



July 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

Ostomy Academy

Ostomy Academy is a quarterly online educational seminar created to bring trusted and comprehensive ostomy information to all members of the ostomy community. Top experts, medical professionals, and experienced ostomates will focus on a new series of quality of life topics in each presentation with special attention given to emotional well-being strategies. For more info, visit the link below:

<https://www.ostomy.org/ostomy-academy/>

Tentative: Tuesday, September 14, 2021 at 3pm PDT / 6pm EDT is the next installment of this special free webinar series. Speakers will address a theme of Back to School and talk on Ostomy 101 Basics for all ages, and going back to school, college or work with an ostomy.



PAY IT FORWARD WITH OUR VISITOR TRAINING

**Saturday, July 17, 2021
8:00 a.m.–1:00 p.m.**

**Tracy Gee Community Center
3599 Westcenter Drive
Houston, Texas 77042**

The OAHA uses the guidelines of the UOAA and offers this program every other year. This is in person training, masks are optional. For those not able to make the trip to the Tracy Gee Community Center we will video record the training so our Northwest, Baytown and Sugar Land affiliates can become certified visitors. Our trained and certified visitors perform a very valuable outreach to the greater Houston Ostomy Community, plus we have fun getting together during our training! Please join us.

Please RSVP: Kathleen.duplessis@outlook.com or 713-299-3180.

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.

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Central Group News

The Central Group held their first in-person meeting after more than one year and it was wonderful to see so many familiar faces and to welcome new ones too! About a dozen of us met at the Tracy Gee Community Center on Monday, June 21st at 7:00 p.m. Masks were optional and everyone brought their own beverages and snacks. After some brief announcements we settled into a Round Table discussion. We found our story sharing to be great medicine for all and we felt quite fortunate to have Inpatient Wound, Ostomy, and Continence Nurse, Kimberly Carreon, (our ostomy angel) in attendance to answer so many of our questions. Many thanks to all who attended!

Due to our Ostomy Visitor Training Workshop scheduled for Saturday, July 17th the Central Group's next monthly meeting will be August 16th. More information on the Ostomy Visitor Training Workshop can be found in this newsletter—I hope you can attend—all are welcome! Don't forget to RSVP.

Summer is here and with it comes the Houston heat and humidity, so, please stay cool and hydrated.

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

Northwest Group News

We had a small but enthusiastic turnout for the Convatec presentation by Tracy Baranyk, Territory Manager for Convatec Ostomy. Tracy brought along a representative from Ostomy Secrets and a wonderful WOC nurse who shared some of the Me+ program details including several levels of core physical maintenance.

Many of our regular attendees were out and about enjoying their summertime break with travel and gathering with families. Our July meeting will be in person as we gather for our annual Ice Cream Social at Patti and Billy's home. All OAHA members and their families /friends are welcome to attend.

Homemade Ice Cream will highlight this fellowship gathering on a special day and time, Sunday, July 25th at 2:00 p.m. This is a rain or shine gathering. Please RSVP via Patti's contact information on the back of this newsletter by July 21st so we can make sure we have enough ice cream on hand.

Billy Locke, 337-515-6354

HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will not be meeting in July. You are welcome to join the Sugar Land Group Virtual Meeting on July 15, 2021.

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

A Message from the Board

Attention volunteers! Please sign up for our **Ostomy Visitor Training Workshop scheduled for Saturday, July 17th** at the Tracy Gee Community Center from 8:30 – 1:00 pm. If you would like to attend, please RSVP to: Kathleen Duplessis at Kathleen.duplessis@outlook.com or 713-299-3180. This is a service our organization has provided for more than 65 years. Upon completion of this training, attendees will be specially qualified to visit ostomy patients before or after their surgery. Trained visitors help patients in their rehabilitation process by demonstrating an ability to live active and normal lives with an ostomy. Trained visitors do not give medical advice.

NEW
FEATURE

Did you know we have a website and a Facebook page?

Website: Check out our website <https://ostomyhouston.org/index.html> for the following information:

- links to all of our past newsletters under Publications
- information about all of our monthly support meetings
- patient visiting and support services
- membership application
- link to the UOAA

Facebook: Don't forget to like us on Facebook—Ostomy Association of the Houston Area: <https://www.facebook.com/OstomyHouston> where you will find the latest ostomy information including the UOAA Ostomy Academy, Education for Every Ostomate! and Gut Instincts: A Series on Young-Onset Colorectal Cancer—Best Practices for Ostomy Care featuring our new board member, Allison Rosen, MS. Many thanks to our Media Coordinator, Patti Suler who does such a great job keeping us informed.

OAHA Board: Welcome new board member, Allison Rosen, MS. Mike McGinity has volunteered for another 3-year term – thank you Allison and Mike for your service to the OAHA!

UOAA 8th National Conference will be held in Houston!!
Date: August 11–13, 2022 at the Royal Sonesta Galleria Hotel

Conference Planning Committee Members include Houston OAHA members: Kathleen Duplessis, Mike McGinity and Pat Thompson, RN, BSN, CWON.

Conference Volunteers: We will have many opportunities to volunteer so please stay tuned!

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

Sugar Land Group News

The Houston Methodist Ostomy Support Group met Thursday, June 17, 2021, at 6:00 p.m. Our presenter, Tony Hall, with PPS Health Care, introduced the group to the wonders of silicone based ostomy products.

The first products were the Silvex[®], a convex seal and the Siltac[®], a flat seal. Both are made of silicone and are designed to stretch to fit around the stoma and then snug up to the stoma. Both products retain a rounded shape that help seal the stoma from leaking fluids under the wafer. The silicone helps to wick moisture from the skin upwards, keeping the skin free of moisture that can cause irritation.

Wipes were presented using the Elite[®] wipes or spray to gently help remove stoma bags and then use Elisse[®] wipes or spray to help your appliance stick to the skin while providing a soothing sensation to the skin. Tony mentioned that the silicone based spray also helps with itching. Joan shared that the spray and wipes dry very fast, so be aware no need to reapply, it is there where you put it!

Next was the Silken[®] silicone gel that can be placed directly around the stoma. It's liquid formula is easy to apply and conforms to the surface of the skin. No need to wait for the gel to firm up, just apply your appliance as usual. The gel does firm up over a period of 2-3 hours, this moves with you. When it is time to change your bag, it lifts off with no pieces left behind. Just remember less is more when applying—only a thin ribbon of gel is needed.

Silex[®] silicone flange extender is a THIN thin strip that replaces those hydrocolloidal elastic barrier strips. The application is made easy with a “1” on one side that you remove. Then position the flange extender against the edge of your wafer and remove the “2” strips and smooth over the skin. It is almost transparent and is waterproof to help with any water activities you may enjoy.

Finally, we learned about the only non-silicone product from Trios Ostomy—the Trio Pearls[®]—a sachet to drop into a stoma bag to help gel the liquid stool with ileostomy output. Tony also announced that at the next Ostomy Nurse Conference they will be introducing the Genii[®]—a silicone ostomy appliance.

Questions included about what supply companies carry Trio Products. Edgebrook and Byrum both carry Trio products, but Tony noted that PPS Healthcare is also set up to help with getting stoma supplies. PPS Healthcare can be reached at 1-877-400-1700 or <https://trioostomycare.us/> where supplies can be ordered online.

Joan thanked Tony for the samples that were sent to many of the attendees and for his time.

Joan announced the Central OAHA group will be meeting in person on Monday, June 21st at the Tracy Gee Center.

The Houston Methodist Sugar Land Ostomy Support Group will meet again on July 15th at 6:00 p.m. Topic will be on output from stomas and what to expect. Joan stated that we will continue Virtual Meetings until further notice. Everyone thanked for joining and the meeting was adjourned at 7:00 p.m.

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

Baytown Group News

Baytown Ostomy Support Group was so fortunate to have Crystal Luna-Anderson RN, BSN, CWON (Certified Wound Ostomy Nurse), CFCN (Certified Foot Care Nurse) Ostomy Clinical Consultant for Coloplast as a presenter for our meeting on Monday June 21st. We tackled a Teams Meeting this time and had 7 enthusiastic individuals join in! Crystal led a great session introducing a concept to help minimize leakage: Apply > Remove > Check. For some, excessive hair growth in the area where the wafer needs to adhere can cause a problem. With hair removal, care should be taken to avoid folliculitis (inflammation of hair follicles). This can be done by warming the hair prior to removal and using an electric razor. The “Check” component of this 3 part concept was not a difficult one for this group. Many in the group agreed that they routinely look at the barrier when it is removed and assess it for erosion, evidence of bleeding and wear time. Crystal noted that the back of the wafer is your “road map”. This gives you an idea about whether you are going down the right path.

A concept that will benefit all ostomates is to understand that peristomal skin irritation is NOT normal. The group shared some of their ideas for removal. Push-Pull technique is always a good idea. There were some interesting finds here—basically warm water can always be used. Many used the releasers that are on the market as well.

Remember that stomas change. It is a good idea to measure the size periodically (a measurement guide is provided in each box of wafers). Coloplast has many resources available to us. “Guide to Healthy Skin”, “Pouch Change Diary” and “Hernia Action Plan” are just a few of these wonderful resources you will find at:

www.Ostomy.ColoplastCare.Us

Baytown Ostomy Support Group will continue to meet monthly. We would love to have you join us. Our next meeting is scheduled for July 19th at 6:00 p.m. and we have Edgemark scheduled to present.

Kind regards,

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

Central Group

Date: No meeting this month due to Visitor Training on July 17 (see pages 1-2 for more information)
Place: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, TX 77042
Contact: Denise Parsons 713-824-8841 rockynme2@gmail.com

Baytown Group

Date: Monday, July 19, 2021
Time: 6:00 p.m.
Place: Virtual Meeting (Current Baytown Support Group members have been invited.)
Program: Edgepark
Contact: Cindy Barefield, CWOCN, 281-428-3033

Northwest Group

Date: Sunday, July 25, 2021
Time: 2:00 p.m.
Place: Patti and Billy's Home
Program: ICE CREAM SOCIAL—Please RSVP to Patti Suler whose information can be found on the back page of this newsletter
Contact: Billy Locke 337-515-6354

Sugar Land Group

Date: Thursday, July 15, 2021
Time: 6:00 p.m.
Place: Virtual Webex Meeting (Information is provided in the email of your May Newsletter.)
Program: Output from Stomas and What to Expect
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: No meeting in July—Join one of the available group meetings this month.
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



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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.

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Healthy skin. Positive outcomes.

2021 Annual Membership Dues Drive

The OAHA is an association of volunteers dedicated to serving and educating ostomates and their families within the greater Houston community. Thanks to the dues and donations we receive we are able to continue our outreach with monthly meetings, a certified visitor program training, monthly newsletters, fellowship and a website. In July we will be asking you to please renew your memberships. If you are not a member, we invite you to join us. Annual membership dues are \$25. If you would like to be a member, but cannot afford the membership dues at this time, please contact me directly at Kathleen.duplessis@outlook.com, 713-299-3180 as we receive donations from generous donors who support our mission of helping ostomates. All information is confidential.

Managing Your Ostomy Alongside Crohn's Disease

Courtesy of ostomy.org

Managing an ostomy after Crohn's disease-related surgery may take some time, but don't get discouraged. Request an ostomy nurse to help you address issues, such as drains in surgical sites and other skin issues. Initially, it may be difficult to get a good pouching system seal on the stoma site, though many of these issues can be remedied with the help of an ostomy nurse

Below are some of the issues that could present along with resources you can refer to for more information:

PERISTOMAL SKIN CONDITIONS

These are usually benign and can be managed with some stoma powder or paste as recommended by your ostomy nurse.

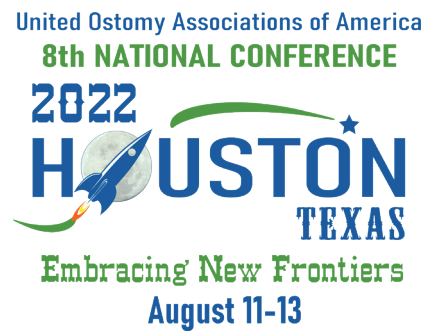
- Occasionally, Crohn's disease-related complications may develop on or around the stoma, including, fistula, hidradenitis suppurativa or pyoderma gangrenosum (skin conditions that may be related to Crohn's disease).
- These may require more complex Crohn's disease management with your gastroenterologist, colorectal surgeon and/or dermatologist.
- Please visit www.ostomy.org/ostomy-skin-care for a skin assessment guide or read Maintaining Healthy Peristomal Skin and Top 8 Signs that Your Peristomal Skin is Irritated or Damaged for additional information.

BOWEL OBSTRUCTION

A Bowel Obstruction, also known as an intestinal blockage, is a blockage that keeps food or liquid from passing through your small intestine or large intestine (colon).

Signs and symptoms of intestinal obstruction include:

- Abdominal pain
- Loss of appetite



The link below will take you to the new 2022 announcement for the UOAA's 8th National Conference which will be Houston at the **Royal Sonesta Houston Galleria Hotel**.

<https://www.ostomy.org/event/uoa-8th-national-conference/>

We are so excited to announce the UOAA's 8th National Conference will be held in Houston! Kathleen Duplessis, Mike McGinity and Pat Thompson are members of the Conference Planning Committee. There will be plenty of opportunities to volunteer so stay tuned!

- Constipation
- Vomiting
- Inability to have a bowel movement or pass gas
- Swelling of the abdomen

With Crohn's disease, intestinal obstructions can be caused by inflammation, adhesions (scar tissue), and strictures, which can cause the intestine to narrow.

PARASTOMAL HERNIA

A Parastomal Hernia occurs when the intestines press outward near the stoma site, creating a rip/tear in muscle tissue and causing a portion of the abdomen to bulge under the skin. This can sometimes result in pain, discomfort, or leakage on or around the ostomy site. A hernia may or may not require additional surgery, depending on how large and uncomfortable it may be. Hernia belts can be worn to protect the hernia site and prevent further damage from occurring.

PROLAPSE OF THE STOMA

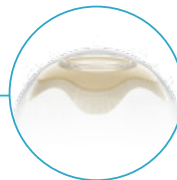
A Prolapse of the Stoma can result in abnormal, visible external lengthening of the stoma after surgery. Prolapses, when severe, can result in a color change of the stoma due to diminishing blood supply, as well as constipation from bowel obstructions at the stoma site. Small prolapses are generally benign, but some require careful monitoring by your colorectal surgeon to see if it may become necessary to revise the stoma.

SenSura® Mio

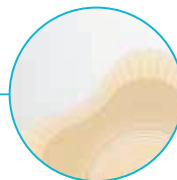
Also available
in 1-piece and
2-piece Click

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

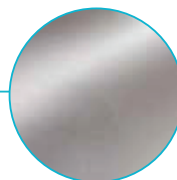
SenSura® Mio Convex Flip has a star shaped barrier to provide a secure fit over curved areas, even when bending and stretching.



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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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