



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

Sixty Years with an Ostomy

By Ed Pfueller, UOAA Communications Manager, courtesy of ostomy.org



Beverly Dabliz is ready to celebrate a monumental 60th anniversary but even her closest friends do not all know what it is for. Recently she decided it was finally time to share the news. "Just last week I told a close friend I've known for 66 years – I'm the godmother of her twins, but even they did not know I have an ostomy. It was just not something people talked about," Dabliz says.

She adds "People are surprised to learn the news, but it does not matter to them one bit."

Dabliz had ileostomy surgery in 1962 at Ferguson Hospital in Grand Rapids, Michigan. Ferguson was one of the first clinics in the world to perform such surgeries. By the time she turned twenty she was suffering from ulcerative colitis and by twenty-four ran out of treatment options. "After sixty years I have never regretted it, it has allowed me to live a great life," Dabliz says.

Almost no one with the exception of her doctor understood the procedure and how to care for it. She knew she was on her own on how to carry on and reach her full potential.

Even if you have a great support network Dabliz recommends, "You have to own it and take care of it." Ostomy supplies of that time bear little resemblance to the lightweight, contoured appliances of today. "I wore a heavy two-piece rubber appliance held on with an ostomy glue," she recalls. It was not until the 70s

that pouching systems began to evolve into something similar to the one and two-piece systems commonly used today.

"It was just not something people talked about."

Over the years Dabliz has helped other ostomates in need through the Detroit Metro Ostomy Support Group. While doing hospital visits she would always appear in fitted clothes and enjoyed how grateful the patients were to hear from someone else living with an ostomy. She is happy about the recent return of in-person support group meetings. At meetings, Dabliz is sometimes surprised by some of the



Beverly Dabliz works during a mission trip to Costa Rica with her Michigan church group.

concerns new ostomates have regarding things like food, "I just tell them to be sure you chew your food very well, in the

(continued on page 5)

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.

In This Issue

Sixty Years with an Ostomy	1/5
News from the OAHA Board	2
Group News	2/3
Visitor Training—July 23, 2022	4
Factors Which Influence Ostomy Function	5
Youth Rally	6
Meeting Dates/Times	7
Opportunities and Announcements	7
Ostomy Resources	8-9
Ostomy 101 App for Apple/Android	10
WOC Nurse Listing	11
Membership Information	13
Advertising Support	11-14
Contact Information	14

News from the OAHA Board

SAVE THE DATE: July 23, 2022 from 10 a.m. – noon for VIRTUAL VISITOR TRAINING

This is a great opportunity to pay it forward and help a fellow ostomate—see details in this newsletter.

Types of visits a certified visitor may be asked to do:

Despite assurances from doctors, nurses and others concerned with the patient's complete recovery, there is, for the patient, NO SUBSTITUTE for the visual proof provided by a well-adjusted individual who has had similar surgery. The certified visitor is an example of a successfully rehabilitated person who has learned to live well with an ostomy or related procedure.

After certification from the Visitor Training Program, you may be called upon to visit someone before or after their surgery. These may include: pre-operative, post-operative, telephone visit and maybe even a home visit. Please attend our Certified Visitor Training Program!

Attend a Meeting: April is a great month to attend one of our meetings – virtual or in-person – we've got you covered!

New Ostomy Support Group—Mary Kinsey, BSN, RN, WC, OMS and Program Director at Memorial Hermann Greater Heights has a North Houston Ostomy Support Group on Facebook – check it out and join Mary the 2nd Tuesday at 6:00 pm of each month for a Zoom Support Meeting! Email mkinsey815@gmail.com for more information.

Membership Drive Around the Corner: The OAHA is very grateful to all who have supported us with annual membership dues and donations. We know that the past few years have been challenging with Covid-19 and we are thankful for your memberships and your support. July is our annual membership dues drive (annual membership are \$25) and we will be asking you to renew your membership.

The OAHA is an association of volunteers dedicated to serving and educating ostomates and their families. Thanks to dues and donations, we are able to continue our outreach with monthly meetings, a certified visitor training program, monthly newsletters, an informative website and fellowship.

Donations are Tax-deductible. The OAHA is a registered non-profit 501 (c) (3) organization dedicated to providing mutual support for people with ostomies. If you would like to be a member and cannot afford membership dues at this time, please contact one of our board members as we receive donations from generous donors who support our mission of helping ostomates. All information is confidential.

Your OAHA Board

Central Group News

The Central Group of the Ostomy Association is enjoying our monthly in-person meetings! We got together on Monday, March 21st and we welcomed Ama Acheampong. Ama works with Grace Domphe MHA, BSN, RN, SWCN, COCN at LBJ Hospital and is being trained by Grace to work with ostomates. Ama plans on attending our monthly Central Meetings—thank you and welcome Ama! We also welcomed Ron, Terry, Denise, Mike, Lorette and Julie! We were so grateful to learn that Julie would like to become more involved and she's happy to assist our association and volunteer when the need arises. During our meeting, we had an open forum and discussed ostomate issues concerning dehydration, skin care and dietary and absorption issues facing ostomates. We are also getting ready for our July 23rd Virtual Visitor Training so, please SAVE THE DATE! And, looking further in the future, there will be a lot of volunteer opportunities when the UOAA 8th National Conference comes to Houston in August 2023.

Our next in-person meeting is April 18th at 7:00 p.m. at the Tracy Gee Community Center. We are happy to announce we will have a Coloplast presentation from Shannon Triplett, Senior Ostomy Territory Manager and Lisa Gonzales, Shannon's new colleague. We are thrilled to learn Coloplast now has 2 representatives supporting the Houston Ostomy Community! Come learn about Coloplast's products and their Coloplast Care Program—a personal support program that offers support and education to ostomates. Hope to see you in April!

Kathleen Duplessis, President, OAHA,
Kathleen.duplessis@outlook.com or 713-299-3180

HOPE—TCH Woodlands, Pediatric Group News

The Houston Area Ostomy Pediatric Education and support (HOPE) group met March 13th. We had a very inspiring presentation by Kristen Fury, a speaker sponsored by Coloplast. Kristen spoke about her "Teen Ostomy Journey" and everything she went through with her diagnosis, her hospitalizations, her multiple surgeries, and her continued journey. She, and the teens she spoke to, were such an inspiration to each other and everyone on the call!

The next meeting of the HOPE group will be April 10th from 2-3 pm. Please contact MaryAnne for meeting information. We will discuss the change in the Youth Rally from an in person event to a virtual camp. The registration for this 4-day camp (July 13–16) is \$100 and many scholarships are available.

MaryAnne Lewis, maryannelewis@hotmail.com or 281-948-1490

Northwest Group News

The Northwest Group met virtually on Wednesday, March 16th. Dietician Taylor Drake presented a wonderful program on healthy eating for ostomates. I have decided to make a Powerpoint presentation on smart shopping/smart eating. She spoke about how eating healthy starts at the grocery store and how to shop smart on a budget (since prices of food are increasing with inflation). She also talked about label reading and what to look for when reading one.

We had a great time sharing tips for making better choices. Denise from the Central group attended and encouraged members to consider joining the Board of Directors with several openings coming up this year. Denise also asked everyone to mark their calendars for the upcoming virtual Visitor Training in July.

Next month we will have Lisa Osterhaus with Hollister presenting.

Billy Locke
337-515-6354

Sugar Land Group News

The Houston Methodist Sugar Land Ostomy Support Group met on Thursday, March 17, 2022.

We reminded the group of visitor training and open board positions with OAHA and invited interested parties to contact Joan for more information. We noted that the OAHA is celebrating 66 years of service to the Houston community of persons with an ostomy. Joan shared that March is Colorectal Cancer Awareness month.

The program was then passed to Araz Sarkissian, MS, RN, LD, Clinical Dietician II, at Houston Methodist Sugar Land Hospital.

Araz shared a PowerPoint on diet and issues that commonly arise for ostomy patients after surgery. All participants were invited to speak and ask questions. One participant was preparing for surgery, she asked questions of the group and everyone was able to share a little something about what to expect and some tricks to remember for getting ready to go home from the hospital.

Our next meeting will be in April 21, 2022, currently a **virtual meeting** but we hope to soon transition to a hybrid group where participants can join either in person or virtually.

Joan will be presenting on 'Stinky Poo and Pee: The Art of Odor Containment'

Joan Burnham, MSN, RN, OCN, MEDSURG-BC
Oncology Nurse Navigator
281-274-0188 jmburnham@houstonmethodist.org

Baytown Group News

Baytown Ostomy Support Group members met together on March 21st, 2022. Interestingly enough, this meeting took place exactly 2 years since the last meeting that was held in person! We have offered virtual meetings in these past months, but we have missed the opportunity to interact with each other.

Monday was a great night to introduce Roxanne Warren, Sales Specialist with Hollister. Roxanne shared a Powerpoint presentation enriched with videos on Peristomal Skin Health.

5 common misconceptions about skin health included:

- #1 Peristomal skin complications ARE expected. They may occur but try to avoid!
- #2 Itchy skin ALWAYS looks red or inflamed. Peristomal skin may look healthy and you may still experience itching.
- #3 It's ALL about skin barrier fit. FIT and FORMULATION of skin barrier are to be considered. Pouching system will not maintain a good seal without proper fit. Without correct formulation, peristomal skin is at risk for complications.
- #4 ALL skin barriers are the same. ADVOCATE – research study explored ceramide-infused CeraPlus™ skin barrier with Remois technology compared to skin barrier without ceramide. People using CeraPlus™ skin barrier had more positive results in key areas.
- #5 All skin barriers are equally harmful to the skin. A recent study found that CeraPlus™ skin barrier was better at maintaining healthy skin.

Your skin routine is important to the health of your peristomal skin to prevent leakage and skin stripping. Peristomal Skin Assessment Guide for Consumers is an online resource funded through an education grant from Hollister Incorporated.

<https://psag-consumer.wocn.org/#home>

Roxanne went on to mention ostomy accessories. Items such as skin barrier rings, stoma powder and ostomy belts may enhance performance, solve a problem and/or enhance an ostomate's quality of life. Hollister offers "tools" such as Secure Start Services to anyone with an ostomy. Services are provided at no cost regardless of the brand of products you choose to use.
<https://www.hollister.com/en/securestart>

Samples of the accessories Roxanne had discussed and resources packets were provided to the group. Kudos to Hollister for offering a delightful return to Baytown monthly support group meetings!

I look forward to seeing you in April.

Kind regards,

Cindy Barefield, BSN, RN-BC, CWOCN
281-428-3033, cbarefield@houstonmethodist.org

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

Visitor Training Program: Ostomy 101

Our Visitor Training program will be virtual this year and is planned for Saturday, July 23, 2022! We hope everyone will be able to join us.

An important segment of our program, always led by a WOC nurse, will address the anatomy of various ostomies. It is surprising how often we get calls from patients who do not know what type of ostomy they have.

The objectives of this segment will be to review the most common bowel or bladder diversions, learn the indications or causes for the surgery, and understand the differences in function and management for each diversion.

Cindy Barefield, RN, CWOCN, and leader of the Baytown support group, has handled this segment of our program for many years and she always makes it fun as well as informative. You won't want to miss it.

COMING IN 2022

PAY IT FORWARD WITH OUR VIRTUAL VISITOR TRAINING

Saturday, July 23, 2022 Mark your calendar!

The OAHA Board is busy planning this important program and we will be sharing information in each newsletter to prepare everyone who would like to become a Certified Visitor. Participants will learn how to offer person-to-person support to those who have or will have ostomy or related surgery. You will learn how to offer reassurance, understanding and practical information and help the patient renew their self-confidence. Please read the future newsletters for more information on this important program.



Sixty Years with an Ostomy

(continued from page 1)

beginning, I tried it all without being scared but I'm still often the last one eating. I chew my food so well I've worn down teeth."

Dabliz worked in the accounting department of a computer company in Detroit and Plymouth, Michigan for 45 years before retiring. Her boss was aware of her ostomy and supportive. "I never missed a day of work because of the ostomy," she says.

Six years ago Dabliz had a fight with kidney cancer and three years ago a shoulder replacement surgery. But she has otherwise been fortunate to live a healthy life since the ostomy surgery six decades ago. She still makes it a point to get out of the house almost every day. "I have always been very active and really have not had any ostomy issues," Dabliz says. In her eighties now, she still enjoys golfing and was in a bowling league for many years.

Dabliz can also still be found tending to her yard and is reluctant to give up shoveling the Michigan snow – though neighbors have started beating her to it. With the exception of some subtle changes, her ostomy regiment remains routine. She consistently uses the same products.

Dabliz is an active member of her church and has gone on many mission trips over the years in countries such as Jamaica and Costa Rica. "I've had to use outhouses in Alaska and done mission work after Hurricane Katrina," Dabliz says. Even in these tight living quarters, nobody knew she had an ostomy.

An ostomy has never gotten in the way of her passion for traveling and cruising the world with her older sister. The pair have even circumnavigated Australia and New Zealand. Her advice; "I take extra supplies and always bring some carry-on and have never had any trouble flying. Just do it. Go swimming, do whatever you want to do," she says.

In celebration of her 60th Stomaversary and 85th Birthday, Dabliz is hoping to take a Holland America cruise around Iceland with her sister. Her minister and family have known of her ostomy but she hopes to tell more friends about what this landmark occasion means to her. Dabliz is confident they will take the news in stride as they help her celebrate a life that could have been cut way too short if not for that long ago ostomy surgery.

Factors Which Influence Ostomy Function

by Liz O'Connor, RN, WOCN, Metro Maryland

Quite often patients experience a sudden reversal in normal ostomy function due to medications or treatments they are undergoing. The following information might be helpful to keep in mind.

Antibiotics – These often cause diarrhea, even in patients without an ostomy. Ostomates are no exception and, if the problem becomes severe, notify your physician immediately. In the meantime, keep Gatorade or a like drink on hand to maintain adequate electrolyte balance.

Pain Medications – These are often constipating; extra irrigations or laxatives or stool softeners might be required by colostomates to combat the side effects. Perhaps the dosage can be reduced to eliminate the situation. If not, consider one of the above alternatives.

Chemotherapy - Many cancer patients have follow-up chemotherapy after surgery or as an alternate to surgery. This often produces nausea and/or vomiting. Gatorade is again good to keep on hand for electrolyte balance.

Radiation Therapy – This often produces the same effects as chemotherapy. Treat accordingly. Travel – travel can cause constipation in some patients and diarrhea in others. Be aware that these are possibilities. An altered diet when traveling accounts for some of this, plus the excitement of new surroundings. Allow sufficient time for irrigations and take along an antidiarrhea medication. Check with your doctor if you are not familiar with what works best for you to control diarrhea.

Antacids – Those with magnesium can cause diarrhea. You may want to ask your doctor to suggest an antacid with aluminum rather than magnesium. Drink plenty of fluids. Tea is always a good source of potassium (so are oranges, bananas) and potatoes. Coca cola also contains some potassium. Bouillon cubes are a good source of sodium. Gatorade is used by athletes for electrolyte replacement. It is better served over ice.

Remember some of the signs of electrolyte imbalances are irritability, nausea and drowsiness. Be prepared and prevent this problem when possible. Keep well hydrated with adequate fluids of all types—water included.





February 9, 2022

**Youth Rally
Committee, Inc.
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St. Louis, MO

To our extended network of Friends & Family,

Earlier this week we made the unanimous decision to host the 2022 Youth Rally in the virtual space. Simply put, healthcare infrastructure is in crisis and we must take the responsible road to optimize the safety of our participants, many of them medically and/or physically fragile.

While concerns with relation to the pandemic are ongoing, we are prepared to host a camp in this space that has become the new normal. What we struggle to prepare for is the uncertainties related to vaccine availability, air travel volatility and related health risks, health care systems (and first responders) on diversion and with chronic staffing shortages, and the overall ability to safely respond to the day-to-day medical/physical needs that our participants – campers and volunteers alike – face in a “normal” year at camp.

While the virtual space is not ideal for those who have had the opportunity to experience Rally in-person, we must remember there are many who have never experienced Rally at all. We are calling on all previous participants to help spread our mission and consider joining us virtually in July – if not for your own benefit than for that of the young person who has never met another someone “like me”.

On behalf of our Board of Directors, I hope you will join us again this July and help be the light that helps others see.

With love and good courage,

Emily Mallar
President, Youth Rally (volunteer since 2003)
Ithaca, NY | 607.592.3278
Email: info@youthrally.org

Name of Charity: Youth Rally Committee, Inc.
Fed Tax ID#: 20-3579812

Central Group

Date: Monday, April 18, 2022
Time: 7:00 p.m.
Place: **In-Person Meeting:** Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042
Program: Coloplast will present.
Contact: Denise Parsons 713-824-8841 rockynme2@gmail.com

Baytown Group

Date: Monday, April 18, 2022
Time: 6:00 p.m.
Place: **In-Person Meeting**
Community Resource Credit Union (CRCU)
 Community room. Avoid the front of the hospital (Garth entrance). The CRCU Meeting Room is located just inside the door of Plaza 2 on the back side of Houston Methodist Baytown Hospital. Park behind the hospital (exit off of Baker Rd.) (Contact group leader for more information.)
Program: TBD
Contact: Cindy Barefield, CWOCN, 281-428-3033

Northwest Group

Date: Wednesday, April 20, 2022
Time: 7:00 p.m.
Place: **Virtual Meeting** (Information is provided in the email of your April OAHA Newsletter.)
Program: **Guest Speaker: Lisa Osterhaus from Hollister**
Contact: Billy Locke 337-515-6354

Sugar Land Group

Date: Thursday, April 21, 2022
Time: 6:00 p.m.
Place: **Virtual Webex Meeting** (Information is provided in the email of your April OAHA Newsletter.)
Program: **Stinky Poo and Pee: The Art of Odor Containment**
Contact: RSVP to Joan at 281-274-0188 or jmburnham@houstonmethodist.org
Contact: Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator (info above)

Woodlands Pediatric Group

Date: Sunday, April 10, 2022
Time: 2:00 p.m.
Place: **Virtual Meeting—Please contact Pat Thompson**
Patricia.Thompson6@hcahealthcare.com for more information.
Program: **Info about Youth Rally (July 13-16)**
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), 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 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.

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 or **800-826-0826**

Featured Resource

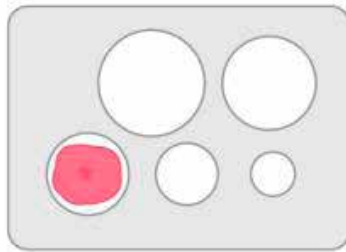
Courtesy of Ostomy.org

UOAA has partnered with The Crohn's & Colitis Foundation on content for their Ostomy Tips and Tricks webpage. We are very pleased that IBD patients seeking to know more about living with an ostomy can turn to this trusted resource. Thanks to UOAA volunteers Richard Rood, MD and George Salamy for working with The Crohn's & Colitis Foundation Ostomy Workgroup on this project.

Changing Your Two-Piece Pouching System



- 1 Wipe around your stoma with warm water (use oil-free soap if you prefer); pat dry.



- 2 Measure your stoma using a measuring guide. Stomas change size during the first months after surgery.*



- 3 Cut a correctly sized hole in the skin barrier and be sure the edges are smooth.



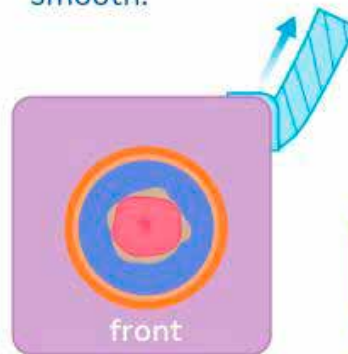
- 4 Peel off the back side of the adhesive. Leave the paper backing strips.



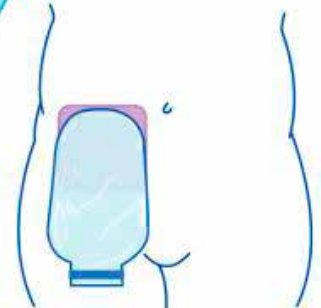
- 5 Optional: For a tight seal, apply strip paste or a barrier ring around your stoma. This could alternatively be applied to the back of your barrier.



- 6 With the adhesive facing your skin (flange side facing outwards) center the barrier over your stoma and smooth to secure in place.



- 7 Remove the paper backing strips from your barrier.



- 8 Close the bottom of your pouch. Snap the pouch flange to the barrier flange. Helpful tip: place your hand over the pouching system to help it adhere.

* Weight gain, weight loss, pregnancy, prolapse or hernias, aging, or other changes to your physical appearance can affect the size of your stoma. Your healthcare team will advise you on the correct sizing. Many skin barriers can be preordered with a custom sized precut opening.

Featured Resource

Courtesy of Ostomy.org

Emptying Your Appliance

- 1 Position yourself over the toilet however you are most comfortable. Drop several sheets of toilet paper over the toilet water to prevent splashing. Pull your clothes away from the pouch.



Sitting
(face out)



Sitting
(face in)



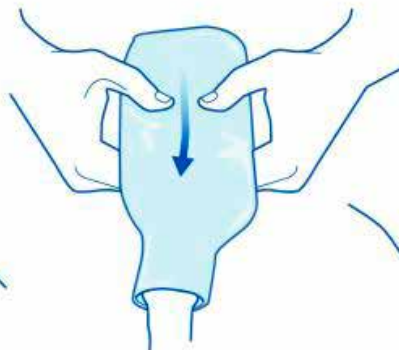
Kneeling



Standing



- 2 Holding the bottom of the pouch up, open the Velcro closures or remove the clamp and set it aside.



- 3 Slowly unroll the tail over the toilet. Slide your fingers down the pouch to push out the contents.



- 4 Wipe the inside and outside of the tail with toilet paper to keep the area clean.



- 5 Fasten the Velcro closures or clamp your pouch closed. (Rinse the clamp before using it.)

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Special Announcements

BOARD MEMBERS POSITIONS OPEN!

This year, our nominating committee consists of Lorette Bauarschi and Ed Wood. There are four positions open. Three existing Board members, Kathleen Duplessis, Denise Parsons and Marian Newman, have consented to serve another three-year term each from July 2022 until June 2025. We are very grateful to them as they each do so much for our organization. Our election, at each of the support group meetings, will be in May. If anyone would like to nominate an additional person, please contact Lorette or Ed as soon as possible (contact information is on the back page of this newsletter). We would love to get some new volunteers. Serving on the Board is very rewarding. You can truly make a difference with a limited time commitment each month. ***Please consider volunteering yourself or even someone else!***



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



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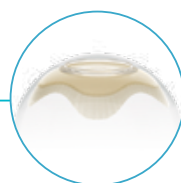
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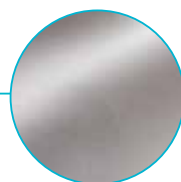
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Newsletter Advertising: Please contact the President or Treasurer for advertising opportunities.

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 |

*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.



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

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