



March 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

March is National Colorectal Cancer Awareness Month

Colorectal Cancer Awareness? What does this mean? This means that if you love someone, you educate and encourage them to seek a routine diagnostic procedure that could save their life.

A colonoscopy. A routine colonoscopy is recommended beginning at age 45 or when other symptoms are present as recommended by a physician.

Colorectal cancer is the most treatable form of cancer—if caught early. Symptoms include frequent urges to go to the bathroom, diarrhea, blood in the stool and other un-natural bowel behaviors. Often times we don't want to do 'potty talk', it's embarrassing. A long time ago people thought the same way about breast and prostate cancer. Now these diseases are featured everywhere and the survival rate is increasing. It is colorectal cancer's turn. Support someone you love and have a little potty talk.

I am often amazed at the attitude of friends and family when a colonoscopy is mentioned. Usually they balk and justify not having it done. I often share at this point that colon cancer is the most treatable—if detected early and the most fatal if not.

—Patti Suler, Media Coordinator



**COLORECTAL
CANCER
AWARENESS MONTH**

Know The Facts About Colorectal Cancer

Colorectal Cancer is the third most commonly diagnosed cancer in men and women combined in the U.S. It is the second leading cause of cancer death in men and women combined.

2022 Estimates:

- 151,030 people will be diagnosed with Colorectal Cancer
- 52,580 people will die from Colorectal Cancer



More information can be found at:

<https://www.ccalliance.org/colorectal-cancer-information/facts-and-statistics>

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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News from the OAHA Board

We are a very welcoming group and we invite you to join one or all of our meetings in March. Central Group and Baytown Group are planning in-person meetings and Northwest Group, Sugar Land Group and Houston Area, Ostomy, Pediatric Education & Support Group (HOPE) will be meeting virtually—see Group News for details.

SAVE THE DATE: July 23, 2022 10 a.m. – noon, Virtual Ostomy Visitor Training.

Sign up for UOAA's FREE Virtual Ostomy Academy at: <https://www.ostomy.org/ostomy-academy/>

What is Ostomy Academy?

Ostomy Academy offers a quarterly online educational seminar bringing you 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. You can find taped videos of past presentations on the UOAA website above and on the UOAA Facebook page.

March is Colorectal Cancer month—know the facts and check out the link in this newsletter.

Rice University's Rice360 Institute for Global Health Technologies is looking for participants in their usability study—check for the details inside this newsletter.

Your OAHA Board

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

Central Group News

Central Group met on Monday, February 21st at 7:00 p.m. at the Tracy Gee Community Center. We were a lively group of 7 and we welcomed back Nathaniel and Carol. We were thrilled to introduce Grace Dompheh, MHA, BSN, RN, CWCN, COCN. Grace is Central Group's new ostomy nurse!! Grace has recruited Ama Acheampong to also join in our meetings and we plan for either Grace or Ama to be attending future meetings. We look forward to meeting Ama and learning about her role at LBJ Hospital at our March meeting. We enjoyed free flowing discussions and we shared some of our best practices for ostomy product applications, our favorite products and tips on getting free samples from the manufacturers of ostomy products. We really enjoy meeting again in-person and being a resource for those ostomates in need of more information and fellowship. Come join us in March—we're a very friendly and welcoming group.

Please come join us on March 21st at 7:00 pm at the Tracy Gee Community Center—more details can be found in this newsletter under Group News.

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

Baytown Group News

Baytown Ostomy Support Group did not meet virtually in February. We hope that virtual meetings will be a thing of the past for our support group. We are looking forward to meetings that involve gathering with each other in person beginning in March. Guidelines for these meetings include masks for all those participating, no food or drink for short duration in-person meetings, and ensuring that room occupancy does not exceed capacity.

Roxanne Warren, Sales Specialist with Hollister will join us for the March 21st meeting. It is always a pleasure to learn more about Hollister—an ostomy company with "Science-driven solutions that support positive outcomes and enhance quality of life". I hope you will make plans to attend.

The March 21st meeting is scheduled from 6:00-7:00 p.m. in the CRCU (Community Resource Credit Union) Community Room. You will want to avoid the front of the hospital (Garth entrance) as construction continues on a 5 story patient tower and new helipad. The CRCU Meeting Room is located just inside the door of Plaza 2 on the back side of Houston Methodist Baytown Hospital. Plan to park behind the hospital (exit off of Baker Rd) and this will allow you to park very near the Plaza 2 entrance.

I look forward to seeing you in March!

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

Northwest Group News

The Northwest group met this past month and enjoyed a program on better sleep practices. Participants learned about some of the most recent sleep study research including information on Circadian rhythms and segmented sleep. Everyone enjoyed meeting a new ostomate as well as learning about our upcoming virtual Visitor Training program from Kathy Duplessis, President of the Ostomy Association of the Houston Area.

Next month's meeting on March 16 will feature a program by Dietician Taylor Drake. Ms. Drake is a returning favorite speaker for our group.

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

Billy Locke
337-515-6354

Sugar Land Group News

The meeting started with introductions and Joan welcomed Billy, Beth, Jacki, Carol, Nathaniel, Kathy, Sarah, and Daniela.

Courtney Chipokas from Byrum Healthcare brought Brandon Fawcett, an insurance specialist for ostomy durable medical equipment. Brandon spoke to the Medicare coverage for traditional Medicare and then Medicare Advantage plans. Basically, Medicare covers 80%, leaving you to pick up the 20% or have billed to the supplemental insurance coverage if you have it. If you must pay cash, Byrum is able to offer lower prices as they do supplies for many hospital systems across the US. Byrum can lower prices more with a 40-60% discount for cash pay patients. They can also set up payment plans. Courtney shared how now they can get a lifetime coverage for ostomy supplies, meaning once you start services with them, they will take care of getting renewed orders and changed prescriptions. The only call being made on your part is you calling Byrum to start service.

Questions were asked about how many bags are covered per month on average (20 for drainable and 60 for non-drainable).

Sarah and Daniela asked about coverage for wound collection devices for fistulas—consensus is not covered but Courtney will get back with group on that. Kathleen asked about insurance plans accepted and advised to call Byrum at 1-877-90BYRAM (1-877-902-9726) to get more information. Beth shared how she switched to Byrum and the seamless process with supplies delivered within a few days after the new year.

HOPE—TCH Woodlands, Pediatric Group News

The HOPE group met virtually on Feb 6th after a long hiatus. There were a few new teen members who stated they truly appreciated meeting other teens with ostomies and are looking forward to monthly pediatric support group meetings.

The next meeting will be Sunday, March 13th from 2-3 p.m. via Zoom. Coloplast will be sponsoring a guest speaker, Kristin Fury, who will share her story and journey through ostomy surgery. Login information is provided in the March OAHA email.

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

Contact Information for Byrum
www.mybyramhealthcare.com

- Phone with a Customer Service Representative
- 1-877-90BYRAM (1-877-902-9726)

Courtney M. Chipokas
Houston Account Manager - Byrum Healthcare
Ph: (832) 776-5962
Fax: 830-541-5420
Cchipokas@byramhealthcare.com

OPEN FORUM

Discussion wandered to how to mask odor and decrease stink. Suggestions included lubricating deodorant, a tic-tac mint, rinsing bag with combination water and mouthwash (Listerine), spraying your bag with Poopouri, or using a bag without a filter. Joan mentioned if using a bag without a filter, you will need to 'burp' the bag (preferably in a restroom) to release the gas. Be sure to use a good room deodorizer like M-9™ or Ozium™ (found near automotive supplies). Joan shared upcoming meeting on nutrition in March and 'Stinky Poo and Pee—the Art of Odor Containment' in April.

Our next meeting will be on Thursday, March 17th at 6:00 p.m., virtually, our topic will be Nutrition for the Ostomate.

For more information please see your March 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

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.



Visitor Training Program: Basic Visiting Policies and Procedures

Our Visitor Training program will be virtual this year and is planned for Saturday, July 23, 2022 from 10:00 a.m. to noon! We hope everyone will be able to join us. Over the next few newsletters, we will share with you the important parts of our program.

The first segment of our program will address basic visiting policies and procedures. We will discuss the following:

- Purpose and objectives of our Visitor Training program
- Role of a Visitor
- Basic policies and procedures
- Types of visits
- Privacy issues

We always leave time for questions and discussion. Please save the date and join us.

Hear from our Certified Visitors

It sometimes can be hard to explain why ostomates should take time from their busy schedules to spend some time attending our Visitor Training Program. I thought it would be nice if you heard from some of our visitors themselves:

From Ed Wood: Since I had someone to help me with my early questions about my ostomy, I have valued being a certified visitor to payback my early personal experience.

From Allison Rosen: Helping someone who recently had ostomy surgery is life changing, for me as well as the patient. It helps me feel fulfilled as an ostomate and helps the patient realize that they are not alone and have support every step of the way.

From Kathleen Duplessis: When I was a new ostomate, my quality of life greatly improved after visiting and talking with others living with an ostomy.

From Marian Newman: It is so rewarding knowing that you have made a difference in the life of an ostomate.

From Lorette Bauarschi: I have always felt that it was a moral obligation for me to help others who are going through what I went through with my illness and surgery. I have always been a problem solver, and if I am uniquely qualified to help someone, I want to help.

From Terry Marriott: I help ostomates because when I was a new ostomate, it helped me to see someone else with an ostomy. It makes them feel better about what they are going through.

From Denise Parsons: Once I had my surgery, I was grateful to the members at the meeting who eased my fears, and by their examples, let me know that I had no limits. Concerns that I had about traveling were resolved with common sense advice. Knowing that others had gone onto exciting and full lives was critical to my adjustment. It is important to me to be the person who gives others that same hope and practical tips for living their best life. I know that I have made a difference.

Barrier Considerations to Obtain Your Fit

(courtesy of UOAA, ostomy.org)

What is more important: fit, flexibility, stretch capability, or adhesion?

If you cannot decide, or there are two or more that are just as important, you are not wrong. Why not have all in one for your barrier selection? You can have fit, flexibility, stretch capability, and adhesion in one pouching system!

Fit

When selecting a barrier, many considerations can come into play. When considering fit, proper application and sizing is important to help reduce leakage and create a seal around the stoma. Utilizing a stoma measuring guide or template with each pouch change is beneficial to help obtain the proper fit. Stoma size can change after surgery, so measuring is key. Deciding between a precut or a cut-to-fit barrier is also important to consider, as it depends on which option provides the best fit to your body.

Flexibility

A flexible barrier will move, bend, and stretch with your body allowing you to be comfortable as you go about your daily activities. Flexibility with stability helps achieve a seal around the stoma along with the proper fit. In day-to-day movements like, getting in and out of your car, vacuuming, getting a spice off the top shelf, or even a sport you enjoy playing, flexibility is important to move with your body.

Stretch capability

Can you have flexibility without stretch capability and vice versa? What if these two worked hand in hand to create the best seal and optimal comfort to help you with your daily activities? Think back to reaching to get a spice off the top shelf in the kitchen. You need to have flexibility in the barrier to obtain the stretch, but then when back in a normal standing position the ability for the barrier to go back to the original shape after completing the stretch—how is that obtained? Teamwork!

Adhesion

Lastly the ability for the barrier to have adhesion to the skin. This can be a challenge outside of the barrier itself. For example, what if there is a small area of irritation, moisture, or the landscape is not perfectly flat (which is very common)? The adhesion is important to provide the tact to the skin so that the barrier has all the capabilities: fit, flexibility and stretch! Good adhesive security is obtained by gentle warmth using the body heat of your hands, and a nice gentle pressure with application from the inside (near the stoma) all the way to the edges of the barrier. This helps

activate the adhesive into those small nooks and crannies that our skin has even if we can't see them with the naked eye.

Essentially, there are many questions that may come up when deciding on the best barrier fit for you. Let's go back to the original question that was posed: What is more important: fit, flexibility, stretch capability, or adhesion? The answer can be any of the above, and it all depends on your own lifestyle and personal needs. Things to keep in mind when you are considering your barrier options are, "Does this barrier have a good fit to my body?", "Does the barrier allow me to stretch without compromising the seal?", and lastly, "Does this barrier give me the security to enjoy my activities?". There are options available for many body types and challenges. Reach out to your WOC nurse so they can help you answer the questions that are important to you!

Mackenzie Bauhs, CWOCN, is currently an employee and Ostomy Clinical Consultant for Coloplast. She obtained her bachelor's degree at Carroll University in Wisconsin. She has worked with ostomy patients in the post-operative period at the University of Wisconsin Hospital and Clinics in Madison, Wisconsin as well as outpatient ostomy care at Rush University Medical Center in Chicago, Illinois.

The materials and resources presented are intended to be an educational resource and presented for general information purposes only. They are not intended to constitute medical or business advice or in any way replace the independent medical judgment of a trained and licensed physician with respect to any patient needs or circumstances. The information presented or discussed may not be representative of all patient outcomes. Each person's situation is unique, and risks, outcomes, experiences, and results may vary. Please see complete product instructions for use, including all product indications, contraindications, precautions, warnings, and adverse events.

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RICE360
Institute for Global Health Technologies



COLOSTOMATES

PARTICIPANTS NEEDED

Usability Study: Experimental Colostomy Pouch

Compensation: \$25 gift card

Contact: colostomates@rice.edu

WHAT? Participants will evaluate an experimental colostomy pouch by completing a wear trial for up to 24 hours, taking surveys, and participating in interviews related to their experience with the experimental pouch.

WHO? Participants must be ostomates aged 18 years or older and willing to wear the experimental pouch during normal daily activities and complete the accompanying surveys.

WHY? This research study will help Rice360 determine the suitability of this device for use by ostomates in Sub-Saharan Africa where cost and accessibility are barriers to ostomy care products.

This research study does not involve patients, medications, or any other type of hazard. This research study has been reviewed and approved by Rice University Institutional Review Board. If you have concerns regarding this study or questions regarding your rights as a study participant, please contact the Rice IRB Compliance Administrator, at Rice University. Email: irb@rice.edu or Telephone: 713-348-3586.

Central Group

Date: Monday, March 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, March 21, 2022
Time: 6:00 p.m.
Place: **Virtual Meeting** (Contact group leader for more information.)
Program: **Guest Speaker: Roxanne Warren, Sales Specialist with Hollister**
Contact: Cindy Barefield, CWOCN, 281-428-3033

Northwest Group

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

Sugar Land Group

Date: Thursday, March 17, 2022
Time: 6:00 p.m.
Place: **Virtual Webex Meeting** (Information is provided in the email of your March OAHA Newsletter.)
Program: Nutrition for the Ostomate
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, March 13, 2022
Time: 2:00 p.m.
Place: **Virtual Meeting** (Information is provided in the email of your March OAHA Newsletter.)
Program: **Guest Speaker: Kristin Fury, sponsored by Coloplast**
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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Special Announcements

BOARD MEMBERS POSITIONS OPEN!

We have four Board positions open for a three year term beginning on July 1, 2022. If you want to nominate a member, please contact Lorette Bauarschi because she is on our nominating committee. We would love to have some new volunteers to help us continue our support of the ostomy community. Serving on the Board is very rewarding. You can truly make a difference with a limited time commitment each month. Please consider volunteering yourself or even someone else!

Lorette Bauarschi
713-582-0718
lorette@bauarschilaw.com

Ostomy Association of the Houston Area
66 Celebrating 66 years of helping others help themselves!

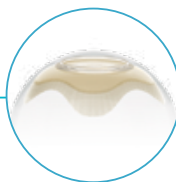
At our monthly March support group meetings, please join us in celebrating the Ostomy Association of the Houston Area's 66th anniversary! What a milestone! "We help ourselves by helping others to help themselves."

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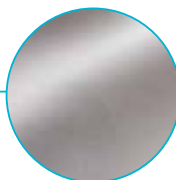
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A Note about Our Scholarship Recipient

Kathleen, Lorette, Denise,

We want to personally thank you and all of the Ostomy Association of the Houston Area for the generous scholarship awarded to Linh Le. This scholarship has made such a difference in her life and we know she will go on to make a difference in the lives of so many ostomy patients.

Linh noticed a need for ostomy and wound specialist early in her nursing career. She has noticed a need within the Vietnamese population and the stigma associated with having wound/ostomy/continence related issues. She hopes to help out this community by helping remove the stigma and educate people about the special needs.

Additionally working at Harris Health System has helped her to understand the needs of the under insured/uninsured. She hopes to help bridge this gap with the knowledge she has achieved through WOC program through the support of OAHA/Spring Branch Medical Supply Scholarship. It is without question that this scholarship went to a person who needed it, valued it, and will pay it forward!

Apologies for such a late response. Your support is truly appreciated by the SCR!

Sincerely,

*Grace Dompheh MHA, BSN, RN, CWCN, COCN
LBJ Hospital
WOC Nurse Program Manager
Director of Scholarships—SCR of WOCN®*



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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

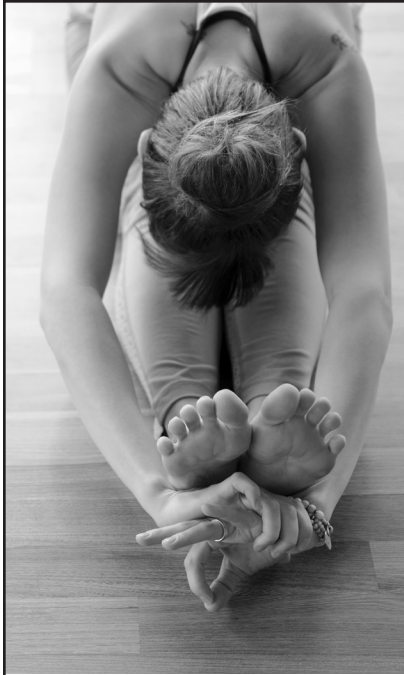
☐ I would like to become a member but cannot pay dues at this time. *(This will be kept confidential.)*

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.[†]

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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