



February 2022

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

Visitor Training: Be the One to Make a Difference

By Denise Parsons, Secretary, OAHA

I could hear the fear and anxiety in her voice as she told me about an embarrassing incident that had occurred in one of her first ventures out since her recent ostomy surgery. I listened as she told me of her frustrations and fears. First, I assured her that her experience was not unique. I had a few incidents at first and explained that it got better as one becomes more adept at managing and/or perhaps making a change to a better pouching system. I began to ask questions to help her figure out if a WOC nurse visit might help or if there were other simple strategies that could help, such as changing more frequently or emptying before the pouch becomes overly full. As we talked, I could hear the anxiety and stress begin to leave her voice as we discussed her concerns and how to address them. Just the fact that I related to her situation and that I had overcome my own startup issues gave her hope. For many of us, just finding someone who understands and empathizes with our concerns is such a relief. Further, meeting with ostomates, sharing problem-solving techniques, and matter-of-fact advice can make a major difference.

This is exactly why our Visitor Training program is so important. Our mission is providing mutual support for people with a colostomy, ileostomy, urostomy, and J-pouch. We help ourselves by helping others to help themselves. As part of our charter with the national group, the UOAA, we train our members to be Ostomy Visitors. We try to match the new ostomate with a person of the same gender, similar age group, and surgery type. Our

Be the One!

visitors have met with people from ages as young as 3 months to 90+. There is only one way for our Visitor Training program to be successful. We must have as many ostomates as possible taking our Visitor Training. Please be the match for someone like you! Most people facing ostomy surgery have never known anyone else with an ostomy. I think we all remember how encouraging and reassuring it was to meet someone who had had the surgery and was living their life, traveling, working, and playing. Once certified as a Visitor, you will have the tools to say the right thing and the knowledge to know what not to say which can be just as important. Currently, most of our visits take place on the phone or in one of our virtual or in-person support group meetings. Attending our meetings (virtually or in person) also keeps our members current on the latest ostomy products and local news.

We attempted to hold our bi-annual Visitor Training in 2021. However, shockingly not one person signed up for the program. We assume that this is due to the pandemic. Nevertheless, the Board still is fielding many phone calls and inquiries on our

(Continued on page 4)

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.

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.

In This Issue

Visitor Training	1/4
News from the OAHA Board	2
Group News	2-3
Coloplast Survey	4
Quick Guide to Urostomy Basics	5
Emotional Support for Ostomates	6
Meeting Dates/Times	7
Opportunities and Announcements	8
WOC Nurse Listing	8
Membership Information	10
Advertising Support	8-11
Contact Information	11



News from the OAHA Board

It is now official, the 2022 UOAA National Conference has been postponed. As far as I know, Houston will be the 2023 host site.

Here is the official word from the president of the UOAA, Jim Murray:

UOAA's 8th National Conference-Postponed
Due to the continued concerns with COVID-19 and its variants, and for the health and safety of our conference attendees, UOAA's 8th National Conference has been postponed until August of 2023. More information regarding our 2023 plans will be provided at a later date.

Become a Certified Ostomy Visitor with the UOAA Visitor Training Program

The Ostomy Association of the Houston Area in association with the United Ostomy Associations of America, Inc. will present a VIRTUAL Visitor Training Program. 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.

The Youth Rally

The Youth Rally is a 5-night camp for kids and teens ages 11–17 living with various chronic conditions, congenital birth defects, and physical trauma affecting their bowel and/or bladder systems. The Youth Rally camp dates are July 11–16, 2023 at San Diego State University in San Diego, CA. There are two costs involved—(1) the cost is \$500 for the room/board, meals, activities, and transportation throughout the week and (2) travel to San Diego. Sponsorships are available and more information can be found here: <https://youthrally.org/>

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

Central Group News

The Central Group met in person on Monday, January 24th at the Tracy Gee Community Center. Masked up and fully vaccinated, everyone enjoyed getting together—socially distanced of course! We were very happy to welcome our newest member, Carol and we hope to see her at future meetings. Our small and intimate group of 7 held a roundtable and Carol benefitted greatly hearing from some of our veteran ostomates who openly and candidly shared many of their experiences and best tips.

I realize many of you are not yet comfortable or able to meet in person and I wanted to encourage you to attend one or all of the virtual meetings held each month. You will be warmly welcomed, and better educated about living with an ostomy. Please refer to Meeting Dates/Times in our newsletter for more information.

Our next in-person meeting will be Monday, February 21st at 7 p.m. at the Tracy Gee Community Center—please join us!

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

Baytown Group News

We continued to meet in the virtual setting with Baytown Ostomy Support Group on January 17th. It was such a joy to have Dawnette Meredith join us. [Ostomy101.com](https://www.ostomy101.com/) is the “go to” for all ostomates. <https://www.ostomy101.com/> Dawnette is the Founder of Ostomy101 Classes, Ostomy Bear Project, and President of the Ostomy Support Group of North San Diego County as well as author, speaker and ostomate.

Dawnette's passion for valuable vetted ostomy information and resources comes from her own need at one time in her life. Ostomy101 is endorsed by the UOAA and includes New Patient Classes in both English and Spanish which are taught by a person living with an ostomy and a certified ostomy nurse. Ostomy101 has done so much to connect ostomates virtually. Choosing “Events” allows one to see options for virtual support groups and new patient classes available to them across the country.

This 501c3 non-profit adventure now includes a mobile app—Free on PC, IOS and Android devices. Founders for the Ostomy101 App include an impressive list of ostomy support groups, WOCN Affiliates, clinicians, vendors, and ostomates.

Much appreciation to Dawnette for sharing the passion and creativity that drove her to create Ostomy101. If you have not explored this website or mobile app, I hope you will; it does not disappoint.

Stay happy and healthy. I hope to see you on our next virtual call (February 21st @ 6.p.m.).

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

Northwest Group News

The Northwest Group met virtually on Wednesday, January 19th, for our annual program planning and updates. We were honored to have the Ostomy Association of the Houston Area's Vice President Lorette Bauarschi join us (you can learn more about her incredible journey of service with OAHA and help her to Pay It Forward from the January issue of our newsletter). Lorette offered us updates on the UOAA's decision to postpone the annual conference due to continuing concerns regarding COVID. She also primed us for the upcoming virtual Visitor's Training this year and more.

Lorette spoke of the continuing need for volunteers in all levels of OAHA. Our organization has been around for decades helping to educate and support ostomates before, during and after their surgery. Lorette also announced that the Central Group would begin hosting in-person meetings.

The need to step up and volunteer was made even more clear as our own Patti Suler announced her intentions to step down from the Media Coordinator role as well as a program assistant for the Northwest Group. Patti plans her roles to end this June and is offering to help anyone interested in either role get situated before she leaves.

Several interesting future topics this year included programs on better sleep habits, a urologist, a gastroenterologist, a dietician, and a pharmacist in addition to our wonderful vendors. The Northwest group is in the process of seeking program presenters in these areas.

We were pleased to see Nancy T. attend our group as well as many other regulars. The virtual format has been instrumental in keeping our members engaged and connected throughout these past two years.

Our next meeting is February 16th with our speaker pending.

Find login/registration information in your February OAHA email. After registering, you will receive a confirmation email containing information about joining the meeting.

Billy Locke
337-515-6354

HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will have a virtual meeting on February 6, 2022 at 2:00 p.m. Login information is provided in the February OAHA email.

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

Sugar Land Group News

Houston Methodist Sugar Land Ostomy Support Group met on January 20, 2022. Joan presented information on various smart apps (applications) for your smart phone.

Please use caution when choosing what apps to put on your device, the Terms of Agreement may give the app certain rights to access your information and/or photos from your phone.

Ostomy Apps

The question has come up from new ostomates if there are any smart phone apps to help manage life. It turns out there are smart phone apps to help. And most of them are FREE!!!

Ostomy 101 by Ostomy 101 Inc.

Support and information for living confidently with an ostomy. It is a nonprofit, vendor neutral app to provide access to the tools, information and resources for successfully living with an ostomy. The app provides consults with a certified ostomy nurse, connect to a patient coach and find helpful ostomy education and resources. This is the only app endorsed by UOAA. Dawnette Meredith, the designer of the app, was able to join the group from San Diego and was able to share some of the highlights from the app.

Me+ Ostomy Care by Convatec

This app is directed at patients/caregivers, and healthcare providers. Information about ostomies from pre-op to post op and beyond. Community chat with other ostomates and resources specific to stoma type. Product options and videos are also available.

OstoBuddy by The Ostomy Companion by Buddha Technologies

OstoBuddy is your ostomy companion and helps you navigate life with an ostomy. Designed and used every day by a fellow ostomate. This app helps you to manage your supplies, keep track of your usage, reminds you to change, and helps you keep track of your ostomy output.

Stoma Steps by Eakin Healthcare Development Team

Helps you prepare for your surgery and then adjusting to life with a stoma. Provides you support and information in small bites with encouragement and advice. Tools to help you communicate with your ostomy nurse, practical notes on fluids intake, sleep and how you are feeling. Has stress and anxiety coaching, community chat with other ostomates and tips for stoma care and management.

Ozzi Ostomy by eInterface Technologies

Helps you record and track your output gives your personal notifications about hydration, and set reminders. Does not have a printout ability.

(Continued on page 4)

Sugar Land Group News *(Continued from page 3)***Sit or Squat by Charmin (Procter & Gamble) Restrooms Near Me! (found in the Travel and Local app sections)**

A clean nearby public bathroom can be hard to find. But not all restrooms are created equal. With SitOrSquat we put clean public toilets on the map. Literally. Clean locations have a green "Sit" rating. Less desirable ones have a red "Squat."

You can even rate and review a bathroom and share your experiences to help others.

So, the next time nature calls and you need to find a nearby restroom, SitORSquat will help you know where to go.

All these apps can be obtained through the Apple App Store and Google Play Store. Please do be cautious about putting apps on your electronic devices as they may be able to access personal information from your device.

Our next meeting will be February 17, 2022 at 6:00 p.m.—Virtual Format.

Our Topic will be Insurance Issues with Courtney Chipokas of Byrum Healthcare.

For more information please see your FEBRUARY EMAIL FROM OAHA, or contact Joan Burnham using the information below.

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

Coloplast Survey—Please Participate!

Coloplast is currently doing an end-user survey asking ostomates/caregivers about their experience with ostomy products across manufacturers. The survey is live on the United Ostomy Association of America website through mid-March. They are looking for responses from ostomates or caregivers on their experience with ostomy products.

[Take A Survey - United Ostomy Associations of America](#)

**Visitor Training:
Be the One to Make a Difference**

(Continued from page 1)

website for assistance from patients, families of patients and nurses. People are still having ostomy surgeries during the pandemic. Visitors are still needed! Our Board of Directors is working on a way to present the training virtually. We are still in the planning stages, but are considering some combination of reading materials, video clips, and a shorter zoom training conference. Having an ostomy, for most of us, was an unexpected bump in our road. However, having made it over that bump, you are now in a very unique position to help others overcome the same challenges. I hope everyone who has had their surgery for a year or more will sign up for our Visitor Training to give others hope and the ability to get off to a good start in their new life as an ostomate. If you have any questions about the Visitor Training program or how you can get involved, please do not hesitate to call on any Board member. Please watch our newsletter for more information for the Visitor Training program this year.

WHAT IS THE VISITOR TRAINING PROGRAM?

The Visitor Training program happens every other year at the local level for the purpose of creating a group of people who are of a variety of ages, backgrounds, and surgery types who can be called upon to talk with new ostomates.

The objectives of the training include:

- To understand the purpose of the Visitor Program
- To learn the role and responsibilities of a visitor and basic visiting policies
- To review the anatomy and physiology of intestinal and urinary diversions
- To recognize psycho-social issues of individuals with diversionary surgeries

Typically, the program is divided up into four sessions:

Segment # 1 - Basic Visiting Policies and Procedures
Segment # 2 - Ostomy 101 (Anatomy and Physiology)
Segment # 3 - Psychological and Social Issues
Segment # 4 - Visiting Skills

We always leave time for questions and discussion. Evaluations we have received in the past have always rated our program very favorably. **We are currently planning to have a virtual Visitor Training program on Saturday, July 23rd, 2022.** Please save the date and plan to join us!

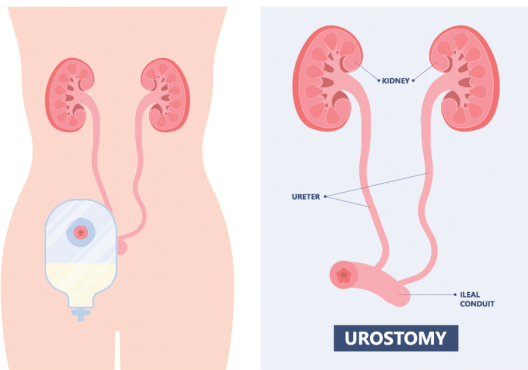
A QUICK GUIDE TO UROSTOMY BASICS

By Robin Glover, from UOAA.org

Have questions about a urostomy? Worried that getting one will change your life dramatically? Terrified of the idea of one and wondering what people will think?

Don't worry. These are normal feelings. Nobody likes the idea of getting a urostomy – at first. However, if you talk to people who've had one a while, they'll tell you how much it's improved their lives, and likely saved it.

So feeling a little apprehensive (or a lot) is completely expected. But getting a urostomy should not hold you back from living the life you've always wanted. Will it change your life? Yes, but likely for the better compared to past bladder issues.



What Is A Urostomy?

A urostomy allows urine to leave the body without the need of a bladder. Also known as an ileal conduit, it is a surgically-created pathway that channels urine through the intestine to an opening on the abdomen. This opening, known as a stoma, is covered by an external pouching system that collects the liquid.

Why Do People Need A Urostomy?

People need a urostomy because their bladder has either been removed or doesn't function properly. This is most often due to bladder cancer, but can also be the result of an injury or disease. In other cases, people are born with a non-functioning bladder and benefit from a urostomy their entire lives.

Is A Urostomy Gross?

No. Not at all. They do not cause an odor, and most people won't even know if someone has one. Getting a urostomy is often a life-saving procedure that allows people to resume their everyday lives. Most people find it much easier and more sanitary to have a urostomy than deal with an incontinent bladder.

Will A Urostomy Affect My Daily Life?

There will be some adjustments after surgery, but most people who get a urostomy can usually do more things than they could before. You won't need to worry about the embarrassment of having an accident in public or always needing to know where the

nearest bathroom is. But most of all, you'll be able to live a longer and healthier life.

Is A Urostomy The Same As A Colostomy?

While they share similar mechanisms in how they function, a urostomy helps people with bladder incontinence. A colostomy helps people with stool incontinence. Both use a pouching system to collect what comes out, and both are sanitary and safe without any odor when closed. Urostomy pouches have a tap or valve to allow the urine to be drained quickly and easily. Overnight options are available for nighttime drainage convenience.

How Many People Have A Urostomy?

You are not alone. An estimated 725,000 to one million people in the United States have an ostomy or continent diversion. Colostomy and ileostomy surgery are the most common ostomy types but many thousands of people of all ages and backgrounds have a urostomy or urinary diversion. For a bit of inspiration read a few of their patient stories on our blog.

How Will A Urostomy Change My Diet?

You can eat whatever you want when you have a urostomy. Of course, this is barring specific restrictions from your doctor or other dietary limitations unrelated to having a urostomy. But, in general, there are no restrictions to what you can eat with a urostomy but information on the importance of hydration and other good health practices are covered in our ostomy nutrition guide.

What Is A Continent Urostomy?

A continent urostomy involves a surgically formed internal reservoir that allows control of when urine is released from the body. It usually involves a catheter that's inserted into the stoma. Continent urostomies can also be routed through the urethra so urine is released from the body in a more typical fashion. Check out our Continent Urostomy Guide for more information.

Does A Urostomy Decrease Life Expectancy?

The answer is no. Urostomy surgery is a way to help people live longer and more fulfilled lives. So if you've been told you need a urostomy, as much as you might not think so right now, you'll probably be glad you had it.

These are probably just a few questions you have about a urostomy. Luckily, there are people all over the world happy to help you. First of all, your Wound, Ostomy, and Continence (WOC) nurse is there to teach and help you. But practical advice and emotional support are always just a click away in online communities and by finding a UOAA Affiliated Support Group near you. Just remember that only your doctor and WOC nurse know the unique circumstances of your condition.

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

EMOTIONAL SUPPORT:

A Crucial Component of Quality Care for Ostomy and Continent Diversion Patients

United Ostomy Associations of America, Inc. (UOAA) is committed to providing resources to those who are in need of emotional support as well as promoting recommended standards of care across the nation that is supportive of both the physical and emotional well-being of people living with an ostomy or continent diversion.



Important research findings¹ show evidence that a high percentage of patients **did not** receive these recommended standards of care as outlined within the Ostomy and Continent Diversion Patient Bill of Rights²:

When asked what patients struggled with most following discharge from their ostomy or continent diversion surgery, a survey of 412 respondents revealed "lack of emotional support/depression" to be in the **top 3** most commonly reported answers.

60%

Did not receive resources to organizations who support and advocate for patients living with an ostomy or continent diversion

68%

Did not receive information about support groups

70%

Were not provided the opportunity to talk with someone who has been through ostomy or continent diversion surgery

78%

Were not provided the opportunity to discuss the emotional impact of surgery

"It would have been great to speak to someone who had the surgery and was living with the ostomy."



"We had to search out an ostomy nurse, our hospital only had one at the time of surgery. They hold classes for knee replacements, diabetes, etc. but nothing for a urostomy."



"I'm still shocked at how we felt so alone and abandoned after we left the hospital."

"It really is crucial to join a support group and see a psychologist."



These quotes were taken directly from survey respondents*

DO YOU OR SOMEONE YOU KNOW NEED EMOTIONAL SUPPORT?

UOAA has 300 Affiliated Support Groups (some with visitor programs), a mental health provider finder, ostomy nurse finder, and an online discussion board.

FOR MORE INFORMATION PLEASE VISIT WWW.OSTOMY.ORG OR CALL 800-826-0826



*412 respondents were surveyed in 2019 in a national survey performed by the United Ostomy Associations of America, Inc. for a research project under the auspice of the University of Oklahoma with research team members Leslie Riggie Miller, PhD; B. Mitchell Peck, PhD; Joanna Burgess-Stocks, BSN, RN, CWOON; Jeanine Gleba, MEd.

²To view all of the best in practice standards of care recommended in UOAA's Ostomy and Continent Diversion Patient Bill of Rights and the White Paper validating the standards of care, please visit <https://www.ostomy.org/bill-of-rights/>

Central Group

Date: Monday, February 21, 2022
Time: 7:00 p.m.
Place: **In-Person Meeting:** Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042
Program: Roundtable Discussion
Contact: Denise Parsons 713-824-8841 rockynme2@gmail.com

Baytown Group

Date: Monday, February 21, 2022
Time: 6:00 p.m.
Place: **Virtual Meeting** (Contact group leader for more information.)
Program: TBD
Contact: Cindy Barefield, CWOCN, 281-428-3033

Northwest Group

Date: Wednesday, February 16, 2022
Time: 7:00 p.m.
Place: **Virtual Meeting** (Information is provided in the email of your February OAHA Newsletter.)
Program: TBD
Contact: Billy Locke 337-515-6354

Sugar Land Group

Date: Thursday, February 17, 2022
Time: 6:00 p.m.
Place: **Virtual Webex Meeting** (Information is provided in the email of your February OAHA Newsletter.)
Program: Insurance Issues with Courtney Chipokas of Byrum Healthcare.
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, February 6, 2022
Time: 2:00 p.m.
Place: **Virtual Meeting** (Information is provided in the email of your February OAHA Newsletter.)
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**

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



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



SPRING BRANCH MEDICAL SUPPLY
PULMONARY ASSISTANCE INCORPORATED

Ostomy & Urological Supplies ■ Wound Care
Oxygen & Respiratory Equipment ■ Hospital Beds
Wheelchairs ■ Bedside Commodes ■ Walkers
Bathroom Aides ■ Mastectomy Products
Compression Hosiery ■ Orthopedic Supplies

8700 Long Point Road
Houston, TX 77055

(713) 465-2200
Fax (713) 461-5806

Get Ostomy Answers!

Save \$15.00*

Special Discount for ASGs!

Now until June 30th, 2020, NEW Subscribers and NEW ASG Members can enjoy a \$15 discount on a year subscription to the *Phoenix Ostomy Magazine*. That's a savings of 40% off the cover price.

Topics included in each issue include diet, exercise, intimacy, skin care, odor control, new products and so much more. Medical doctors and nurses offer concrete advice and solutions while personal stories show that almost anything is possible with an ostomy. - **Subscribe Today!**

Privacy Guarantee: The *Phoenix* is mailed with discretion. Your contact information will never be given, rented or sold to a third party.**



FREE New Patient Guide!

Get real-world answers to common questions after ostomy surgery. Yours free with a subscription. New Patient Guides are made possible by the UOAA, www.ostomy.org.

- ☐ One-year Subscription \$24.80 (Save 40%*)
- ☐ Send me a FREE New Ostomy Patient Guide
- ☐ Send me FREE ostomy product samples, special offers and product information**

DISCOVER
www.phoenixuoa.org
or call 800-750-9311
USE Code ASG15

Send Magazine To:

Name _____ Email (opt.) _____
Address _____ Apt/Suite _____ Phone (opt.) _____
City _____ State _____ Zip Code _____

Send Payment to: The Phoenix, P.O. Box 15755, North Hollywood, CA 91615-5755

Satisfaction Guarantee

*Based on cover price of \$9.95. Canadian subscriptions: one-year \$39.95; \$64.95 two-year. U.S. funds only. **Your contact information will be disclosed to third party companies to fulfill the request. Published March, June, September and December. If you are not satisfied for any reason, we will gladly refund the unused portion of your subscription. ASC2018

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.

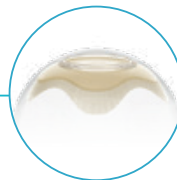


SenSura® Mio

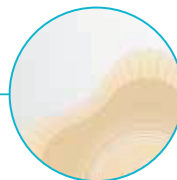
Also available
in 1-piece and
2-piece Click

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

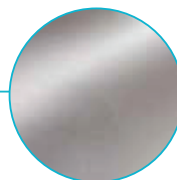
SenSura® Mio Convex Flip has a star shaped barrier to provide a secure fit over curved areas, even when bending and stretching.



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



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



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

 Visit www.coloplast.to/bestfit

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

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

Coloplast Corp. Minneapolis, MN 55411 / 1-800-533-0464

www.coloplast.us The Coloplast logo is a registered trademark of Coloplast A/S. © 2020 Coloplast Corp. All rights reserved.



PM-11979 07.20



FAST, EFFECTIVE, RELIABLE

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

H2ORS
ORAL REHYDRATION SOLUTION

www.h2ors.com

Free shipping: use coupon code OST-SHIP

Osto-EZ-Vent®

#1 preferred venting device for any Ostomy pouch



- Easy to Attach, Open & Close.
- Convenient and Simple.
- Provides Comfort, Relief, & Confidence.
- Attaches to Any Pouch.

Quick • Discreet • Relief™



Visit our website for additional Osto-EZ-Vent® information, where to buy and more.

Call 888-562-8802
www.kemOnline.com

Medicare Reimbursement Code A4366
Manufactured by KEM in the U.S.A.

Disclaimer: The information contained within this newsletter is presented expressly for informational purposes only and may not be applicable to everyone. It should not be substituted for professional medical care or attention by a qualified practitioner. Always check with your doctor if you have any questions or concerns about your condition.

Osto Group www.ostogroup.org

Providing Ostomy Products to the Uninsured.



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

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

Membership Application

Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown. Dues of **\$25.00 per year** are payable to:

Ostomy Association of the Houston Area, Attention: Treasurer
P. O. Box 25164, Houston, TX 77265-5164

Date: _____

Name: _____ Phone: _____

Street Address: _____

City: _____ State: _____ ZIP: _____ E-mail: **(required)** _____

Surgery Date: _____ Birth Date: _____ Sex: ☐ Male ☐ Female ☐ Other _____

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

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

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

Procedure or Relationship:

To help us complete our records, please answer the following.

Check all that apply.

- | | | |
|--|--|---|
| <input type="checkbox"/> Colostomy | <input type="checkbox"/> Continent Ileostomy | <input type="checkbox"/> Parent of Child with procedure |
| <input type="checkbox"/> Ileostomy | <input type="checkbox"/> Continent Urostomy | <input type="checkbox"/> Spouse/Family Member |
| <input type="checkbox"/> Urinary Diversion | <input type="checkbox"/> Pull-Through | <input type="checkbox"/> Physician |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> J-Pouch | <input type="checkbox"/> Nurse |

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

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

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

☐ I would like to become a member but cannot pay dues at this time. *(This will be kept confidential.)*

I learned about the Ostomy Association from

☐ WOC Nurse ☐ Physician ☐ Newsletter ☐ Surgical Shop ☐ Website ☐ Other: _____

I am interested in volunteering. ☐ Yes ☐ No

I have enclosed an additional \$_____ as a donation to support the association's mission of helping ostomates.



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**.

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

The Hollister logo, CeraPlus, and "Healthy skin. Positive outcomes." are trademarks of Hollister Incorporated.
©2018 Hollister Incorporated.



Ostomy Care
Healthy skin. Positive outcomes.