



September 2021

Ostomy Association of the Houston Area

AFFILIATED SUPPORT GROUP

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

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

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

Saturday, October 2, 2021 World Ostomy Day Houston Celebration

YOU ARE INVITED TO CELEBRATE WITH US IN HOUSTON TEXAS!

Every three years ostomy organizations around the world celebrate World Ostomy Day and this will be the 10th time this special event is taking place. This year's motto as designated by the European Ostomy Association is "Ostomates' Rights are Human Rights—anytime and anywhere!"

UOAA Ostomy Awareness Day Champion Allison Rosen will be joined by the greater Houston ostomy community to kick-off the day in Houston, Texas, with a Facebook/Instagram Live on the morning of October 2nd at 10:30 a.m. CST. Allison will also host a candid Q&A that evening. UOAA representatives will also take part in a host of ostomy educational events with partner organizations and others leading up to and immediately after World Ostomy Day.

Please save the date and join the Ostomy Association of the Houston Area and At-Large Board Member Allison Rosen as HOUSTON celebrates World Ostomy Day 2021!

What: World Ostomy Day Celebration 2021

When: Saturday, October 2, 2021

10:00 a.m.–Noon

10:30 a.m. LIVE: Allison Rosen & the HOUSTON TEXAS ostomy community will go LIVE and join the United Ostomy Associations of America in celebration of World Ostomy Day 2021. Please come and celebrate with us. *(more details can be found on page 7)*

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.

World Ostomy Day Oct. 2 2021



"Ostomates' Rights are Human Rights!"



Where: To Be Determined—look for upcoming email blast.

- BIG Colon Exhibit
- OAHA MEMBERSHIP Drive
- Light Refreshments
- Optional – short walk in the park
- Fellowship and socializing
- Masks are encouraged.

"Ostomates' Rights are Human Rights—anytime and anywhere!"

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.

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News from the OAHA Board

You Are Invited

OAHA Virtual Meeting for the greater Houston Community. **Wednesday, September 15th, 2021** at 7:00 p.m. CST. Patti Suler, OAHA Media Coordinator and NW Group Leader, will be hosting our September monthly meeting and you won't want to miss it. Patti will be introducing our new at-large OAHA Board Member, Allison Rosen, who will share her story, talk about her involvement with the UOAA, and share OAHA's plans for World Ostomy Day. Look for details in this newsletter.

Houston, We Have a Scholarship Recipient!

The Ostomy Association of the Houston Area in partnership with Spring Branch Medical Supply support an annual scholarship to assist a nurse in the greater Houston area pursuing the WOC specialty. We are so excited to have another dedicated nursing professional in the Houston area trained in the Wound, Ostomy & Continence specialty—congratulations to our scholarship recipient, **Linh Le, MSN, RN**. Linh Le will now be eligible to apply for Board Certification through the Wound, Ostomy, Continence Nurses Certification Board (WOCNCB). Look for an article in our October newsletter introducing Linh Le and a special thank you to all of our members and those who have generously supported the OAHA—you have helped make this scholarship possible!

Central and Northwest Combined Meeting Join Us!

The Central and Northwest Groups are combining their September VIRTUAL meeting to host a very special presentation event featuring Allison Rosen. Allison is the Ostomy of the Houston Area's newly elected at-large board member.

Allison Rosen is a colorectal cancer survivor. She was diagnosed at 31 and has endured multiple surgeries, radiation therapy and chemotherapy. She has a permanent ileostomy after almost dying from septicemia.



Allison Rosen

Her story and fierce advocacy for colon cancer education has been featured in numerous stories and mediums. She is a key local figure in our upcoming celebration of World Ostomy Day on October 2, 2021.

We are super excited to offer this program on **Wednesday, September 15th, beginning at 7:00 p.m.** The meeting room will open 15 minutes early to allow participants to test their connections.

Registration information:

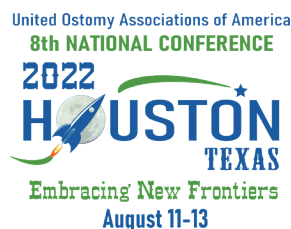
Allison Rosen: Living Beyond Colon Cancer

When: September 15, 2021

Time: 7:00 p.m. Central Time (US and Canada)

Registration: Register in advance for this meeting:
<https://tinyurl.com/6kparbhs>

After registering, you will receive a confirmation email containing information about joining the meeting.



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

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

HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will not be meeting in September. You are welcome to join the Central and Northwest groups virtual meeting on September 15 and Sugar Land Group Virtual Meeting on September 16, 2021.

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

Baytown Group News

Baytown Ostomy Support Group did not meet in August. We hope to meet virtually on Monday, September 13th from 6:00-7:00 p.m. (the 2nd Monday rather than the 3rd because Cindy will be out of town) with a presentation from the TSA. ***“Traveling with an Ostomy: Considerations for Medication, Medical Equipment, TSA Pre-Check and READ ID”***

Sincerely,

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

Lifelong Learning

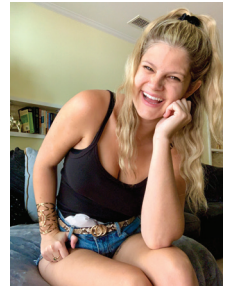
Getting an ostomy can certainly feel like going back to school. There are all these new terms and specific supplies to learn about and many of us never even heard of the word “ostomy” before finding out we’d need one. Then we have to navigate our way back into life, be it with a partner, job, or actual school. Our next Ostomy Academy on Tuesday, September 14 at 5:00 p.m. CDT will address work, school and the ABCs of ostomies. These can be overwhelming to all of us lifelong students.

All are welcome to join these webinars. You can register on the UOAA website under the EVENTS tab. If you missed the first Ostomy Academy webinar it featured very informative talks by professionals in their fields on hydration, nutrition, and physical activity and you can watch it on YouTube. Visit the website here: [Ostomy Academy](https://www.ostomyacademy.com)



Northwest Group News

We thoroughly enjoyed hosting the program, ***“Ostomy Not Just For The Golden Years: An Evening with Kristen Furey”***. This crossover event was attended by several members from various groups within the Ostomy Association of the Houston Area, as well as guests from Washington, North Carolina, Illinois, California, and Canada. Shannon Triplett, Ostomy Territory Manager for Coloplast, began our program by introducing Kristen. Kristen Furey is a 27-year-old ostomate with an eight-year-old permanent ileostomy. A member of the Coloplast Education Speakers program, Kristen’s program touched the hearts of nurses, caregivers, ostomates, family and friends. Her candor and honesty were refreshing and reflected the way ostomates all over the world would like to be viewed. A world without stigma and shame.

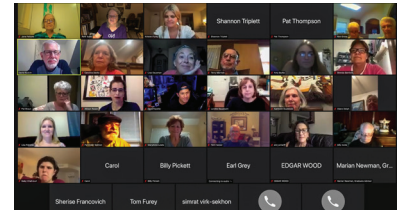


Kristen Furey

She spoke from the heart of her journey battling Crohn’s disease, multiple surgeries as well as the mental health consequences. Yet her triumphs were the most defining, graduating with a degree in film, patient advocacy, helping others and most infectious—her resilience.

Participants enjoyed interacting with Kristen as she answered their questions and shared some of their own insights. “The phrase I use when I speak to new ostomates is to tell them never to define themselves by their ostomy. The quote is “the ostomy is what you HAVE, it is NOT who you ARE!”, —David Rudzin, former UOAA President.

An interactive quiz on the program produced three winners. MaryAnn L., Lisa G., and Allison R. all won gift cards. The Ostomy Association of the Houston Area is proud to present educational and interactive programs that benefit all ostomates, professional caregivers and their supporters.



Kristen supplied the following work and social media contacts:

Articles

<https://www.healthcentral.com/experience/my-story-crohns-kristen-furey>

<https://www.lovethehappymatters.com/i-went-to-the-bathroom-10-12-times-a-day-each-time-i-sat-crying-and-begging-for-it-to-be-over-then-it-was-the-last-straw-i-had-it-my-bottom-ripped-open-after-a-2-week-recovery/>

<https://www.dripdrop.com/blog/medical-conditions/dehydrationandchronicillness>

Social Media [Instagram/Facebook/YouTube-The Furey Fighter]

Instagram: thefureyfighter

Facebook: thefureyfighter

YouTube: UCqUsCpDdCIIP1sII7Nn01dQ

Billy Locke
337-515-6354

Sugar Land Group News

The Houston Methodist Sugar Land Ostomy Support Group met on August 19th at 6:00 p.m. Joan Burnham, MSN, RN, OCN, MEDSURG-BC, presented ***“No, No” Not That One—Drugs and Stomas.***

There are many factors that can affect how your body processes the medications that you use. As a new ostomate there is a learning curve to determine what foods, activities, and medications can help you or hurt you. Be patient with yourself and your medical team as you learn what really works for you.

The effect medications will have on you and your stoma can be affected by the absorption, excretion, and your organ function. If a medication is supposed to be cleared from your body through your kidneys but your kidneys do not work, then that medication may stay in your body and continue to have an effect. If the medication has to be broken down into a chemical that will help you, but your intestines are too short or you are missing part of your intestine where the pill is processed, you won't get any effect from the medication. Sometimes it is important for us to check your blood levels for the medication to make sure it is being absorbed and doing what it is supposed to in your body.

Show Us What You've Got

When you have a stoma, it is important to tell your health care team that you have a stoma. I know this seems ridiculous that you may need to remind your healthcare team that you have a stoma, BUT unless you slap it in our faces, it really may be “out of sight, out of mind”. So never hesitate to tell us you have a stoma and what type of stoma you have. Even your family members may forget you have a stoma that needs love and care when it comes to medications. If you go to a pharmacy, don't rely on that technician who likely does not understand what a stoma even is! Ask for a pharmacist who can really tell you about how the drug is processed by your body and can let you know what to expect in your stool or urine with each drug.

Absorption

The level of your stoma may affect the absorption of medications with your stoma and the output from your stoma. How your body processes medication can have a big effect on your stoma. For example, if you have an ileostomy and you take an enteric coated baby aspirin each day, it will probably come out the same as you swallowed it.

You may have multiple physicians; each one has their own specialty and is hesitant to step out of their area so they each have their drugs but forget to check if it may affect a drug prescribed by another doctor. Review your medications with each physician for possible interactions or issues when a new medication is prescribed.

The form of your medication can affect how it is absorbed. Options of liquid, chewable, pills, capsules, tablets, or enteric-

coated pills need to be selected carefully when you have a stoma. Liquid medications are great for those with an ileostomy. Chewable is also a good option but only if you really chew it into a liquid. Capsules can be an option if they are marked as quick dissolve. Some capsules are designed to be slow breakdown and are similar to the enteric coated medication that needs a larger surface area to be absorbed. Some tablets will be okay, but some have a coating to protect the stomach and will not be the best for anyone who has a limited intestine due to a stoma. Ask the pharmacist if you are not sure what you are getting.

Pain Medications

Know your meds and how they may affect you. Pain medications are very common especially after your surgery for the stoma formation. If you are a cancer patient, you may have need of pain medication long term. Some pain medications are great as they dissolve readily in the stomach after ingestion, but some are those long-acting meds that may travel in and then quickly out, not allowing time for absorption. The nice thing about pain medications is that we do have a lot of alternative routes of getting those medications in your system if you really need them. Especially if we are talking about narcotic or opioid medications that come in patches, lozenges, nasal sprays, or films to be absorbed through your gums or under your tongue.

The downside to pain medications is that all of them typically slow movement of your intestines that can lead to constipation. The exception is medications that are taken by a route other than oral, like fentanyl/Duragesic. Even acetaminophen can be given IV if you are in the hospital and one gram or 1000 mg is the equivalent of 5 mg morphine!

Other medications often used by people with a stoma are antidiarrheal drugs like Imodium or Lomotil. In some situation when diarrhea is not responding to these agents, we will add the antisecretory medication to help control a runaway gut. Some are OTC and some are prescription. Octreotide is given by injection given either daily or monthly.

Fluids

Fluids are critical for all of us but especially if you have an ileostomy. Often, we tell people to increase their fluid intake, but we fail to specify what solution they should use. This results in people increasing their water intake and then having a great loss of sodium because our bodies are trying to balance the sodium in the intestines with the sodium in the blood stream. This pulls more sodium into the gut, and you end up losing sodium in the stool with the water. A low sodium causes weakness, confusion and can cause heart arrhythmias.

The use of an isotonic solution helps as it contains sodium and this in turn allows the body to pull the sodium in with the water decreasing output and helping you feel better with a normal sodium. Isotonic solutions and hypertonic solutions vary in the

Sugar Land Group News *(continued from page 4)*

amount of sugar that is contained in the solution. While some glucose or sugar is great, too much can pull water into the gut leading to diarrhea. Another sneaky culprit of diarrhea is the “sugar-free” moniker. This phrase can hide the reality of a sugar alcohol, like sorbitol or erythritol, which all on its own causes GI distress and diarrhea.

Oher Medications

Antacids are a mixed bag—agents that contain magnesium can cause diarrhea—think milk of magnesia and magnesium citrate, on the other side aluminum and calcium can cause constipation.

Digoxin is a drug used for congestive heart failure. It can also contribute to loss of sodium through the urine, so plan to replace with a hydration solution. Diuretics, specifically furosemide or Lasix, cause loss of potassium in the urine. It is suggested that patient use a potassium-sparing diuretic like hydrochlorothiazide or spironolactone, or use potassium supplements daily in a liquid or powder form to assure absorption. Iron is normally a coated tablet and absorbed in the small intestine—so if things are moving quickly, the iron moves through without being absorbed. If you need iron, ask about injections or infusions.

Anticholinergics are the drugs we take and don't really think about what they may do to us but can lead to constipation by decreasing gut movement and drying up GI secretions. This includes some drugs familiar to you—dicyclomine (Bentyl), scopolamine, chlordiazepoxide (Librax), hycosamine (Levsin), glycopyrrolate (Robinul), AND some other items you may not realize can affect your stoma output include antihistamines—diphenhydramine and loratidine (Benadryl and Claritin), chlorpromazine (Thorazine), amitriptyline (Elavil), benztropine (Cogentin), and quinidine.

Laxatives—it is not often that you should need such things, but blockages do occur, and you should follow your physician's guidance when NOTHING is coming out. Always call your doctor if this happens. If, however, things are very dry or slowed—increase your fluid and fiber intake. Use of Miralax or polyethylene glycol or PEG are great to get things adjusted. If desperate—senna can be helpful but use the over-the-counter tea form (found in the coffee/tea aisle), as the tablets may not dissolve well and may not help.

The last medication to be wary of with a stoma is antibiotics. Usually, we give out what are termed broad spectrum antibiotics, this means it kills across the board and will destroy a lot of different types of bacteria. Unfortunately, it destroys our good bacteria that help us function normally in daily life. So, what to do if you wipe out all your good bacteria along with the bacterial invader?? Probiotics will help you replace some of those good bacteria along with intake of foods that help repopulate the good guys. The probiotics can be found in tablets, powders, and food like Align yogurt. Many foods also contain a variety of good bacteria, such as fermented foods, like kombucha, sour cream,

buttermilk, and kefir. If possible, try to take an antibiotic that is more specific to the infection you are experiencing—your doctor should be able to help guide you with this point of care.

Our unique ostomate, the Urostomy, has special needs. If you have a urostomy, you need to know that there are some big no-nos when it comes to drugs.

- Always avoid Sulfa drugs—this may be more with antibiotics but there are also some other medication that have a significant amount of sulfa in them, including Diabeta, Azulfidine, Celebrex, Imitrex, HCTZ and even Lasix. This does not mean that you can't take these medications but rather be an informed consumer and watch for issues if you must take these medications and be alert for irritation of your stoma, as sulfa is very irritating in the urine.
- Normally we recommend for urostomates to take 2000 mg of vitamin C a day as it promotes acidic urine and minimizes UTIs. But if you are taking an antibiotic, hold the vitamin C until you are done with the antibiotic. Vitamin C decreases the absorption of antibiotics and decreases the efficacy allowing antibiotic resistance to form. Once you are done with antibiotics you may safely resume use of Vitamin C.
- Keep the fluids going and the kidneys happy. Watch the color of your urine and target a very light yellow to clear color.
- Know that taking a B Complex vitamin will make the urine a bright yellow as B vitamins are water soluble and any that you do not need will get peed out.
- Use of vitamin c and cranberry juice extract or unsweetened juice will keep the urine acidic discouraging bacterial growth.

After the presentation, the floor was opened for questions and discussion.

Next Meeting

Our next meeting will be September 16, 2021 at 6:00 p.m. and we will have Shannon Triplett with Coloplast to present some updates to the Coloplast care program and educational material.

Joan Burnham, MSN, RN, OCN, MEDSURG-BC

Oncology Nurse Navigator

281-274-0188 jmburnham@houstonmethodist.org

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

Central Group (with Northwest Group)

Date: Wednesday, September 15, 2021
Time: 7:00 p.m.
Place: Virtual Meeting (Please contact your group leader for log-in information)
Program: Allison Rosen: Living Beyond Colon Cancer
Contact: Denise Parsons 713-824-8841 rockynme2@gmail.com

Baytown Group

Date: Monday, September 13, 2021 (Note: 2nd Monday rather than 3rd)
Time: 6:00 p.m.
Place: Virtual Meeting (Current Baytown Support Group members have been invited.)
Program: Presentation from the TSA. "Traveling with an Ostomy: Considerations for Medication, Medical Equipment, TSA Pre-Check and READ ID"
Contact: Cindy Barefield, CWOCN, 281-428-3033

Northwest Group (with Central Group)

Date: Wednesday, September 15, 2021
Time: 7:00 p.m.
Place: Virtual Meeting (Please contact your group leader for log-in information.)
Program: Allison Rosen: Living Beyond Colon Cancer
Contact: Billy Locke 337-515-6354

Sugar Land Group

Date: Thursday, September 16, 2021
Time: 6:00 p.m.
Place: Virtual Webex Meeting (Information is provided in the email of your September Newsletter.)
Program: Shannon Triplett with Coloplast will present some updates to the Coloplast care program.
Contact: RSVP to Joan at 281-274-0188 or jmburnham@houstonmethodist.org
Contact: Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator (info above)

Woodlands Pediatric Group

Date: No meeting in September—Join one of the available group meetings this month.
Contact: MaryAnne Lewis, maryannelewis@hotmail.com or 281-948-1490

J-Pouch

For J Pouch questions, attend any of our group meetings, or call or text Ron Meisinger at 281-491-8220

Opportunities and Announcements

Use Those Shopping Cards

Kroger (LB326) and Randalls (3698) return a percentage of your purchases to the Ostomy Association on a quarterly basis. For information about shopping cards, please visit the website: <http://www.ostomyhouston.org/>

Anniversary Gift

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Ostomy Association. Checks should be made payable to the **Ostomy Association of the Houston Area** and sent to the Treasurer at the address shown below.

AmazonSmile

On your first visit to AmazonSmile (smile.amazon.com), you are prompted to select a charitable organization from the list of organizations. You can change your selection at any time. To change your charitable organization: Sign in to smile.amazon.com on your desktop or mobile phone browser. From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. Or, from your mobile browser, select Change your Charity from the options at the bottom of the page. Select Ostomy Association of the Houston Area as your charity.

Memorial Fund

Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable to the **Ostomy Association of the Houston Area** and sent to the address below. When sending a donation, be sure to include the name of the person being honored so that acknowledgement can be sent.

Moving? Changing Your Email Address?

Please make sure we have your current contact information so we can reach you by email, U.S. mail, or phone. Send updates to Lorette Bauarschi at lorette@bauarschilaw.com.

For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

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

(When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)



The United Ostomy Associations of America (UOAA) can be contacted at: www.ostomy.org or 800-826-0826



YOU MATTER!

Know what to Expect and Know your Rights
Ostomy and Continent Diversion Patient Bill of Rights:

SIDE ONE

THE OSTOMY AND CONTINENT DIVERSION PATIENT BILL OF RIGHTS (PBOR)

The PBOR is a tool produced by United Ostomy Associations of America for patients to advocate for their care and outlines evidence based, best in practice guidelines for health care professionals. A person needing ostomy or continent diversion surgery must have access to high-quality care in all health care settings and should receive appropriate education and support by a health care professional certified in ostomy care to promote optimal adaptation to surgery and achieve a desirable quality of life.

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SIDE TWO

Those needing ostomy/continent diversion surgery shall be involved in all phases of the surgical experience except in preoperative emergent situations and shall receive:

During the preoperative phase:

- Stoma site marking
- Discussion of care and impact on activities of daily living
- Emotional support

During the operative phase:

- A stoma that is well-positioned and can be fit with a reliable pouching system

During the postoperative phase:

- Instruction and educational materials on self-care of specific ostomy (i.e., emptying/changing pouch, care of skin, troubleshooting, dietary/fluid guidelines)

- Resources for obtaining supplies and support

During the lifespan:

- Health care professionals with knowledge specific to the care of ostomy/continent diversion in all health care settings including telemedicine
- Reevaluation of ostomy management and supplies following changes in medical condition, and aging
- Specific ostomy supplies to maintain a reliable fitting pouching system

Full details: www.ostomy.org

FOLD LINE

For more details about these rights visit www.ostomy.org

If you believe your rights are not being met,
speak up and ask to be heard.

BE A FORCE FOR CHANGE!

Mythbusters!

Facts and Truth to Fight Ostomy Stigma



MYTH:

Everyone will know that a person is wearing an ostomy pouch.

FACT:

No one will ever know unless an ostomate chooses to tell someone. Clothing rarely reveals an ostomy.

MYTH:

Only older people have ostomies.

FACT:

People of **all ages** have this life-saving surgery, even infants.



MYTH:

Ostomates are disabled and can't work.

FACT:

People living with an ostomy work every type of job imaginable. They lead active lives, play sports, swim and socialize.

You have likely met a person with an ostomy and never knew it.

MYTH:

People with an ostomy can only eat certain foods.

FACT:

Ostomates are not on a restricted diet. But they should be aware of the effects that various foods will have on stool output such as gas, color or blockage.

MYTH:

People wearing an ostomy pouch smell.

FACT:

Modern ostomy pouching application systems are **made to be odor-proof**. For added confidence some ostomates also use odor-control filters and deodorants.

MYTH:

People with an ostomy aren't physically intimate.

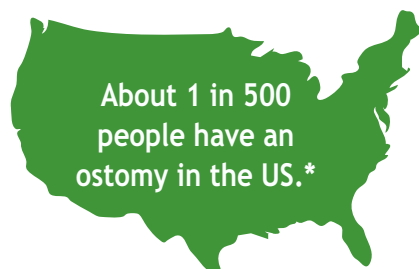
FACT:

People with ostomies live full and meaningful lives that include dating, having relationships and children/grandchildren.

MYTH: People with an ostomy are homebound because their pouch leaks.

A properly fitted pouching system with a secure seal will not leak. There are many types of pouches and accessories on the market. Specialty nurses such as Certified Wound Ostomy Continence nurses can evaluate stomas and find the proper pouching system to prevent leakage. It is possible on rare occasions an accident may occur.

FACT:



MYTH: Ostomies are permanent for everyone.

FACT:

For some they are, but **many ostomies are temporary** to help the digestive system heal after surgeries or conditions such as diverticulitis and then they are reversed.

For more information or support, visit www.ostomy.org

* Statistic calculated from researched UOAA population estimates and census data

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

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



FREE New Patient Guide!

Get real-world answers to common questions after ostomy surgery. Yours free with a subscription.

New Patient Guides are made possible by the UICAA. www.ostomy.org

☐ One-year Subscription \$24.80 (Save 40%*)

☐ Send me a **FREE** New Ostomy Patient Guide

☐ Send me **FREE** ostomy product samples, special offers and product information**



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

ASC2018



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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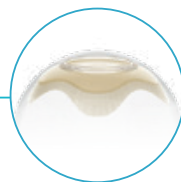
Ostomy Care
Healthy skin. Positive outcomes.

SenSura® Mio

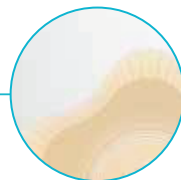
Also available
in 1-piece and
2-piece Click

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

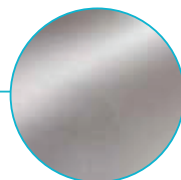
SenSura® Mio Convex Flip has a star shaped barrier to provide a secure fit over curved areas, even when bending and stretching.



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



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



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

Osto Group www.ostogroup.org

Providing Ostomy Products to the Uninsured.



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

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

Membership Application

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

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

Date: _____

Name: _____ Phone: _____

Street Address: _____

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

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

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

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

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

Procedure or Relationship:

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

Check all that apply.

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

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

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

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

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

I learned about the Ostomy Association from

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

I am interested in volunteering. ☐ Yes ☐ No

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

Know Your Ostomy Supplies Checklist®

Patient Name/Address: _____
Patient Date of Birth: _____ **Supplier Contact Information:** _____
Allergy Alert: _____ **Supplier Order #:** _____ ☐ **NO SUPPLY SUBSTITUTIONS**

Pouching System:

- ☐ One-Piece
☐ Two-Piece

Stoma**Information:**

Size: _____

Ostomy Type:

- ☐ Colostomy
☐ Ileostomy
☐ Urostomy
☐ Other: _____

Brand Manufacturer:

- ☐ Coloplast
☐ Convatec
☐ Cymed/
 Microskin
☐ Hollister
☐ Marlen
☐ Nu-Hope
☐ Other: _____

Order Frequency:

- ☐ Per month
☐ Per 3 months

Pouch:

Product # _____

Size: _____

Quantity: _____

Pouch Features:**Color:**

- ☐ Transparent
☐ Opaque
☐ Opaque with viewing window

Closure/Outlet:

- ☐ Drainable (velcro or clip)
☐ Closed-end
☐ Tap Bottom

Gas Management:

- ☐ Integrated Filter
☐ No Filter

Wafer/Barrier/Flange:

Product # _____

Quantity: _____

- ☐ Pre-cut

Size: _____

- ☐ Cut-to-fit

Size: _____

- ☐ Moldable

Size: _____

- ☐ Flat

- ☐ Convex:

____ Soft/Flexible

____ Light

____ Deep

Two-Piece:

- ☐ Adhesive Coupling
☐ Mechanical Coupling

Accessory Products:

- ☐ Skin Barrier Seals/Rings
☐ Adhesive Remover
 Wipes or Spray
☐ Barrier Wipes or Spray
☐ Barrier Strips
☐ Deodorizer
☐ Paste (Tube or Strip)
☐ Tape/Tape Extenders
☐ Powder
☐ Hernia Support Belt
☐ Overnight Drainage
 Bag/Jug
☐ Overnight High Output
 Pouch
☐ Irrigation Supplies
☐ Other: _____

Advocates for a Positive Change

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www.ostomy.org 1.800.826.0826

