When the drainage bag has sediment that cannot be removed by cleaning, it should be discarded. Drinking plenty of liquids is important for all ostomies, but especially for the urostomy patient.

Many urologists also prescribe vitamin C to help keep the urine acid and less susceptible to infection. (Check with your doctor first, as some persons have reasons that would be exceptions to this). Cranberry juice helps to keep the urine acidic. Ostomy patients should strive to live a normal life, keep fit nutritionally (this helps prevent infection), and drink sufficient fluids. Do not live in fear of infection.

*Thanks to MetroMaryland, Thrive, March/April 2020 and Ottawa Ostomy, 2017*

# Mythbusters!

## Facts and Truth to Fight Ostomy Stigma



### MYTH:

Everyone will know that a person is wearing an ostomy pouch.

### FACT:

No one will ever know unless an ostomate chooses to tell someone. Clothing rarely reveals an ostomy.

### MYTH:

Only older people have ostomies.

### FACT:

People of all ages have this life-saving surgery, even infants.



### MYTH:

Ostomates are disabled and can't work.

### FACT:

People living with an ostomy work every type of job imaginable. They lead active lives, play sports, swim and socialize.

*You have likely met a person with an ostomy and never knew it.*

### MYTH:

People with an ostomy can only eat certain foods.

### FACT:

Ostomates are not on a restricted diet. But they should be aware of the effects that various foods will have on stool output such as gas, color or blockage.

### MYTH:

People wearing an ostomy pouch smell.

### FACT:

Modern ostomy pouching application systems are **made to be odor-proof**. For added confidence some ostomates also use odor-control filters and deodorants.

### MYTH:

People with an ostomy aren't physically intimate.

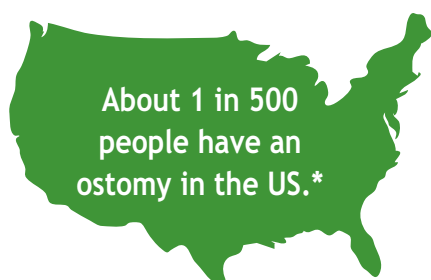
### FACT:

People with ostomies live full and meaningful lives that include dating, having relationships and children/grandchildren.

**MYTH:** People with an ostomy are homebound because their pouch leaks.

### FACT:

A properly fitted pouching system with a secure seal will not leak. There are many types of pouches and accessories on the market. Specialty nurses such as Certified Wound Ostomy Continence nurses can evaluate stomas and find the proper pouching system to prevent leakage. It is possible on rare occasions an accident may occur.



**MYTH:** Ostomies are permanent for everyone.

### FACT:

For some they are, but **many ostomies are temporary** to help the digestive system heal after surgeries or conditions such as diverticulitis and then they are reversed.

**For more information or support, visit [www.ostomy.org](http://www.ostomy.org)**

\* Statistic calculated from researched UOAA population estimates and census data

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## Central Group

**Monthly:** Third Monday of the month  
**Date:** No meeting in September—Join the Sugar Land Group Virtual Meeting on September 17.  
**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 September—Join the Sugar Land Group Virtual meeting on September 17.  
**Contact:** Cindy Barefield, CWOON, 281-428-3033

## Northwest Group

**Monthly:** Third Wednesday of the month  
**Date:** No meeting in September—Join the Sugar Land Group Zoom Meeting on September 17.  
**Contact:** Billy Locke 337-515-6354

## Sugar Land Group

**Monthly:** Third Thursday of the month  
**Date:** September 17, 2020  
**Time:** 6:00 p.m.  
**Place:** **VIRTUAL WEBEX MEETING (Information is provided in the email of your September Newsletter.)**  
**Program:** **Speaker: virtual platform presentation from Joan Burnham, MSN, RN, OCN, RN-BC, on “Chew, Chew, Chew—the Mastication Message.” 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 September—Join the Sugar Land Group Virtual Meeting on September 17.  
**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](https://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](https://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)



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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%\*)
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ASC2008



## 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.

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Ostomy Care  
Healthy skin. Positive outcomes.

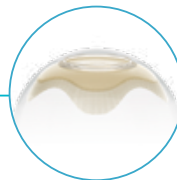


**SenSura® Mio**

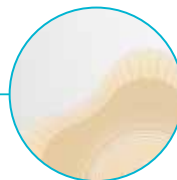
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The fit is  
the difference  
between asking for help  
and doing it yourself

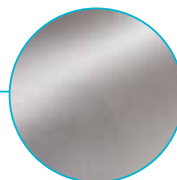
**SenSura® Mio Convex Flip** has a star shaped barrier to provide a secure fit over curved areas, even when bending and stretching.



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

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PM-11979 07.20



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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](http://www.ostogroup.org)  
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**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                          |

☐ 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.

*Membership benefits include:  
Monthly Support/Information  
Meetings, Social Events,  
Monthly Newsletter*



# Seatbelt Relief

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