

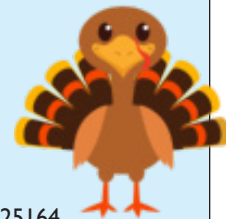


AFFILIATED SUPPORT GROUP

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

Ostomy Association of the Houston Area

We are a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions.



P.O. Box 25164
Houston, TX 77265-5164
www.ostomyhouston.org

Congratulations to the Winner of the Ostomy Association of the Houston Area/Spring Branch Medical Supply Ostomy Nursing Scholarship Recipient—Ama K. Achaempong!

Hello,

Thank you so much for this award. I am deeply honored to be the recipient of this scholarship.

This journey to specializing in wound and ostomy care has been rewarding and highly valuable. I have finally found my niche and will continue to make a positive difference in the lives of people.

I was considering where my next career steps back in 2019 a few months before the COVID pandemic; at the time I was travel nursing but felt like something was missing. After self-reflection I came to the conclusion that I liked wounds so should take a step in faith and try to specialize.

I reached out to a mentor who provided some guidance and I enrolled in the WEBwoc program.

It was eye opening realizing the depth of the specialty of wound, ostomy and continence healthcare and I felt reinvigorated.

While in school, I felt fulfilled doing wound care at a Kindred Northwest, a long term acute care hospital. There, I built my skills in wound care and saw the need for better ostomy care education. Some ostomates would come to the facility understandably overwhelmed by ostomy care. I was happy to assist, be an advocate and provide pouching solutions for better pouch wear time and complication management and prevention.

Currently, I work at the Harris county's Lyndon B. Johnson Hospital as one of the wound ostomy and continence nurses where I get the opportunity every day to help our patients. I am also happy to be a part of the wound ostomy continence societies and the ostomate support group of great people all dedicated to this field. Everyone stays connected, from the patients to nurses to vendors and industry and it is a great blessing to be a part of this specialty.

Lastly, but not least, I would like to extend a special thank you and appreciation to Spring Branch Medical Supply. I have heard countless stories of the support you give the Ostomate community and I hope to emulate such great service. I would also like to thank Ostomy Association of Houston Area (OAHA) for their continued dedication to ostomates and South Central Region Wound Ostomy and Continence Society.

Thank you all.

Gratefully,

Ama K. Achaempong

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

Scholarship Recipient	1
News from the OAHA Board, Central Group	2
News from the Baytown Group, Northwest Group, HOPE Group Sugar Land Group	3
Diet and Digestion	4
Get Your Rear In Gear 5K/Walk	5
Photos: Ostomy Awareness Day	6
Meeting Dates/Times	7
Opportunities and Announcements	7
WOC Nurse Listing	8
Membership Information	10
Advertising Support	8-11
Contact Information	11

News from the OAHA Board

Mary Kinsey, BSN, RN, WCC, OMS hosted an amazing Ostomy Awareness Day on October 1st at the Wound Care Center at Memorial Hermann Greater Heights Hospital. It was a fabulous event with 8+ ostomy nurses and representatives sharing their products and services from Convatec, Coloplast, Hollister and Byram Healthcare. The event boasted a FREE ostomy clinic from the brilliant medical minds of some of our best ostomy nurses, a great display of products and an overflowing table of free ostomy supplies—everything you can imagine!!! We hope Mary will do this again next year and we want the ostomy community to know that you are all welcome, come see these products, meet some of our fabulous nurses, and get a free visit with an ostomy nurse. You may learn something new and you may even teach the ostomy nurse a thing or two! What a wonderful event! Thank you, Mary and all of the ostomy nurses and manufacturers and distributors for taking time out of your Saturday morning. It's clear you all really care about the ostomy community.

Get Your Rear In Gear and join Laurie Pitzer, Ed Wood and Alison Rosen on Sunday, November 13th at the Colon Cancer Coalition's 2022 Get Your Rear In Gear event at Sugar Land's Constellation Field, 1 Stadium Drive, Sugar Land. See the ad in this newsletter to join the Ostomy Association of Houston Area's Team led by Laurie Pitzer. Colorectal cancer patients and survivors register for free! Your participation helps increase colorectal cancer screenings, awareness programming and support for patients in the community.

SAVE THE DATE: UOAA's 8th National Conference will be held in Houston Thursday through Saturday, August 10-12, 2023 at the Royal Sonesta Houston Galleria Hotel, 2222 West Loop South, 77077.

Here is the on-line link: [UOAA'S 8th National Conference](#)

Why Attend?

- 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

Donating Ostomy Supplies? A few options are listed in this newsletter. Unfortunately, the OAHA does not have any place to store and manage supplies but we have a few suggestion—Friends of Ostomates, USA, Kindred Box and Medical Bridges. Also, see the information on the new ostomy closet started by Mary Kinsey in the Northwest Group news.

The OAHA Board

Central Group News

The Ostomy Association of the Houston Area's Central Group met on Monday, October 17 at the Tracy Gee Community Center. It was a fun evening sharing ostomy tricks and marshmallow treats with Lisa Gonzales, Territory Manager from Coloplast. We learned about many of Coloplast's ostomy products and we also shared our favorite ostomy tricks and practices. We were a spirited group of 10 and Lisa did a great job covering colostomy, ileostomy and urostomy products and she was great at answering all of our questions. A prize of Coloplast lubricant/deodorizer went to lucky Julie for guessing the closest number of candy corns in the pumpkin's ostomy pouch! Lisa, thank you for a fun and informative evening!

More highlights from our meeting include:

Page brought delicious mini muffins and ginger ale for us to snack on—thank you Page! Lorette brought a library of ostomy books to loan/give out—thank you Lorette!

Denise Parsons bought a beautiful white and blue Ostomy Association of the Houston Area table cloth for our Outreach Coordinator, Ed Wood. Ed will now go in style to the events he attends each year and we are very grateful to him for all his hard work helping to inform the medical community about our ostomy services and support. Ed's next event is the Colon Cancer Coalition's GET YOUR REAR IN GEAR walk/run on Sunday, November 13, 2022 at Constellation Field, 1 Stadium Drive, Sugar Land at the Space Cowboys Stadium. Laurie Pitzer has formed an Ostomy Association of the Houston Area Team—thank you Laurie!! Click here: [2022 Get Your Rear In Gear Ostomy Association of the Houston Area Team Page](#) to join her team and don't forget to make a donation while you are there. Thank you, Denise, Ed and Gladys and Laurie!

And finally, we were all reminded why our dues and donations are so important. Our BIGGEST support goes toward supporting the ostomy nursing scholarship we share with Spring Branch Medical Supply. On Monday night at the Central Meeting, we were delighted to introduce our favorite nurse practitioner and winner of our 2022 nursing scholarship, Ama Acheampong! Ama works at LBJ Hospital and she is a caring and knowledgeable ostomy nurse. Thank you, Ama, for all you do for the greater Houston Ostomy Community. Ama wrote us a wonderful thank you note which is published in this newsletter—again, thank you Ama for all you do for the ostomy community!!

Our next meeting is Monday, November 21st—hope to see you there for a roundtable discussion.

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

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

Baytown Group News

Baytown Ostomy Support Group enjoyed an opportunity to gather on Monday, October 24th. The first half of the meeting was spent on Roundtable—members checking in with each other on their ostomy concerns. What a joy it was to hear that Coloplast would be joining us to offer their assistance with a couple of issues that we could not work out between us. Lisa Gonzales, Ostomy Territory Manager was joined by her colleague Emily Clark to share a festive presentation of “Tips and Tricks” using a Fall theme that involved Ghost Poop (aka marshmallows), a pumpkin with a ostomy pouch full of candy corn and a bowl full of chocolate! The group loved the hands-on opportunity to “feel” their way through the wafers, pouches, and accessories. Those who needed answers received them and were pleased to be headed home with samples and plans to make their ostomy life a lot less hectic. Thank you, Lisa and Emily for bringing such a fun presentation to the group.

I hope you will make plans to join us next month—November 21st at 6:00 p.m. We will be planning for the holidays and making self-care a priority. We continue to meet in the Community Resource Credit Union Meeting Room of Plaza II of the Houston Methodist Baytown Hospital. I hope to see you there!

Sincerely,

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

Northwest Group News

The Northwest Group had Lisa Gonzalez from Coloplast and she showed us Ostomy tips and tricks. Next week we will be hosting Collin Jarvis from Stealth Belt on our call.

On November 16 at 7:00 p.m. we will be hosting our first meeting back live! (we will still have a zoom link, so a hybrid meeting) The in-person meeting will be located at:

HCA Houston Healthcare Northwest
710 Cypress Creek Parkway
Houston, Texas 77090.

We now have a community ostomy donation closet!! It is located at 1740 W. 27th St., Houston, 77008, Ste. 234. It will be open by appointment for donation drop off or pick up Monday through Friday, 9:00 a.m. to 3:00 p.m. Please call or text Mary Kinsey at 832-581-5874 to arrange access.

Very excited about this!

Billy Locke
337-515-6354



HOPE—TCH Woodlands, Pediatric Group News

The Hope support group met October 9th and have decided to continue to meet virtually until the end of the year (with the outbreak of flu and RSV could not support meeting in person). Out next meeting will be November 20th from 2-3 pm. Zoom link in your November email newsletter.

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

Sugar Land Group News

Meeting Summary

Andy Marxen, Clinical Resource Director, presented information on Trio Ostomy Care.

Andy Marxen shared his screen and discussed products from Trio Ostomy Care and demonstrated the use to the group. Mentioned how Trio Ostomy products are the alternative to hydrocolloidal products because they are silicone based.

Trio Ostomy offers Siltac and Silvex silicone rings: flat or convex. Demonstrated how to roll out the rings and stretch them out to fit around your stoma. Ring stretches around stoma for a perfect seal. You can also cut around the ring to your desired size while still in package to have a thinner ring.

They also offer a product called Elisse spray, which is a sting free skin barrier protectant that can be used if you have skin irritation. The Elite spray is a sting free adhesive remover spray. Both products are also available as wipes instead of bottle sprays.

Silken is a silicone ostomy gel that is applied around the stoma to fill in gaps. Less is more when applying the product.

Silex are silicone flange extenders, which are used to provide extra adhesive to keep your bags from lifting off your skin. They are thin, painless when removing, and gentle on the skin. Great for use when swimming or running.

Pearls are solidifying agents that turn liquids into solid. You place one piece into your pouch without removing the white paper around it as it dissolves in the liquid as well. They are great to enhance sleep quality with an ileostomy if you have a large amount of liquid output. Pearls are not silicone.

Trio Ostomy products are reimbursed by Medicare.

Reaction to products are not very common because they are made of silicone.

Andy Marxen provided the following Trio Ostomy Care information:

For Customer Service, Billing and DME options, and patient samples:

Email: MyGenii@TrioOstomyCare.com

Phone: 1-877-MyGenii (1-877-964-3644)

For patients to order free accessory samples:

<https://trioostomycare.us/request-a-sample/>

(Continued on page 4)

Sugar Land Group News *(Continued from page 3)***Open Forum**

Group asked questions to Andy Marxen about Trio Ostomy products after his presentation and participated in an open forum. Group asked how is silicone different from other products that are made of hydrocolloidal? It was discussed that silicone will not break down in the presence of urine or liquid stool like hydrocolloidal products. Silicone will not melt and will come off in one piece. A discussion on making sure you add stoma adhesive powder if you have weepy skin and to practice the crusting technique. It was mentioned that the silicone rings and products can be used no matter what kind of bag you are using. Discussion on what to do when your stoma continuous to leak while you are trying to change your pouch. Joan mentioned rolling up a piece of toilet paper and placing it in the stoma to help stop the flow while you are changing the bag. Andy Marxen brought up the use of a StomaGenie, which was described as a cylinder that goes over the stoma while you are changing your pouch to help stop the flow. The website was showed to the group and the following website address was shared: <https://stomagenics.com/solutions/>. Reminder to always finish with barrier spray after applying powder to be sure your bag will stick. Mentioned that the Trio Pearls also serve as a deodorizer. Tips and advice from group on managing bags included making sure bag is empty before going to bed with urostomy to prevent UTI and/or bacterial infection, change bags in the morning when less active, eat marshmallows at night to help decrease flow over night, using two plastic bags over faucet when changing ostomy bag and letting dirty bag fall in plastic bags when done. Ideas on where and how to dispose of dirty bags at home was brought up, including using pre-scented bags or doggie bags. Joan shared with group that our December meeting will be in person and hybrid. Jennifer asked group for ideas on topics that the group would want to be discussed in the upcoming year. November topic will be "Being Thankful." Email sent to ostomy group with information from tonight's meeting.

Our next meeting will be on November 17, 2022 at 6:00 p.m., virtually, our topic is a "Being Thankful." The link can be found in your November email newsletter.

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

**Diet and Digestion with an Ostomy**

This article is sponsored by Convotec and provided courtesy of UOAA, October E-news

Twelve years ago, Sarah had ileostomy surgery after living for years with ulcerative colitis. Ostomy surgery has allowed Sarah to get back to eating foods she loves, and she says "it has been the best thing for me."

Sarah now eats many of the same things she did before her ileostomy and enjoys them more than ever. Here are some tips that Sarah has learned over the years for eating, digestion and activity.

Drink up. Hydration will always be an issue, so drink lots of water. I like to toss in a slice of lemon for a little extra flavor.

And chew some more. If it looks the same coming out as it did going in, you need to chew those foods better.

Start slow and build up. If you're right out of surgery, you might be more sensitive to foods than you will be six months down the road. Use trial and error to see how foods work for you and be sure to track the results. If you've had ileostomy surgery, add high-fiber foods back into your diet gradually to make sure you can digest them well. These include raw fruits and veggies (especially with skins), nuts, seeds and popcorn.

Input always makes output. With an ileostomy, your stoma is going pretty much all the time, so it's important to track and manage your input and output.

For example, if I was going on a job interview, I would not eat a big meal right before, because my stoma may create output and my pouch would fill up—and you don't want that during an interview!

Do what you love! I go on bike rides, I go boogie boarding. It may take a little time and tracking to know what works best for your body, but you can do all those things and keep your stoma safe.

Sarah, with the help of the My Ostomy Journey App, now has the ability to track everything digitally. She can also use the app to contact someone for additional support, or if she has any questions.

Sarah says, "The My Ostomy Journey app makes it easy for us to keep track of whether we've had enough water or what foods we eat. I wish I'd had this resource right after surgery, especially when I was first figuring out what does and doesn't work for my body!"





HOUSTON

Your participation helps increase colorectal cancer screenings, awareness programming and support patients in the community.

DATE Sunday, November 13, 2022

LOCATION Constellation Field
1 Stadium Dr, Sugar Land, TX 77498

DIRECTIONS FOR PARKING—Lot B, located just over Oyster Creek and connected by a pedestrian footbridge, provides ample parking for all other fans attending the game. Lot B is best accessed using State Highway 6.

REGISTRATION FEE

****Colorectal cancer patients and survivors register for Free****

Adult: \$30

Youth (12 and under): \$15

Kids' Fun Run (10 and under): \$15

Virtual Participant: \$20

RACE DAY

Adult: \$40

Youth (12 and under): \$20

Kids' Fun Run (10 and under): \$20

Please note: fees are non-refundable and race bibs are non-transferable. Only participants who pre-register up to 3 weeks before the race are guaranteed a race shirt. Race shirts for day of registration will be on a first-come, first-served basis.

Online Registration closes Wednesday, November 9 at midnight.

EVENT SCHEDULE

10:50 a.m. Opening Ceremony

11:20 a.m. Kid's Fun Run

11:30 a.m. - 5K TIMED Run/ UNTIMED Walk

PACKET PICK-UP

- Friday, November 11th from 4-7p.m. at Run On River Oaks, 2012 W Gray St. Houston, TX 77019
- Saturday, November 12th from 11-2p.m. at Texas Running Company, 15890 Southwest Fwy #600 Sugar Land, TX 77478

Please help us support Colon Cancer Coalition by making a contribution to our team and sharing this page with your family and friends. Every dollar we raise will advance Colon Cancer Coalition's great cause!

JOIN THE TEAM OR DONATE HERE!

<https://donate.coloncancercoalition.org/houston/oaha>

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/>

Celebrating Ostomy Awareness Day with Volunteer Ostomy Nurses, Ostomy Suppliers & Ostomy Manufacturers October 1, 2022



The brains behind the event—
Mary Kinsey and Lisa Kelley!!
Thank you!



Ostomy nurses, manufacturers, distributors, ostomates



Lisa Gonzales



Roxanne Warren



Rory Smith



How generous!! Thank you!



Central Group

Date: Monday, November 21, 2022
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, November 21, 2022
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.) (Contact group leader for more information.)
Program: Planning for the Holidays and Self Care
Contact: Cindy Barefield, CWOCN, 281-428-3033

Northwest Group

Date: Wednesday, November 16, 2022
Time: 7:00 p.m.
Place: **Virtual Webex Meeting and In-Person** (Information is provided in the email of your November OAHA Newsletter.)
In-person: HCA Healthcare Northwest
 710 Cypress Creek Parkway
 Houston, TX 77090
Program: Speaker: Collin Jarvis from Stealth Belt
Contact: Billy Locke 337-515-6354

Sugar Land Group

Date: Thursday, November 17, 2022
Time: 6:00 p.m.
Place: **Virtual Webex Meeting** (Information is provided in the email of your November OAHA Newsletter)
Program: "Being Thankful"
Contact: Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator at 281-274-0188 or jmburnham@houstonmethodist.org

Woodlands Pediatric Group

Date: Sunday, November 20, 2022
Time: Sundays at 2:00 p.m.
Place: **Virtual Meeting** (Information is provided in the email of your November 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.

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.)

	<p>The United Ostomy Associations of America (UOAA) can be contacted at: www.ostomy.org or 800-826-0826</p>
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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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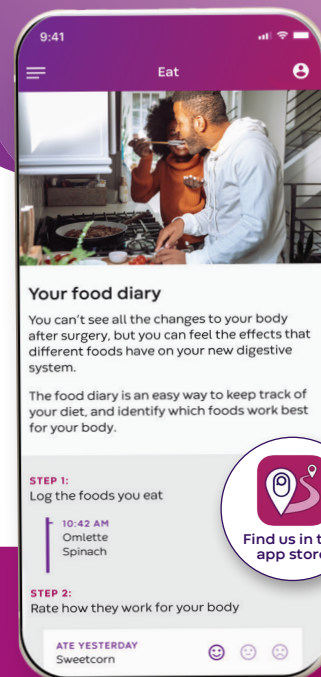
Easily track your pouch changes



Get instant access to the me+™ helpline



Access ostomy support wherever you are using your smart phone or tablet. Download the My Ostomy Journey app today!
Scan the code or visit myostomyjourney.com



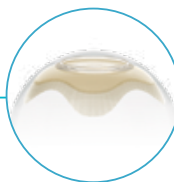
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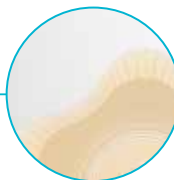
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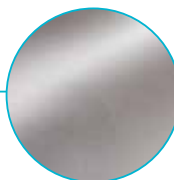
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All you pay is shipping and handling. **877-678-6690**



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.



LeeAnne, CeraPlus™ Product User

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Peristomal skin deserves advanced protection. CeraPlus™ Products* provide a secure and comfortable fit to protect against leakage and help keep healthy skin healthy. Infused with ceramide, the body's own defense against damage and dryness, CeraPlus™ Products protect skin from Day 1.

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**Contains the Remois Technology of Alcare Co., Ltd.*



Remois

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Healthy skin. Positive outcomes.