April 2007 Volume 11 Issue 4

The Mailbag

Meetings are held at the Baptist Medical Center
8th Floor - Meeting Room C - 3rd Sunday each quarter 3PM

Contact:
Patti Langenbach
(800)741-0110 or
(904)733-8500
patti@ostomymcp.com

Brenda Holloway
282-8181

Inside this issue

Please plan to join us Sunday Apr 15th

International Ostomy Association
August 7-12 2007 Puerto Rico
12TH WORLD CONGRESS

Medical Care Products, Inc
Toll Free 800 741-0110
WE ARE ON THE NET
www.ostomymcp.com

Welcome to a new feature for our monthly newsletter.

Ask the ET nurse!

Each month we will feature questions from ostomates to *Kathy Johnson, WOCN, of ET Nursing Services, Inc*. The questions and answers will be printed in the newsletter. Please phone, mail or email your questions to Patti at Medical Care Products. (**email: patti@ostomymcp.com**). We will use your name only with your express permission. Please take advantage of this valuable service. Many other ostomates can benefit from this information.

#1 I have an ileostomy. My skin under the wafer is often red in areas. Is their anything I can do to treat this? I am keeping my pouch on 4 days. JP Alexander, Ocala FL

Redness under your wafer can be from either a wafer that the opening is cut to large or you may be sensitive to the barrier. If you have an ileostomy you should be wearing an extended wear barrier such as Convatec,s, Durahesive and Hollister's, Extended Wear.

These barriers are designed to hold up longer in an acid environment or high liquid output. They are also recommended for urostomy's. To treat the irritated skin you may clean the area well with warm water and pat dry. apply stomahesive powder to the area. Blow off excess powder. Follow with barrier wipe by blotting on top of the powder gently. Allow to dry, before applying your wafer. Again be sure the opening is not to large in your wafer. Your skin should not show.

You may also "patch test" yourself to see if you are sensitive to the barrier. Cut a small piece of barrier and apply it to your abdomen away from the pouching area and leave it on for 2-3 days. If your skin is not red when you remove it, then your not allergic to the barrier.

NEXT MEETING: 3pm Sunday April 15th

WHERE:Baptist Medical Center 8th floor (outside of the meeting room C)

SPEAKER: Michael Doan, Sales Representative for Convatec

Make sure to attend our second quarterly meeting this year. Michael always draws a big crowd so come early!!!

·Are you looking for some good Ostomy related information?

Check out Hollister's Educational Theatre: http://www.hollister.com/us/ostomy/learning/theatre.asp The instructional video modules in the Hollister Ostomy Educational Theatre are designed to provide you with an overview of ostomy products — so you can choose the products that are right for you and learn how to use them. The videos are in both English & Spanish.

International Ostomy Association
August 7-12
2007
Puerto Rico
12TH WORLD CONGRESS
VIVA LA VIDA • VIVA LIFE • VIVA LA VIDA • VIVA LIFE
IOA

International Ostomy Association
www.ostomyinternational.org

I have been informed that rooms are now going fast for the 12 IOA Congress http://www.ostomyinternational.org/12congress2007.htm being held August 7-12 in Puerto Rico.
If you are thinking about joining IOA for this congress you may want to book your room now.
The PRELIMINARY PROGRAM maybe found via http://www.ostomyinternational.org/12congress2007.htm.

The IOA 20/40 Focus is also coming together now that they have a new Chairperson Sarah Maill. Sarah is working hard on getting an exciting program ready.
If you have any question about the 20/40 http://www.ostomyinternational.org/Focus.htm, please forward your questions to Sarah: focuschair@ostomyinternational.org.

If you have questions about the IOA Congress please address them to: congressliaison@ostomyinternational.org.

Watch this newsletter in the future for valuable coupons for

WHAT A DIFFERENCE AN UOA "A" MAKES!
REBORN FROM THE ASHES OF DISEASE

United Ostomy Association of America
www.uoaa.org

Get ready for UOAA's first-ever national conference, August 15-18, 2007
http://www.uoaa.org/conference_2007.shtml.
Lincolnshire, IL (Chicago area) August 15-18, 2007

UOAA Upcoming Conference

Aug 16-18, 2007 • UOAA National Conference • Chicago, IL

www.uoaa.org

Visit our chapter Website:

http://www.ostomymcp.com/chapter/Jaxchapter1.htm

Ileostomy Fact Sheet

Ileostomy: A surgically created opening in the abdominal wall through which digested food passes. The end of the ileum (the lowest part of the small intestine) is brought through the abdominal wall to form a stoma. An ileostomy may be performed when a disease or injured colon cannot be treated successfully with medicine.

Reasons for surgery:
Ulcerative colitis, Crohn's disease, familial polyposis.

Care of ileostomy:
A pouching system is worn. Pouches are odor free and different manufacturers have disposable or reusable varieties to fit your lifestyle. Ostomy supplies are available at drug stores, ostomy supply houses and through the mail.

Living with an ileostomy:
Work: With the possible exception of jobs requiring very heavy lifting, an ileostomy should not interfere with work. People with ileostomies are successful business people, teachers, carpenters, welders, etc.

Sex and social life: Physically, the creation of an ileostomy usually does not affect sexual function. If there is a problem, it is almost always related to the removal of the rectum. The ileostomy itself should not interfere with normal sexual activity or pregnancy. It does not prevent one from dating, marriage or having children.

Clothing: Usually one is able to wear the same clothing as before surgery including swimwear.

Sports and activities: With a securely attached pouch one can swim, camp out, play baseball and participate in practically all types of sports. Caution is advised in heavy body contact sports. Travel is not restricted in any way. Bathing and showering may be done with or without the pouch in place.

Diet: Usually there are no dietary restrictions and foods can be enjoyed as before.

Colostomy Fact Sheet

Colostomy: A surgically created opening in the abdominal wall through which digested food passes.

Temporary colostomy: May be required to give a portion of the bowel a chance to rest and heal. When healing has occurred, the colostomy can be reversed and normal bowel function restored.
Permanent colostomy: May be required when a disease affects the end part of the colon or rectum.

Reasons for surgery:
Cancer, diverticulitis, imperforate anus, Hirschsprung's disease, trauma.

Care of colostomy:
A pouching system is usually worn. Pouches are odor free and different manufacturers have disposable or reusable varieties to fit one's lifestyle. Ostomy supplies are available at drug stores, medical supply stores and through the mail.

Irrigation: Certain people are candidates for learning irrigation techniques that will allow for increased control over the timing of bowel movements.

Living with a colostomy:
Work: With the possible exception of jobs requiring very heavy lifting, a colostomy should not interfere with work. People with colostomies are successful business people, teachers, carpenters, welders, etc.

Sex and social life: Physically, the creation of a colostomy usually does not affect sexual function. If there is a problem, it is almost always related to the removal of the rectum. The colostomy itself should not interfere with normal sexual activity or pregnancy. It does not prevent one from dating, marriage or having children.

Clothing: Usually one is able to wear the same clothing as before surgery including swimwear.

Sports and activities: With a securely attached pouch one can swim, camp out, play baseball and participate in practically all types of sports. Caution is advised in heavy body contact sports. Travel is not restricted in any way. Bathing and showering may be done with or without the pouch in place.

Diet: Usually there are no dietary restrictions and foods can be enjoyed as before

Resources available:
The physician and medical professionals are the first source of help. Specially trained nurses called Wound, Ostomy Continence Nurses (WOCN) are available for consultation in most major medical centers.

The United Ostomy Associations of America (UOAA) is a group comprised of many local support groups throughout the United States. These local groups hold meetings and provide support to prospective and existing ostomates. They sponsor educational events and have qualified visitors to make personal or telephone visits. Contact the UOAA at 1-800-826-0826 to locate the support group nearest you.

Visit the UOAA web site at www.uoaa.org. It contains a great deal of information and discussion boards and many links to other sites, suppliers and resources.

Note: More detailed information can be found in the **Ileostomy Guidebook:** http://www.uoaa.org/ostomy_info/pubs/uoa_ileostomy_en.pdf (Adobe PDF, 185 kB) which can be downloaded from this website.

Urostomy Fact Sheet

Urostomy (Urinary Diversion): A surgically created opening in the abdominal wall through which urine passes. A urostomy may be performed when the bladder is either not functioning or has to be removed. There are several different types of surgeries, but the most common are ileal conduit and colonic conduit.

Reasons for surgery:
Bladder cancer, spinal cord injuries, malfunction of the bladder and birth defects such as spina bifida.

Care of urostomy:
A pouching system is worn. Pouches are odor free and different manufacturers have disposable or reusable varieties to fit your lifestyle. Ostomy supplies are available at drug stores, medical supply stores and through the mail.

Living with a urostomy:
Work: With the possible exception of jobs requiring very heavy lifting, a urostomy should not interfere with work. People with urostomies are successful business people, teachers, carpenters, welders, etc.

Sex and social life: Sexual function is influenced by the reasons for which the urostomy is performed. The urostomy itself should not intefere with normal sexual activity or pregnancy. It does not prevent one from dating, marriage or having children.

Clothing: Usually one is able to wear the same clothing as before surgery including swimwear.

Sports and activities: With a securely attached pouch one can swim, camp out, play baseball and participate in practically all types of sports. Caution is advised in heavy body contact sports. Travel is not restricted in any

Diet: Usually there are no dietary restrictions and foods can be enjoyed as before. It is suggested that 8-10 glasses of fluid per day be consumed to help decrease the chance of kidney infection.

Visit our chapter Website:
http://www.ostomymcp.com/chapter/Jaxchapter1.htm

Ostomate Bill of Rights

The United Ostomy Association (UOA), the predecessor organization to UOAA, produced a document in 1977 titled Ostomate Bill of Rights. In addition, the International Ostomy Association (IOA) prepared a somewhat similar document in 2004 titled Charter of Ostomates Rights. Both are displayed below.

Ostomate Bill of Rights
The Ostomate Bill of Rights was presented to UOA by the International Association of Enterostomal Therapists (now known as Wound Ostomy Continence Nurses) at the UOA House of Delegates Meeting during the Annual Conference in 1977.

It is our goal to inform ostomates that all elements of quality care should be available to them.

The ostomate shall:
1. Be given pre-op counseling
2. Have an appropriately positioned stoma site
3. Have a well-constructed stoma
4. Have skilled postoperative nursing care
5. Have emotional support
6. Have individual instruction
7. Be informed on the availability of supplies
8. Be provided with information on community resources
9. Have post-hospital follow-up and life-long supervision
10. Benefit from team efforts of health care professionals
11. Be provided with information and counsel from the ostomy association and its members

Adopted by the United Ostomy Association House of Delegates at the UOA Annual Conference 1977.

Charter of Ostomates Rights
This Charter of Ostomates Rights presents the special needs of this particular group and the care they require. They have to receive the information and care which will enable them to live a self-determined and independent life and to participate in all decision making processes.

It is the declared objective of the International Ostomy Association that this CHARTER shall be realised in all Countries of the World.

The Ostomate shall:
1. Receive pre-operative counselling to ensure that they are fully aware of the benefits of the operation and the essential facts about living with a stoma.
2. Have a well-constructed stoma placed at an appropriate site, and with full and proper consideration to the comfort of the patient.
3. Receive experienced and professional medical support, stoma nursing care and psychosocial support in the pre-operative and post-operative period both in hospital and in their community.
4. Receive support and information for the benefit of the family, personal caregivers and friends to increase their understanding of the condition and adjustments which are necessary for achieving a satisfactory standard of life with a stoma.
5. Receive full and impartial information about all relevant supplies and products available in their Country.
6. Have unrestricted access to a variety of affordable Ostomy products.
7. Be given information about their National Ostomy Association and the services and support which can be provided.
8. Be protected against all forms of discrimination.

Issued by the IOA House of Delegates, September 2004.

Ostomy Chat Room Weekly Meetings

Yahoo Peoples with Ostomy2* - Mondays, 8:00 pm US Central time
http://clubs.yahoo.com/clubs/peopleswithostomy2

StuartOnline Ostomy Chat* - Tuesdays, 8:00 pm US Central time
http://www.stuartonline.com/id10.html

Community Zero (Ostomy) Support* - Wednesdays, 9:00 pm US Eastern time
http://groups.yahoo.com/group/ostomatessupport/

Shaz & Jason's Chat* - Saturdays, 8:00 pm UK time / 3:00pm US Eastern Time
http://www.ostomy.fsnet.co.uk/chat.html

Yahoo UK Ostomy Support* - 1st & 3rd Sundays, 8:00 pm UK time / 3:00 pm US Eastern Time
http://clubs.yahoo.com/clubs/ukostomysupport

Use this form to join our chapter! **You do not have to be an ostomate to be a member and/or support the work of UOA. All information on this form will be kept confidential.**

Name____

Address ____

City ______________________________State _____________Zip __________________

Phone# Home _________________________ Work# ______________________________

Email Address ____

Type of intestinal or urinary diversion: Colostomy __ , Ileostomy __, Urostomy __, Ileoanal Pull-thru __ Continent Ileostomy __, Continent Urostomy __, None __, Other __

You may use my name in chapter Newsletter & Directory: Yes __ No __

Mail to: Patti Langenbach, PO Box 10239 Jacksonville, FL 32247-0239

Medical Care Products, Inc
PO Box 10239
Jacksonville, FL 32247-0239

TO:

Join us
Sunday Apr.
15th starting at
3 PM
Baptist Medical Center
8th Floor
Meeting Room C