



May 2023

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

Daily Living with an Ostomy

Every Individual is Unique so Don't Put Restrictions on Yourself Based on Others

By Lisa Febre, courtesy of UOAA April E-News

The morning after my colectomy, the first question I had for my surgeon was "can I still do yoga?" My surgeon had a good-natured and amused response: "Please give yourself two weeks to recover from this surgery, and then you can do all the yoga you want." He also told me that with my specific colostomy, in two weeks I could get back to my regular diet with no restrictions. (I've since learned those with an ileostomy have different considerations.)

Sure enough, two weeks later, once I was sufficiently recovered, I was living out his predictions. I was back on the yoga mat, twisting myself into pretzels, lifting into tricky arm balances, and standing on my head. I was outdoors hiking and running. For the first week after surgery, I was following a soft-solids diet, and by the second week I was eating whatever I wanted. By the end of the month, I was even eating Reuben sandwiches with sauerkraut!

I knew no boundaries because I had none.

It wasn't until I joined a support group on social media that I noticed people were questioning things I was taking for granted like taking a shower, exercising, wearing pants, and eating vegetables. Are there eating restrictions for ostomates? Was it possible some people were told they could not exercise with their ostomy? The answer is ...yes... ish.

(Continued on page 3)

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.

United Ostomy Associations of America

8th NATIONAL CONFERENCE



Embracing New Frontiers

August 10-12, 2023

You're invited to "Discover Your People"



Royal Sonesta Houston Galleria
2222 West Loop South, Houston, TX 77027
Hotel Reservations: 855-463-3091
Room Block "2023 UOAA National Conference"

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

National Sponsors to date:



Visit www.ostomy.org/2023Conference for continued updates. Registration opened 1/1/23

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News from the OAHA Board

If you are looking for information about ostomies, please read our newsletter, check out our website and the UOAA's website where you can find information on ostomy manufacturers, distributors of ostomy products, how to donate ostomy products and information on monthly virtual and in-person meetings.

Don't forget to sign up for the UOAA National Conference which will be held in Houston August 10-12, 2023. More information in this newsletter.

Kathleen Duplessis, President and The OAHA Board

Baytown Group News

Baytown support group will meet May 8. Please contact Cindy Barefield for more information.

Kind Regards,

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

Northwest Group News

In April, the Northwest group had a Safe N Simple presentation by Beth Peters discussing wipes and barrier rings. We were able to assist a new ostomate. In May, we will meet and just have an open forum for any needs or discussion that may come up. This is a hybrid meeting, meeting in person at Houston Northwest. The zoom link to join the meeting is in your email newsletter.

The next meeting (both in-person and virtual) will be May 17, 2023, 7:00 p.m. Central Time.

Mary Kinsey, BSN, RN, WOC, WCC, OMS
mkinsey815@gmail.com
 936-443-2565

North Houston Group News

The North Houston support group is meeting IN PERSON at Memorial Hermann Greater Heights Hospital every 2nd Tuesday of the month from 12-1 p.m., classroom D in the south tower. Contact Mary Kinsey at 936-443-2565 or Ericka Spence at 806-661-8182. Next meeting will be May 9.

Mary Kinsey, BSN, RN, WOC, WCC, OMS
mkinsey815@gmail.com
 936-443-2565

HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will meet on May 21 (because the second Sunday of the month is Mother's Day), from 2-3 pm. The Zoom link for future meetings will be in your email newsletter.

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

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 on Monday, April 17th at the Tracy Gee Community Center to learn about Convatec's ostomy products (home of the famous EAKIN SEALs). We enjoyed a great presentation from Rory Smith, Territory Manager North Houston and West Region and Convatec ostomy nurse, Susan Fletcher. Convatec is very patient oriented and they have a wonderful program all ostomates should sign up for called me + Patient Care. They help with patient support and even have ostomy nurses available on the phone to help you out with difficult situations. You can enroll on their website –

www.convatec.com/ostomy-care/me-patient-support/ or you can call Amanda Wasik, Convatec Concierge toll-free 877-585-0470, option 9. Everyone was offered goodies bags filled with Essenta no sting barrier wipes, eakin seals, SUR-FIT Natura moldable skin barriers, pouches, lubricating deodorants, etc. We enjoyed Rory and Susan's 'Convatec Forever Caring' presentation. Thank you, Rory and Susan!

Next meeting is Monday, May 15th at 7:00 p.m. at the Tracy Gee Community Center. We will host a Round Table. Hope to see you there!

Kathleen Duplessis, President, OAHA,
Kathleen.duplessis@outlook.com or 713-299-3180

Sugar Land Group News

Meeting Summary – Lisa Gonzales with Coloplast

Information presented on the Coloplast Care Program open to any ostomate and provides support and access to WOCN Monday through Friday from 8:00 am to 5:00 pm. Goal of the program is for education and support without solicitation for Coloplast products throughout the lifespan of the person with an ostomy.

Currently, Coloplast has 2 support lines for assistance, one for nursing and clinical staff, and the other for consumer or person with an ostomy. The program can be accessed through

1-877-856-2356 or online at
<https://www.coloplast.us/Ostomy/people-with-an-ostomy>

Lisa shared information about a new app for your smart phone called MyOstomyLife By Coloplast Care – link is in the handout ([Who will help me Care Team PM-10345 .pdf](#))

Two links to videos about the support can be accessed here:

[USOC Unboxing Care Kit Video Consumers English PM-19993.mp4](#)

[USOC Coloplast Care Patient Brochure PM-06079.pdf](#)

Open forum followed with multiple items discussed. Members asked for the contact information Coloplast Care Program to be sent along with the videos and handouts from Lisa.

Our next meeting will be May 18, 2023 at 6:00 p.m. through Zoom with a presentation from Jennifer Cerda, MSN, RN, OCN, Oncology Nurse Navigator at Houston Methodist Sugar Land Neal Cancer Center.

For more information contact Joan Burnham, MSN, ONN-CG, OCN, MEDSURG-BC at jburnham@houstonmethodist.org or at 281-274-0188 OR Jennifer Cerda, MSN, RN, OCN, at jcerda@houstonmethodist.org or at 346-901-2012.

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

Daily Living with an Ostomy *(continued from page 1)*

Showering with an Ostomy

I was given a temporary colostomy in December 2021 when I was diagnosed with Stage-4c Colon Cancer (at the age of 47). There is no way around it: this is a big shock to the body and the mind. But the only thing I could think about was getting into the shower and washing off the five days' worth of sweat and grime that had accumulated on my body during my hospital stay. I stripped down, my new Hollister 2-piece system hanging off of me and stepped into the shower. I didn't think about the bag at all, I just showered like I normally did. When I was done, I dried myself and the bag off with a towel, and... that was it. I did this every single day without a second thought.

I would laugh at myself and say: it's just poop, it's not nuclear waste!

Weeks later, I was surprised to learn people commenting online were wrapping up their colostomy bags with layers of plastic wrap and were trying desperately to keep their abdomens out of the water. Wait... are we not supposed to get the bags wet? That didn't sound right to me. The barrier has to be taken off with adhesive removal wipes or sprays, and even then, it can be difficult to separate it from your skin. The durable plastic receptacle bag is meant to hold all kinds of bodily fluids, it seems obvious that it should be able to handle a little soap and water. The customer service reps at both Hollister and Coloplast concurred: they specifically told me that their products are meant to be used while showering, bathing, and even swimming, with no extra accessories. Again, because no one told me I couldn't, I was already doing these things. It was heartbreaking to see so many of my fellow ostomates avoiding basic hygiene for fear of doing it with the bag on.

It seems like the solution might be to shower without the appliance. There tends to be even more fear surrounding this practice of naked showers. Again, this was something that I had already done without asking for permission. One day I was changing my appliance, decided it would be a great time to shower, and just jumped in. The soap on my newly exposed skin felt fantastic, my stoma looked to be enjoying the water running down my belly. Naked showers were soothing and necessary for my peace of mind. I always felt the cleanest when I showered without my appliance. The skin under the barrier stayed healthy and the adhesives worked much better. Always close at hand was a disposable plastic cup filled 1/4 up with water which I used to catch any "visitors" that might erupt from my exposed stoma during my shower. I would laugh at myself and say: it's just poop, it's not nuclear waste!

Exercising with an Ostomy

This is something you absolutely must talk to your doctor about. I can't give you proper advice since everyone has a different risk value for a parastomal hernia (that's when your intestines try to push their way through the incision around the stoma). Although



50% of people with a stoma will get a parastomal hernia, that doesn't mean you are going to get one. Your surgeon will assess your risk. I had almost no risk of one of these hernias because I was fit and active before the surgery; there was a low likelihood that my incision site would fail while I had the stoma. I was told I could begin exercising again 2 weeks post-op. Alternately, when I had my reversal surgery 10 months later, my surgeon said there is a slightly higher risk of a hernia at the closure site and wanted me to wait 8 weeks before lifting anything over 10 pounds, and that included doing yoga.

Even within one person, my risks were different for each surgery. This is why you have to have a clear assessment from your doctor and follow their directions. Some people may still develop a hernia despite following their surgeon's directions. It's important to question and clarify, but ultimately listen to your doctor— and not just people online, this gives you the best chance for success.

Dressing with an Ostomy

This is a tricky one for ostomates because everyone's stoma is in a slightly different spot. I was able to wear jeans and form-fitting clothing because the location of my stoma made that possible. Someone else may have their stoma exactly where the rigid waistband of their favorite jeans falls, which can be an issue. Your clothing isn't necessarily going to hurt the stoma, but you do need to save room for when your stoma has output. For some, tight-fitting clothing can restrict the bag, forcing the output backward toward your skin and under the barrier.

Dressing is definitely not a one-size-fits-all situation, so unfortunately no one can really give someone else game-changing advice. Be ready to experiment, but always wear clothing that makes you feel good. It was important to me to wear jeans, so I bought new jeans with a lower waistband that fell just under my stoma. Many other women invest in maternity pants. But I never left the house feeling frumpy. My colostomy was not in charge of my fashion sense, I was!

Daily Living with an Ostomy *(continued from page 3)*

Eating with an Ostomy

Everyone has a unique reason for having an ostomy. In my case, I had my colostomy because of cancer; I had no pre-existing intestinal issues or dietary restrictions. If you are like me and could eat whatever you wanted before, chances are high that your doctor will tell you you can go back to that way of eating after your surgery. But some people, who come to a colostomy or ileostomy through ulcerative colitis or Crohn's disease (or other gastrointestinal disease), may already have restrictions that they still need to take into consideration. An ostomy does not always magically erase your special diet for your IBD.

The general rule is however you ate before your colostomy is how you can eat now.

It does not rule you; it is not the most important thing about you, and it does not define your life.

Showering with an Ostomy

I am vegan and I had no trouble eating any vegetables with my colostomy. UOAA's trusted Eating with an Ostomy Guide provides info including a standard chart of foods to avoid at first with an ileostomy or colostomy – whether that is because they create stinky output, excess gas, diarrhea, constipation, or could cause blockages. Speak with your doctor and surgeon if you are unsure how to handle building your new diet. If you're introducing new vegetables (or any kind of food) into your post-colostomy diet, just try a little bit and see what happens! If your doctor says it's ok, don't be afraid to try eating the old things you love, and maybe be inspired to try some new things as well. A good practice for all is to chew thoroughly and stay hydrated.

Stay Positive with an Ostomy

Some people wonder how they can ever find something positive in something so scary as an ostomy, but it can be done. You don't need to do it in big grand gestures or sweeping alterations in your character. Just try one little switch when the opportunity comes up. It isn't about skipping down the street singing the praises of your ostomy, it's about finding moments when you can see the silver lining. I thought it was sort of fun to have something so unique on my body. Very few people ever get to have this close a relationship with their intestines, so instead of feeling sorry for myself, I decided to call myself "lucky" for learning so much about how my digestive tract works.

Maybe most important of all, my ostomy led me to a UOAA support group where I met some wonderful people. I have made new friends who I would never have met without my ostomy. That is something to be very thankful for.

Spend some time every day when you force yourself to not think about your ostomy. Even if it's just 20 seconds, it is important to learn to push this thing into the background of your life. It does not rule you; it is not the most important thing about you,

and it does not define your life. Stay Positive! One day, one hour, sometimes one minute at a time, but you can do this.

Learn to Take Care of Your Ostomy

Our emotional recovery depends on regaining independence. I was only 47 when I received my ostomy. I am too young to rely on others to take care of me. I laughed when the home health aide arrived and started treating me like I was 80. I was not going to lie down and become helpless. I was going to be an active participant in my own health and recovery.

Learning how to care for yourself makes you feel like a Superhero!

If you suddenly find yourself having to depend on someone else to maintain your appliance, you will feel even more out of control and worried that something might go wrong. Believe me: something will go wrong — leaks happen to the best of us, and at the most unexpected times. If you have to wait until your nurse can come to your house, or until your partner gets home from work, you will feel more helpless with each passing day. Paranoid that something terrible will happen if you get a leak while you're alone, you may not leave the house to run errands, you may say no to social gatherings, and you may not want to go back to work.

Learning how to care for yourself makes you feel like a Superhero! I had a cool little zipper bag that fit in my purse containing a precut barrier, 2 extra bags, 2-3 adhesive remover wipes, 2-3 skin prep wipes, a disposal bag, and a travel-size PooPourri Spray. Knowing I had all the supplies I needed to do a quick bag change in a strange bathroom gave me immense peace of mind. I could change the whole system in less than 5 minutes, all by myself!

And if you need a little smile while you fumble around with your first bag change alone, just repeat my favorite mantra out loud: I got this whole thing in the bag!

Lisa Febré is the author of "Round the Twist: Facing the Abdominal," a memoir about her diagnosis and treatment of Stage-4c Colon Cancer, which hits bookshelves in September 2023. She had a descending colostomy for 10-months.

Listening to your Gut; Eating for Health with an Ostomy

Courtesy of Coloplast

Check out this upcoming webinar on Thursday May 11th, at 6 p.m. Central Time.

The topic is about adjusting eating styles after ostomy surgery, how diet can affect your pouching routine, as well as hydration considerations.

Check out the site to [Register Here](#). Feel free to share this with your friends and family.

If you have questions please contact us at 1-877-858-2656

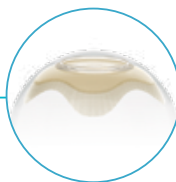


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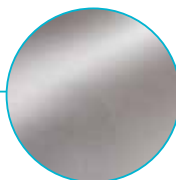
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Eight Nutrition Tips for Ileostomy Patients

by Robert Velasquez via Chicago (IL) *The New Outlook*; and Winnipeg (MB) *Inside Out*, courtesy of Ostomy Association of North Central Oklahoma

Although you should be careful with what you eat the first few weeks after your surgery, remember that your digestive system is adjusting to a new way of processing food. In no time, you'll be able to eat all the foods you used to enjoy pre-surgery. Here are the top eight tips for healthy nutrition when living with an ileostomy.

#1. Go bananas

As children, we were often told that an apple a day will keep the doctor away. In your case, have a banana. Rich in potassium, bananas will help you restore potassium levels that are lost through your stoma. Bananas can also help harden loose stools, making you more comfortable. Potassium (K) is an essential dietary mineral and major intra-cellular electrolyte and osmolyte necessary for fundamental processes such as membrane excitability, ion and solute transport and cell volume regulation.

#2. Carry peppermint tea bags

Affordable, practical, and found in most stores, peppermint tea helps prevent gas. While nobody is immune to gas (and the embarrassment that comes with it), it is more frequent among patients living with a stoma. Peppermint tea or oil can help you cope and prevent discomfort. Peppermint tea is a delicious and refreshing way to boost your overall health in a number of ways, due to its ability to improve digestion, reduce pain, eliminate inflammation, relax the body and mind, cure bad breath, aid in weight loss and boost the immune system. Its impact on the digestive system is considerable, and its base element of menthol is perhaps the most valuable part of its organic structure. Peppermint has been traditionally considered to have carminative effects, generally used as tea or digestive tablet or candy. Peppermint is a plant. The leaf and oil are used as medicine. Peppermint is one of the most popular flavoring agents used for the common cold, cough, inflammation of the mouth and throat, sinus infections, and respiratory infections. It is also used for digestive problems including heartburn, nausea, vomiting, morning sickness, irritable bowel syndrome (IBS), cramps of the upper GI tract and bile ducts, upset stomach, diarrhea, bacterial overgrowth of the small intestine, and gas. When peppermint is taken after a meal, its effects will reduce gas and help the digestion of food by reducing the amount of time the food is in the stomach. This is one reason after-dinner mints are so popular.

#3. Eat throughout the day

This is good advice for everybody. Eating smaller portions during the day will help boost your metabolism. Eat heavier meals during the daytime, preferably lunch. Sleep well by keeping dinner light, as large meals before bedtime can increase stoma output. The exact mechanism is not known, but it is proposed that one way is the essential oils relax the esophageal sphincter, which then releases the gas. Essential oils used directly in the stomach, however, give many people heartburn, especially if hiatal hernia is present.

#4. Drink plenty of water

It is essential to keep hydrated throughout the day. Your body will release higher levels of fluids through your stoma and it is important for you to compensate by drinking water, at least 8 to 10 glasses a day. If you are one of those people that have a hard time remembering to regularly drink water, a good tip is to carry a water bottle with you; set a reminder every hour to keep you on track, or download an app (yes there is an app for that).

#5. Introduce new foods gradually

All bodies are different; what sits well with you may not sit well for somebody else. Were you able to eat broccoli, cabbage, and other gassy foods before your surgery? You may still be able to enjoy them post-surgery, just make sure to incorporate these foods one at a time into your diet. This way, if you experience any discomfort, you can easily identify which food is best to avoid. It's recommended to keep a simple and bland diet for the first few weeks after your surgery to give your body time to adjust and then slowly add new foods to your diet. You will quickly learn that living with an ileostomy is not tantamount to boring tasteless meals.

#6. Pass the salt, please

Yes, salty foods are actually good for you if you have an ileostomy. Add a bit more salt to your diet to help you recover the sodium loss from your stoma. Carry a bag of pretzels to satisfy salty cravings; it will also help you thicken loose output.

#7. Yogurt is your new super-food

Yogurt can help you control gas, harden stools, and prevent unpleasant smells. The nutrient composition of yogurt is based on the nutrient composition of the milk from which it is derived, which is affected by many factors, such as genetic and individual mammalian differences, feed, stage of lactation, age, and environmental factors such as the season of the year. Other variables that play a role during processing of milk, including temperature, duration of heat exposure, exposure to light, and storage conditions, also affect the nutritional value of the final product. In addition, the changes in milk constituents that occur during lactic acid fermentation influence the nutritional and physiologic value of the finished yogurt product. The final nutritional composition of yogurt is also affected by the species and strains of bacteria used in the fermentation, the source and type of milk solids that may be added before fermentation, and the temperature and duration of the fermentation process.

#8. Properly chew your food

Eating should be one of life's biggest pleasures. Eat slowly, savor the flavors! By chewing each mouthful 20 times, you can prevent blockage in your stoma.

Ostomy Surgery Saved Matthew Perry's Life. It's Time to Stop the Stigmas.

Excerpts from Matthew Perry's new memoir show that even tv stars are vulnerable to poor ostomy care and stigmas UOAA is working to erase.

By James Murray, UOAA President

In a preview of his new memoir *Friends* star Matthew Perry reveals to *People* that in 2019 his colon burst from opioid abuse and that he spent two weeks in a coma before waking up unaware that he had emergency ostomy surgery to save his life.



He reveals that 'It was pretty hellish having one because they break all the time' which as President of United Ostomy Associations of America (UOAA) shows me that even a Hollywood star is susceptible to poor quality of care and the ostomy stigmas our organization is fighting to end.

I had lifesaving ostomy surgery as a result of colon cancer and I am among the 725,000 to 1 million people in the United States we estimate are living with an ostomy or continent diversion. Many of us live healthy and active lives thanks to follow-up care by certified ostomy nurses, education, emotional support, and the fact that a properly fitted ostomy pouch should not break, smell or restrict your desired lifestyle.

The book also reveals that Perry's ostomy was temporary and that his therapist said 'The next time you think about taking OxyContin, just think about having a colostomy bag for the rest of your life.' Perry says this was the catalyst for wanting to break his long pattern of addiction.

While it's wonderful that Perry has fought to end his addiction, these words sting for those of us who deal with the consequences of ostomy stigmas in our society. We wonder if Perry would have come to see the ostomy differently if given the chance to attend an ostomy support group or talk with another person living with an ostomy during his 9-month recovery. Did he receive information about organizations that support ostomy patients prior to discharge? Research shows that these and other UOAA standards of care can make all the difference in a patient's outcome.

Despite the fact that ostomy surgery saves or improves lives, there are still people who believe that death is a better choice than having this surgical procedure. People of all ages struggle with body image issues and acceptance in life with an ostomy and perpetrating these stigmas can leave deep scars.

Perry also mentions looking at the scars from his 14 abdominal surgeries as motivation for ending a cycle of addiction. Perry and those interviewing him are rightly celebrating and supporting addiction recovery efforts. We ask that they also give a moment to help raise positive ostomy awareness, and share our resources available to all those in need.

James Murray is the former President of United Ostomy Associations of America Inc. (UOAA) a national 501(c)(3) nonprofit organization that promotes quality of life for people with ostomies and continent diversions through information, support, advocacy and collaboration. Educational resources, advocacy tools, support groups and more can be found at www.ostomy.org

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 in McKinney, Texas.

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

Central Group

Date: Monday, May 15, 2023
Time: 7:00 p.m.
Place: **In-Person Meeting:** Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042
Program: Roundtable
Contact: Denise Parsons, 713-824-8841
rockynme2@gmail.com

Baytown Group

Date: Monday, May 8, 2023
Time: 6:00 p.m.
Place: **In Person Meeting- Community Resource Credit Union (CRCU)** Community room. Avoid the front of the hospital (Garth entrance). The CRCU Meeting Room is located just inside the door of Plaza 2 on the back side of Houston Methodist Baytown Hospital. Park behind the hospital (exit off of Baker Rd.)
Program: TBD
Contact: Cindy Barefield, CWOCN, 281-428-3033

Northwest Group

Date: Wednesday, May 17, 2023
Time: 7:00 p.m.
Place: **Virtual Webex Meeting and In-Person** (Information is provided in the email of your May OAHA Newsletter.)
In-person: HCA Healthcare Northwest
 710 Cypress Creek Parkway, Houston, TX 77090
Program: TBD
Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS
 832-581-5874 mkinsey815@gmail.com

North Houston Group

Date: Tuesday, May 9, 2023
Time: 12:00 p.m.
Place: **In-Person** (Information is provided in the email of your May OAHA Newsletter.)
Memorial Hermann Greater Heights Hospital, Classroom D in the South Tower
 1635 N. Loop W, Houston, TX 77008
Program: TBD
Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS
 832-581-5874 mkinsey815@gmail.com

Sugar Land Group

Date: Thursday, May 18, 2023
Time: 6:00 p.m.
Place: **Virtual Webex Meeting** (Information is provided in your May OAHA newsletter.)
Program: Presentation from Jennifer Cerda, MSN, RN, OCN
Contact: Joan Burnham, MSN, RN, ONN-CG, OCN, MEDSURG-BC. Oncology Nurse Navigator
 281-274-0188 jburnham@houstonmethodist.org

Woodlands Pediatric Group

Date: May 21, 2023 (moved due to Mother's Day on May 14))
Time: Sunday at 2:00 p.m.
Place: **Virtual Meeting** (Information for accessing meetings is provided in the email of your May OAHA Newsletter.)
Contact: MaryAnne Lewis, 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

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**

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. Salvadarena, 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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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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