



December 2021

# 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)

## Ostomy Pearls

by Zoe Bishop RN, BSN, CWCN

Reprinted with permission of FOW-USA

In my job, I advise patients before and after ostomy surgery to help prepare them for this change in their body.

When talking to my patients before and after their surgeries, I often clarify information they have heard from their next door neighbor or the parishioner that sits beside them in church. One detail for example, is if you are going to be an ostomate with a diversion on your abdomen that releases stool, it should not have any effect on your urinary system. It is amazing the sign of relief on some of their faces! They may have also been misinformed. "I heard that they leak at least once a day; what do I do then?"

I share information about customizing product fit and the help an ostomy nurse provides. Many ostomates have very good wear times and seals with their wafers, so can be assured that they can get back to their usual routines.

It is always good to point out resources that are available after a patient leaves the health care setting. They should develop a relationship with their WOC nurse and the clinic where they can make an appointment for any issues that they have.

Their surgeon may be able to help them, and they would always need to know how to contact them for other issues that may arise as well. They also can use the manufacturer's 1-800 number to talk with a clinician that may be able to offer suggestions over the phone. Manufacturers will often send a sample or two if they recommend a different pouch.



Another resource is a support group...yes, a support group, where people can talk with and share some of their anxieties with other people who also wear a pouch! New ostomy patients need to know where their resources are, and how to contact them before they leave the hospital.

And lastly, "where do I pick up these bags?" is a common question. There is not a store in the mall. Can they buy them from Amazon? The answer is yes they can, but it would be an expense straight from the billfold with no reimbursement. I give them a list of product distributors and coordinating insurance benefits before they leave the hospital. The patient should have a schedule that the WOC nurse suggests and works out with the patient on the best schedule of changing the pouching system that will make

*(Continued on page 6)*

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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## News from the OAHA Board

In late October, some members of our group met with members of the UOAA Conference Committee at the Royal Sonesta to tour the facility and to find out how we in Houston can help make the UOAA Conference in August of 2022 a success. Please save the dates—August 11-13, 2022. We will be calling on our local members for support!

On November 13, Ed Wood, our outreach coordinator, manned a table at the Get Your Rear in Gear 5K. Ed and his wife, Gladys, weathered a windy 48 degrees to help spread our information. Thanks Ed and Gladys! Laurie Pitzer captained the OAHA team and raised over \$900. Thanks Laurie!



Ed (pictured) and Gladys Wood manned the OAHA table at Get Your Rear in Gear 5K on November 13

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

## Disclosure

*Source: Written by Stephanie Brenner via Ostomy Outlook, Ostomy Association of the Minneapolis Area*

Think back to when you first got your stoma. Do you remember how you explained it to others? When it comes to the level of disclosure, everyone is different with what is comfortable. Here's advice that I hope will help:

When you're ready to share, start with people who care. Other ostomates and close family or friends can feel the safest.

Rehearse your explanation before disclosing to acquaintances or coworkers. Have a way to deflect intrusive questions such as, "I don't really like talking too much about," or "Maybe I can explain more another time."



Start by asking whomever you're telling if they've ever heard of an ostomy. If they're unfamiliar you may need to explain some basics first. However much you choose to disclose is completely up to you. However it happens, let that be okay knowing your confidence will grow with practice.



## Central Group News

There will be no Central Group meeting in December. Happy holidays to you and your family!

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

## Baytown Group News

Baytown Ostomy Support Group met virtually with Carolina Torres-Williams, a supervisor with 16 years' experience. Carolina represented the Supervisory Transportation Security Office at George Bush Intercontinental Airport. Her presentation explained how travelers with support appliances are screened and so much more!

Carolina shared that the USA has 450 federalized airports where 50,000 TSA employees work to keep us safe when we travel. There are approximately 2 million travelers screened every day. In addition to our specific questions about travelling with support appliances, TSA has many programs that offer fantastic services such as TSA Notification Card, TSA Cares (a helpline to assist travelers with disabilities and medical conditions), TSA Pre ®, and assistance to Wounded Warriors. A "What to Expect" publication is updated regularly on their website which can prepare the traveler for screening and allow one to make informed decisions before arriving at the airport. Carolina reminded the group that should you have any concerns when you travel, ask to speak to a Supervisory Officer. Those on the call shared that they had not experienced difficulties with their screening process when they travelled. They found the TSA Notification Card to be helpful and the officers simply asked them to touch their pouch and then scanned their hands for explosive residue. For additional information, you can refer to the website:

<https://www.tsa.gov/travel/security-screening>

Save the date for the upcoming UOAA's 8th National Conference which is scheduled for Houston next year (August 11-13, 2022). The theme is "Embracing New Frontiers". Pat Thompson RN, CWON who works with the Northwest Ostomy Support Group will serve as the Stoma Clinic Manager and I will be co-manager for this popular event.

I hope you and your family enjoy a joyous Thanksgiving holiday.

**Cindy Barefield, BSN, RN-BC, CWOCN**  
281-428-3033, [cbarefield@houstonmethodist.org](mailto:cbarefield@houstonmethodist.org)

## HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will not be meeting in December. You are welcome to join the other support groups listed in this newsletter.

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

## Northwest Group News

The Northwest group met virtually to discuss Ostomate Holiday care. We enjoyed a diverse discussion ranging from emergency pouch changes and emptying to dehydration and food choices. Everyone shared and learned together.

We also highlighted the upcoming UOAA National Conference due here next August and the coveted Stoma Clinic being managed by our own favorite nurses Pat Thompson and Cindy Barefield.

The Northwest Group will not be holding a December meeting and will reconvene virtually in January 2022. Everyone is encouraged to be safe and enjoy their holiday season.

**Billy Locke**  
337-515-6354

## Sugar Land Group News

The Houston Methodist Sugar Land Ostomy group met November 18th for a presentation from Daniela Jofre BSN, RN, OMS, WCC, on "Being Thankful for Your Ostomy and Really Meaning It." Daniela gave us the history of ostomies from the 1700s to modern times. The evolution of no bags to modern lightweight flexible bags. The specialty of enterostomal technician (ET) being a person with a stoma teaching the new ostomate was transitioned to a nurse with a bachelor's degree being the wound ostomy nurse and having a certification that validates their knowledge and expertise in care of a person with an ostomy. We also got to see the older products that were used for ostomy patients and Joan (seasoned nurse) shared her experience with some of the older ostomy devices 35 years ago!!

Every participant shared what they are thankful for this year, including via email when they lost connection!

Daniela, Sarah, and Joan thanked the participants for continuing to participate through the virtual route and we are hopeful to someday meet again face to face.

We hope everyone was able to share their Thanksgiving with family and friends, who bring you joy and love.

Please join us next month when we will have Ashley Duggan, CHES, CHWC, Sr. Wellness Coordinator, provide guided meditation to help manage stress through the holidays. We will meet on Thursday, December 16, 2021 at 6:00 PM, virtually, the meeting link can be found in your email newsletter.

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



## United Ostomy Associations Of America Inc—Help Hispanic Ostomates

*La cirugía de ostomía no discrimina. (Ostomy surgery does not discriminate.) Who do new Spanish speaking ostomates turn to? Join UOAA's first ever Peer-To-Peer Fundraiser to help translate, print and ship our resources in Spanish.*

### Why Spanish?

Many of us have neighbors, friends or family members who are not able to read in English as it is their second language. Someone we would do anything we could for. To address this need we are raising funds to translate, print and share our resource materials with WOC Nurses and medical professionals across the country who care for Spanish-speaking ostomates. A new ostomate might have questions such as the ones below, but unable to find answers in their own language.

How can I cope with this change to my body? Can I go back to eating my favorite foods? How will this affect my social life?

How do I talk to my family and friends about my ostomy?

We need your help sharing this message with your friends, family, neighbors and co-workers as we attempt to touch as many lives as we can. Simply click on the link below and challenge your people to join you on this adventure!

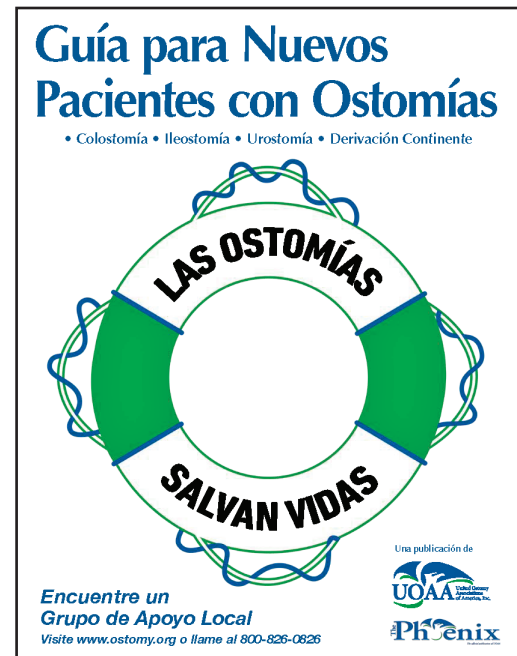
***UOAA provides tailored resources that support and encourage a better quality of life for ostomates. It is a life line! I am honored to help create equal access to this valuable, crucial, educational information for the Spanish Speaking Ostomy Community. Breaking the language barrier can be life-saving.”***

*Gabriela Quezada, Retired bilingual news anchor for Telemundo, ABC, CBS, FOX. Latin Publications Columnist.*

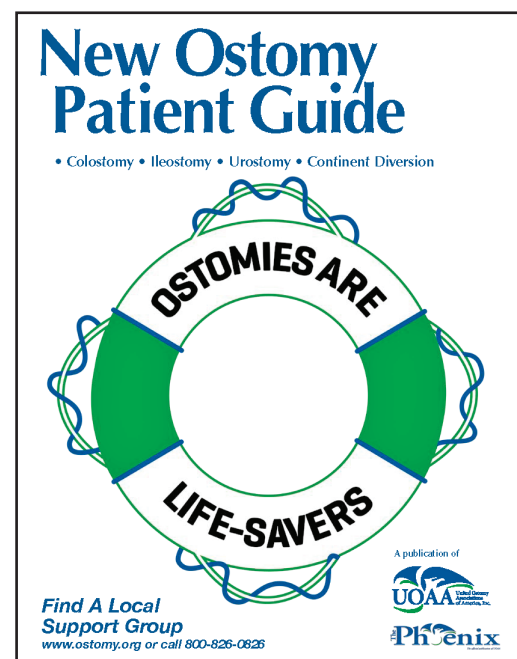
As a 501(c)(3) Certified Charity, UOAA strives to fulfill its mission to support, empower and advocate for people who have had or who will have ostomy or continent diversion surgery. We're very excited to involve you and your network of family and friends in our latest fundraising efforts.

Thank you for reading about our latest mission. With your generous donation you are helping future ostomates find support and answers to the same questions that have worried all of us.

## Donate Here to Help Provide Resources in Spanish



[Guía para Nuevos Pacientes con Ostomías](#)



[Click here to view the Patient Guide in English.](#)

# United Ostomy Associations of America 8th NATIONAL CONFERENCE



## Embracing New Frontiers

# August 11-13, 2022

### You're invited to "Discover Your People"



#### **Royal Sonesta Houston Galleria**

2222 West Loop South, Houston, TX 77027

Hotel Reservations: 855-463-3091

Room Block "2022 UOAA National Conference"

- Ask Questions of Top Ostomy Experts
- Inspirational Speakers including Gaylyn Henderson, Keynote Speaker
- Free Stoma Clinic
- Product Exhibit Hall with 35+ Vendors
- Surgery Specific Meet & Greet
- Young Adult and Pediatric Workshops
- Fun Social Events and Activities
- Dedicated Sessions for Caregivers
- IBD & Crohn's Disease Program

#### *National Sponsors to date:*



Visit [www.ostomy.org](http://www.ostomy.org) for more information. Registration opens 1/1/2022

## Top Tips to Reduce the Risk of Ostomy Bag Leakage

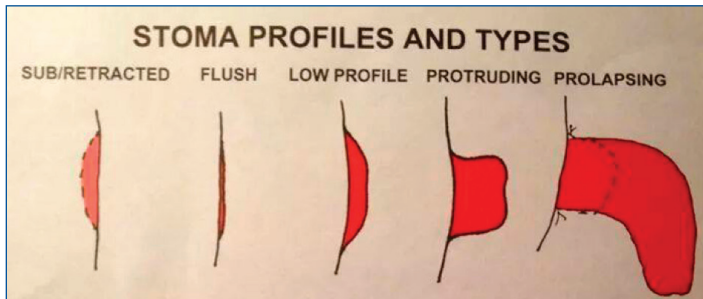
Sue Mierau BSN RN CWOCN

Catherine Clarey-Sanford PhD RN CWOCN

### Tip 1. Get the right type of ostomy skin barrier. THIS IS BASED ON WHAT YOUR STOMA LOOKS LIKE AND WHAT THE AREA AROUND YOUR STOMA IS LIKE.

The best pouching surface is one that is flat without creases or crevices. Many time you have to use products or different wafers to achieve this. SOOOOOO

#### What does your stoma look like?



Above are drawings of what your stoma might look like.

Many people have stomas that don't stick out (protrude) of the abdomen too far. This can make pouching more complicated.

Remember the goal of the correct pouch is that your stoma output to flow into your ostomy pouch and not underneath or around the skin barrier.

With picture #1, 2, 3 the stomas do not stick out very far so you have an increased chance of the output going under the wafer. This will degrade the seal and cause leaking and possible skin irritation. These folks with probably use a CONVEX wafer. That is a wafer that has like a little bowl to it. These come in different types of firmness.

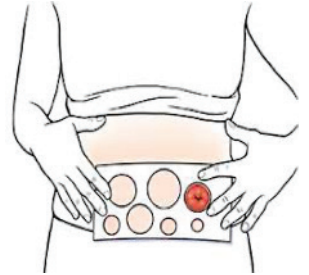
Pic #4 is probably the ideal stoma to have.

Pic #5 is referred to as a prolapsed stoma. We will not spend much time on this stoma/ It is distressing to see but contact me in you want more info. Usually happens more with colostomies.

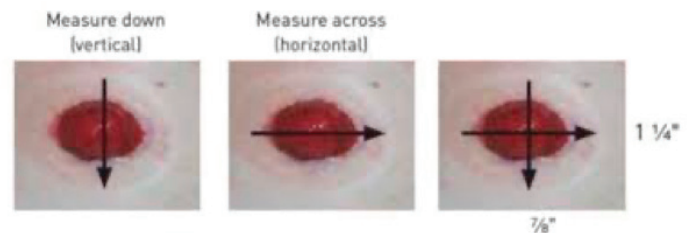
### Tip 2. Measure your stoma to get the right size for your skin barrier.

When you get your box of wafers, there should be a paper measuring guide. They may look different depending on your manufacturer. But it looks something like the image below.

REMEMBER: Every once in a while, you should remeasure your stoma. They can change in size and shape. This especially true in the first few weeks after creation. There is swelling that will usually subside making your stoma smaller than when it was first created.



Measure 12-6 and 3-9. Turn your wafer over and mark a spot at 12 and 6 and one for 3-9. Then carefully join the dots together. Sometimes your stoma will be perfectly round. That doesn't always happen. Sometime your width will be longer than the height. So, your stoma looks more oval. You just need to get measure twice and cut once. Don't worry if you mess up, everyone usually wastes a wafer or two.



## Ostomy Pearls *(continued from page 1)*

good use of the number of pouches they can receive in a month. As clinicians, we never know everything and have learned a lot of what we do know from the patients we care for. Making them feel ready to manage their ostomies themselves is a challenge, but each day at a time is an important way to look at the effective management.

FOW-USA is always thankful for individuals and groups who donate their extra ostomy supplies. It is a gift to these patients to get supplies, and a gift to those less fortunate to have that box delivered to their door. Remember that when you have extra pouches, DO NOT throw them away. Send them to FOW-USA in Louisville so we can connect with those less fortunate with your gift. I can assure you, the availability of ostomy products changes lives.

## Central Group

**Date:** No meeting in December.  
**Contact:** Denise Parsons 713-824-8841 [rockynme2@gmail.com](mailto:rockynme2@gmail.com)

## Baytown Group

**Date:** To be determined  
**Contact:** Cindy Barefield, CWOCN, 281-428-3033

## Northwest Group

**Date:** No meeting in December.  
**Contact:** Billy Locke 337-515-6354

## Sugar Land Group

**Date:** Thursday, December 16, 2021  
**Time:** 6:00 p.m.  
**Place:** Virtual Webex Meeting (Information is provided in the email of your December Newsletter.)  
**Program:** **Guest Speaker: Ashley Duggan, CHES, CHCW, Sr. Wellness Coordinator** will provide guided meditation to manage stress through the holidays.  
**Contact:** 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 (info above)

## Woodlands Pediatric Group

**Date:** No meeting in December.  
**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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ASC2019

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and your family...*

*Happy Holidays*

*from Ostomy Association  
of the Houston Area*

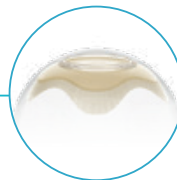


**SenSura® Mio**

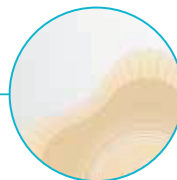
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The fit is  
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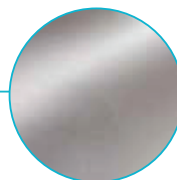
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**Osto Group** www.ostogroup.org

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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.



## 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.<sup>†</sup>

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)**.

<sup>†</sup>Global User Evaluation. Data on file, Hollister Incorporated.

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Ostomy Care  
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