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"We help ourselves by helping others to help themselves."

Ostomy Association of the Houston Area

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

Holiday Eating with an Ostomy

By Robin Glover, UOAA December 2021

Oh, the holidays! When cookies, cakes, and delicious pies suddenly appear everywhere, beckoning you to indulge in their sugary goodness. Don't forget about those casseroles and their incredible aromas billowing from underneath a melted cheese topping. And those nuts—salty little kernels of flavor often found hiding among the decadently seasoned pretzels and cereal in everyone's favorite snack mix.

The holidays are delicious, and food and drink are some of the many traditions friends and families have shared for generations. But, for people with an ostomy, eating and drinking around the holidays isn't just a matter of likes and dislikes. Depending on the individual, certain things should be avoided while others can be enjoyed with no issues. The following is a guide to holiday eating (and drinking) with an ostomy.

It's important to remember that these are [general guidelines](#). Everyone is different, and each person experiences food differently. Consult with your physician or a registered dietician to know what's best for you.

That being said, there's no reason your ostomy, whether a colostomy, ileostomy, or urostomy, should hold you back from enjoying many, if not most, of your favorite holiday treats.

Maintain a Balanced Diet

Even during the holidays, maintaining a balanced diet is vital. No matter how good those sweets look, keep in mind that excess sugar and high-fat content can cause diarrhea, leading to the

malabsorption of nutrients, leaving you feeling tired, irritable, and not in the holiday spirit. That doesn't mean you need to deprive yourself, though. Just choose wisely.

For those with a urostomy, choosing non-citrus foods high in Vitamin C can lower the risk of infections. Examples of these include cranberries, broccoli, potatoes, strawberries, and leafy vegetables.



Chew Your Food Thoroughly

And while you're at it, chew wisely too. For those with an ileostomy or short bowel, this is especially important. Both of these reduce the time your body has to digest the food you eat. Chewing your food a little extra can go a long way in helping your body get the nutrients it needs.

Eat Small Meals

Don't forget to take breaks throughout the day to have a small meal or nutritious snack, even while you're busy wrapping presents, decorating, and socializing. Eating several small meals is more beneficial than waiting to eat one large meal at the end of the day. An empty stomach can also be a source of gas.

Focus On Hydration

With all the hustle and bustle of the holidays, it's easy to forget about the need to stay hydrated. That's why it's even more important to focus on good hydration during the holiday season. This includes drinking plenty of water while trying to limit drinks with added sugars, artificial colors or sweeteners, caffeine, or alcohol. Aim for 8-10 glasses of water a day.

Water alone won't do it, though. Your body needs electrolytes, too. Sports drinks are a good source for this. However, you

(Continued on page 2)

In This Issue

Holiday Eating with an Ostomy	1-2
Get Your Rear in Gear	2
Advertising Support	3 & 6-8
Meeting Dates/Times	4
Opportunities and Announcements	4
WOC Nurse Listing	6
Ostomy Outpatient Clinics	7
Donating Ostomy Supplies?	7
Membership Information	8
Contact Information	9

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.

Holiday Eating with an Ostomy *(Continued on page 2)*

should dilute them with water to lower the sugar concentration. Electrolyte drops are also a good solution.

Low electrolyte levels can lead to many undesirable effects, including fatigue, irritability, and nausea. These symptoms only get worse the more dehydrated you get. So drink up!

If you have a urostomy, it's crucial to drink plenty of water to avoid possible urinary tract infections (UTIs). And, since it's recommended to consume plenty of Vitamin C, enjoy some holiday apple cider too!

Depending on the individual, certain things should be avoided while others can be enjoyed with no issues.

Ask About Ingredients

Things like casseroles, dips, cultural specialties, and cakes can often include ingredients you might not notice right away. During the holiday season, nuts can often be the biggest culprits and can cause discomfort or even a dangerous blockage for those with an

ileostomy and to a lesser extent a colostomy. Other foods to be careful of are corn, if not fully ground in dishes like tamales, and dried fruits. Skip over foods, as tempting as they may be, that may include any of your trigger foods. Don't worry; it's ok to ask. Many people avoid certain foods for all kinds of reasons.

Know Your Safe Foods

If you want to play it safe this holiday season, then stick to foods you know your body handles well. Consider keeping a food journal to help you keep track for next year. If you've recently had surgery for a colostomy or ileostomy, keep in mind these foods to avoid, but know that through trial and error you should soon feel more confident you'll be able to enjoy most all of your holiday favorites.

Please read UOAA's [Eating With An Ostomy](#) guide for more comprehensive information.

Robin Glover is a writer based in the Houston area. He has a permanent ostomy after being diagnosed with Crohn's Disease in 2017.

The OAHA attended the Get Your Gear in Rear run/walk on November 12th. Despite the chilly temperature, Mike McGinity manned our table and reported that our logo koozies were popular. He was able to talk with a number of people about our important mission of educating and supporting ostomates.

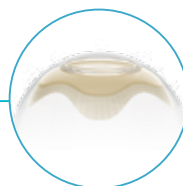


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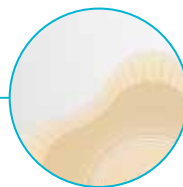
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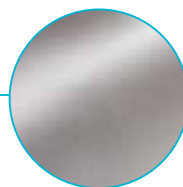
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Central Group

Date: NO MEETING IN DECEMBER
(typically third Monday of the month)

Time: 7:00-8:30 p.m.

Place: In-Person Meeting: Tracy Gee Community Center,
3599 Westcenter Drive, Houston, Texas 77042

Program: Roxanne Warren with Hollister

Contact: Denise Parsons, 713-824-8841 rockynme2@gmail.com

Baytown Group

Date: NO MEETING IN DECEMBER
(typically second Monday of the month)

Time: 6:00 p.m.

Place: In Person Meeting: Houston Methodist Baytown
Hospital, Baytown, 77521

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

Northwest Group

Date: Wednesday, December 20, 2023
(third Wednesday of the month.)

Time: 7:00 p.m.

Place: In-Person Meeting:
Montgomery County South Regional Library,
2101 Lake Robbins Dr., The Woodlands, TX, 77380

Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS
832-581-5874 mkinsey815@gmail.com

North Houston Group

Date: Tuesday, December 12, 2023
(second Tuesday of the month)

Time: 12:00 p.m.

Place: In-Person Meeting
Memorial Hermann Greater Heights Hospital,
Classroom D in the South Tower
1635 N. Loop W, Houston, TX 77008

Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS
832-581-5874 mkinsey815@gmail.com

Sugar Land Group

Date: Tuesday, December 19, 2023

Time: 5:30-7:00 p.m.

Place: Houston Methodist Sugar Land, Brazos Conf Rms.
ABCD, 16655 SW Freeway, Sugar Land, TX 77479)

Program: HOLIDAY CELEBRATION-PLEASE RSVP
(See flyer on page 5)

Contact: Joan Burnham, MSN, RN, ONN-CG, OCN, MEDSURG-BC.
Oncology Nurse Navigator, 281-274-0188
jburnham@houstonmethodist.org
or Jennifer Cerda, MSN, RN, CWOCN, Nurse
Navigator, 346-901-2012 jcerda@houstonmethodist.org

Woodlands Pediatric Group

Date: NO MEETING IN DECEMBER
(Typically second Sunday of the month)

Time: 2:00 p.m.

Place: Virtual Meeting

Contact: MaryAnne Lewis, BSN, RN, CWOCN 281-948-1490
maryannelewis@hotmail.com

J-Pouch

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

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

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.

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.

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

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December 19, 2023
5:30 - 7pm

Location:

Brazos Conf Rms ABCD
Houston Methodist Sugar Land
16655 Southwest Fwy,
Sugar Land, TX 77479

To RSVP, please contact
Yolanda Lopez
ylopez2@houstonmethodist.org

HOUSTON
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NEAL CANCER CENTER

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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Reference: 1. Lessons Learned About Peristomal Skin Complications: Secondary Analysis of the ADVOCATE Trial. Salvadalena, Ginger; Colwell, Janice C.; Skountrianos, George; Pittman, Joyce.
2. Maria Teresa Szewczyk, MD, PhD; Grazyna Majewska, RN, ETN; Mary V. Cabral, MS, FNP-BC, CWOCN-AP; and Karin Hitzel-Piontek, RN. The Effects of Using a Moldable Skin Barrier on Peristomal Skin Condition in Persons with an Ostomy: Results of a Prospective, Observational, Multinational Study. *Ostomy Wound Management* 2014;60(12):16-26.
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Ostomy Outpatient Clinics

Memorial Hermann – Greater Heights BY APPOINTMENT

Contact Mary Kinsey, BSN, RN, WOC, WCC, OMS

mkinsey815@gmail.com 832-581-5874

Memorial Hermann – Northeast FRIDAY AFTERNOONS, BY APPOINTMENT

Call 281-540-6322 or fax a referral to 281-540-7107.

Memorial Hermann Rehabilitation Hospital – Katy BY APPOINTMENT

Contact Kim Dewitt, Clinic Manager

kim.dewitt@memorialhermann.org 281-579-5541

Memorial Hermann – The Woodlands BY APPOINTMENT

Contact Stephanie Wilkins 281-602-4830 or fax 281-602-4849



GET THE LATEST INFORMATION AND INSPIRATION
AT THE UOAA WEBSITE

<https://www.ostomy.org/news/>

OBTAIN NATIONAL MEMBERSHIP WITH UOAA

<https://www.ostomy.org/membership/>

*Wishing you
and your family...*

*Happy
Holidays*

*from
Ostomy Association
of the Houston Area*

Donating Ostomy Supplies?

Here are a few options if you would like to donate ostomy supplies. These non-profit organizations are all volunteer run.

Local Community Ostomy Donation Closet 1740 W. 27th St., Suite 234, Houston, Texas, 77008. Open by appointment for donation drop off or pickup Monday through Friday 9:00 a.m. - 3:00 p.m. Please call or text Mary Kinsey at 832-581-5874 to arrange access.

Medical Bridges: they collect medical supplies locally. On their website, click the Get Involved link and then the donate supplies link. It provides you with various options. <https://www.medicalbridges.org/>

Friends of Ostomates USA: provides ostomy supplies and educational resources at no cost to ostomates in need around the world. Their warehouse is located in Louisville, KY. A fun fact: Our very own Cindy Barefield, BSN, RN-BC, CWOCN is President of Friends of Ostomates! Please go to their website for details: <https://www.fowusa.org/>

Kindred Box: is dedicated to improving the lives of people with ostomies and they distribute donated ostomy supplies to support the care of uninsured and underinsured ostomates in America struggling with financial hardship. Go to <https://www.kindredbox.org/> and find out what ostomy products they can accept and to learn about their Postage Program which helps with your shipping expenses. The Kindred Box is located at 4653 Nall Rd., Suite F12, Farmers Branch, TX 75244.

More options can be found on the UOAA's website: <https://www.ostomy.org/donate-ostomy-supplies/>



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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: _____p

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.

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☐ I would like to attend meetings with the (please circle one):

Central Group Baytown Group Northwest Group North Houston Group Sugar Land Group Woodlands Pediatric Group

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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