

UOA Jacksonville Chapter #211

The Mailbag



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

Brenda Holloway --  
President 282-8181  
Ronald Perry --  
Vice President 774-4082  
Patti Langenbach --  
Secretary 733-8500  
Beth Carnes --  
Treasurer 786-2359  
(800) 741-0110 (904) 733-8500  
[patti@ostomymcp.com](mailto:patti@ostomymcp.com)

Contact: Patti Langenbach  
(800)741-0110 or  
(904)733-8500

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**Please plan to join us  
Sunday Dec. 21st  
starting at 3 p.m.**

**Medical Care Products, Inc**  
Toll Free 800 741-0110  
WE ARE ON THE NET  
[www.ostomymcp.com](http://www.ostomymcp.com)

**A MESSAGE FROM THE PRESIDENT  
& VISITATION COORDINATOR**

I would like to thank everyone that attended last months' meeting and making it easy for me, as it was my first meeting as President. Ron was in the hospital, John had a conference in Orlando and it was Patti's month off to be with her family. I have to give a big thanks to John, as I did not have any tickets for the door prizes and/or the 50/50 so he graciously over-nighted them to me so that I would have them on Sunday. My husband, Tim attended and helped me set up and ran the door prizes, the 50/50 and made sure the gifts for the Ronald McDonald house got in the box with what was inside of them and that they said for a girl or a boy so he helped out greatly.

Our Ronald McDonald box is at Patti's office, Medical Care Products, at 4909 Victor St, Jacksonville, FL 32207 or call for directions at (904) 733-8500 so that if you cannot make it to our meeting in December then you can just drop it off at her office. We will be collecting toys until our next meeting then I will take them to the Ronald McDonald house on December 22, 2003 that Monday. I would like to thank those who have already contributed and for those who have I still would like to thank you in advance. The Ronald McDonald house not only helps the children in their facility but also at the Wolfson Children's Hospital. So we need plenty of gifts.

Our Annual Christmas party will be at this months meeting on December 21, 2003 at 3:00 p.m. (see enclosed flyer). **Also, we would like you to bring with you a gift to exchange with each other not to exceed \$10.00.** We encourage all to attend at least this meeting so that we may socialize with each other and have good eats. The association is providing the meat, a turkey and a ham, (which my mother-in-law has volunteered to cook) and everyone is to bring a covered dish with them. We should have a great time. If you have any questions, please do not hesitate to contact me. I am available 24/7 for you in whatever your needs are.

**SEE YOU ON DECEMBER 21, 2003 AT 3:00 P.M.**

SINCERELY,  
BRENDA L. HOLLOWAY  
UOA PRESIDENT  
JAX CHAPTER 211



*UPCOMING GUEST/SPEAKERS*  
**FOR 2004**

January 18, 2004 Hollister

February 15, 2004 Community Hospice speaking on the 5 wishes

March 21, 2004 A friend of Patti's speaking on vitamin and the absorption of them in our bodies.

April 18, 2004 \_\_\_\_\_ (Open) Trying to Election Office

May 16, 2004 UOA Jeopardy by Patti and Van from Convatec

I am working on the rest of the year so keep your eye on this page as it grows. Thank you, Brenda L. Holloway President.

**Minutes of November 2003 Meeting:**

Treasurer's report: \$879.12

President Brenda Holloway brought the meeting to order at 3:15 pm.

The October meeting minutes and Treasurer's report was approved as published in the November 2003 newsletter.

Van Russell from Convatec gave a very interesting talk on Convatec and their new product line – Esteem Synergy. This product is a two-piece that feels and acts like a one piece. The wafers include a “landing zone” rather than a hard flange. The product line includes drainable pouches (with and without filters), closed pouches, stomahesive wafers and durahesive moldable convex. Urostomy pouches will be available the 1<sup>st</sup> quarter of 2004.

Several members asked questions and posed problems to Van and the group. Many suggestions were made and the meeting was very informative.

The 50/50 of \$10 was won by Brenda who donated it back to the treasurer. Another member donated \$5 toward refreshments and several people donated \$5 or brought gifts for the Ronald McDonald House Christmas Present for the Kids drive.

The meeting was adjourned at 4:25 for refreshments and social time.

Respectfully submitted:

Patti Langenbach, Secretary



**Medical Care Products Has Moved:**

4909 Victor Street  
Jacksonville, FL 32207

904-733-8500  
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904-733-8700 fax



## As an Ostomate, How Long Might You Live

Well, prepare, for good news! There have been only a few long-term studies of the postoperative life of an ostomate. The findings that have been made known were mainly done during the past 10 years. What do you think is the ultimate outcome? What may an ostomate expect in terms of health and life expectancy? The studies that have been done indicate that the health of an ostomate is exactly the same as that of anyone else. And, of more importance, there is no difference in your life expectancy from the general population. Every part **of the** intestinal tract works in harmony, so it might be expected that the removal of one part, such as the colon, might affect the rest. But the studies reveal no indication of this. Diseases of the intestinal tract such as gallstones and peptic ulcers are not found to be in higher incidence after ostomy surgery. There is, however, an increase in the formation of kidney stones in the ileostomate, possibly because of the increase in the absorption of certain chemicals that stimulate the formation of stones.

There is an enormous amount of data, which indicates that women with ostomies have no more problems with their pregnancies than women without ostomies. The gastroenterologist's major thrust in therapy has always been through the patient's diet. In recent years, however, it has been found that diet really has small value in most gastrointestinal conditions.

According to dietary studies, there is no one food that affects the ostomate out of proportion to other foods. To sum up, I would say that the diet of the ostomate should be a normal diet and that the outlook for his or her health is on a par with that of the population as a whole.

*L. Wruble, M.D*

### *Centering Your Pouch*

A well-fitted pouch does not allow for much margin of error. Consider this: the correct opening size is determined by measuring your stoma's diameter with a measuring card and adding one eighth of an inch. This means your pouch must be centered exactly and carefully each time. How do you do this? Good lighting is important, preferably from both above and the side. Stand sideways to the light source for better visibility. A wall mirror is a great help to see that the appliance hangs straight.

A crooked pouch exerts uneven pressure on the skin and stoma and can only lead to trouble. Don't rush! Take the time to check placement carefully before allowing your skin barrier to make contact. No time is saved if you have to do the whole thing over again because the pouch is crooked or uncomfortable.

Remember if your pouch feels out of place or uncomfortable, TAKE IT OFF! Don't wait for an injury to occur. It is better to change unnecessarily than to risk damaging that precious stoma. You have to live with it for a long, long time.



## 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/chatroom.htm>

**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! Annual dues are **US\$25.00**. If you cannot afford to pay dues at this time, you may still be accepted as a "local-only" member.\* **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 \_\_

Please bill me for annual chapter dues of US\$25.00

Dues payment enclosed - make check payable to **U.O.A. Jax Chapter #211**

Master Card, Visa or Discover # \_\_\_\_\_ expiration \_\_\_\_\_

I cannot pay dues now and wish to be a local member only\*

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

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



**United Ostomy Association , Inc**

**[www.uoa.org](http://www.uoa.org)**

MEETINGS ARE HELD AT THE  
BAPTIST MEDICAL CENTER  
8TH FLOOR - MEETING ROOM C  
3RD SUNDAY OF EACH MONTH  
3 P M

**UOA Jacksonville Chapter**  
**PO Box 10239**  
**Jacksonville, FL 32247-0239**

Phone: (904) 733-8500  
Fax: (904) 733-8700  
Email: [patti@ostomymcp.com](mailto:patti@ostomymcp.com)

T O :

**Join us**  
**Sunday Dec.**  
**21st starting at**  
**3 PM**

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