

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 396-7827
Beth Carnes --
Treasurer 786-2359
(800) 741-0110 (904) 396-7827
patti@ostomymcp.com

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

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**Please plan to join us
Sunday Feb. 15th
starting at 3 p.m.**



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

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

We had a great meeting on January 18, 2004. We had the new Hollister repre., Paul Capitano. He introduced everyone to their new lock and seal pouch, which was quite exciting. Because its was like lots of tiny little suction cups that secures this pouch after you roll it up three times. He gave everyone a sample of it and demonstrated the strength of it by putting in marble, lots of them and it did not even open. He informed me that there will be some new products later in the year so we may have him back toward the end of the year to see them.

We also set up a Work day to make our visitation packets. The day is February 11, 2004 at 9:30 a.m. This is for whoever wants get out of the house and help a good cause. I am going to need abt 20 packets done. There is a lot of paperwork that goes in these folders and we just set up an assembly line and put them together. So if you can come, we would sure enjoy having you. Oh, It's going to be at Patti's new store on Victor Street that is where all the supplies are kept for save keeping.

This month our speaker will be Angela Mack, from Community Hospice to talk to us about the 5 wishes. I hope that we can show her we are here in the community by packing the house. So, please make plans to join us. That well be Sunday, February 15, 2004, Baptist Medical Center, 8th Floor Function Room C.

Also, don't forget, if you have leftover supplies and would like to donate them to our closet located at Medical Care Products. Please contact Patti or I or bring them to a meeting. I will even pick them up from your house if you are unable to get out. Just give me a call and I will be there.

Again, thanks to all that attend our January meeting and I look forward to see everyone at our **February 15, 2004** meeting.

Sincerely,

Brenda L. Holloway
President, UOA Chapter 211
Jacksonville

JOIN UOA IN THE
WINNER'S CIRCLE



42nd National Conference
United Ostomy Association, Inc
August 6-7 • Knoxville, TN

Minutes of the January 2004 United Ostomy Association Meeting

Meeting brought to order by Brenda Holloway, Pres. At 3:06pm

12 members present plus 1 speaker

Brenda has Hospice scheduled for February, Mary Archuletta will be here in March to discuss nutrition, April may be the voter registration board and May will be Medical Care Products and Convatec.

We are moving the June meeting to the 27th due to Father's Day.

Eugene Sommerville attended the last Crohn's and Colitis meeting. It is held on the 1st Monday of the month at 7pm. Call Eugene if you are interested in attending.

Brenda scheduled a UOA workday at Medical Care Products, Inc on Victor Street. We need volunteers to put together informational packets. Patti will provide lunch.

Paul Capitano from Hollister gave a very interesting talk on the new products from Hollister. He demonstrated the "lock-n-roll" tail closure-less drain pouch and the adapt products.

The 50/50 earned the chapter \$5.

The meeting was adjourned for refreshments at 4:25.

Respectfully submitted:

Patti Langenbach, Sec.

Treasurer report: \$1009.12

Medical Care Products Has Moved:

**4909 Victor Street
Jacksonville, FL 32207**

**904-733-8500
800-741-0110
904-733-8700 fax**

GENERAL MEDICAL

Arthritis Foundation Approves Glucosamine

Glucosamine may be the first treatment to actually slow the loss of cartilage, the hallmark of arthritis. In a Belgian study of people with osteoarthritis of the knee for 3 years, it was found that "Glucosamine not only relieved their pain but also slowed destruction of the protective cartilage lining in their knee joints," reports The Lanser (January 2001).

The results of the study has prompted the National Institutes of Health to invest \$14 million to evaluate Glucosamine alone and in combination with chondroitin, another potential treatment.

The Arthritis foundation, which once viewed Glucosamine as just another unproven remedy, now says, "There is emerging evidence to suggest that Glucosamine is an appropriate treatment for people with osteoarthritis of the knee."

Most of the Glucosamine on the market is either in the form of Glucosamine sulfate or Glucosamine hydrochloride. It is not clear whether one form is more effective than the other.

(Aviation Medical Bulletin)

Evaluating Alternative Treatments for Arthritis

Americans spend more than \$1 billion a year on alternative treatments for arthritis. Some alternative therapies may have potential. However, before recommending them over proven therapies, many doctors want more scientific studies showing that the alternative treatments work.

Here's a list of some alternative treatments still being evaluated:

Acupuncture—in this therapy, needles are inserted and manipulated under your skin at certain points in your body. Studies show this manipulation stimulates release of your body's own morphine-like painkilling chemicals called endorphins.

According to the National Institutes of Health, acupuncture may be a reasonable pain management option for osteoarthritis. But more recently, the American College of Rheumatology reported that acupuncture works no better than a placebo.

If you decide to try acupuncture, it's important to find a skilled practitioner who uses sterile needles. Some physicians are trained in acupuncture. Call the American Academy of Medical Acupuncture (800 521-2262) for a list of trained physician acupuncturists.

Glucosamine and chondroitin sulfate—These substances, found naturally in cartilage, are available as over-the-counter dietary supplements. Preliminary evidence shows that the supplements may alleviate pain. It is not certain they're capable of maintaining existing cartilage and stimulating growth of new cartilage. So far no serious side effects have been identified, but long-term studies are needed to determine safety and effectiveness.

Vitamins and other nutritional supplement—Omega-3 fatty acids, which are found in coldwater fish and are available as supplements, and the antioxidant vitamins A, C and E may give modest, temporary relief from arthritis symptoms. But large, long-term studies of these supplements are needed to prove safety and effectiveness.

Claims of benefits have been made for a wide variety of other alternative arthritis treatments. These include aromatherapy, bee and snake venom, dimethyl sulfoxide (DMSO), gold rings, copper bracelets, herbal preparations and magnets. Some may eventually be proven effective, but the risk vs. benefit is as yet unclear.

In addition, alternative therapies are not tested by the FDA, for safety or effectiveness.

(From Mayo Clinic Health Letter)

UOA Jacksonville Chapter is now on the Web
<http://www.ostomymcp.com/chapter/Jaxchapter1.htm>

Flu Season and You—Tips from Here and There

Once again winter is upon us, and you know that means a risk of the flu. It's best to be prepared and know what to do.

For new ostomates, this could be a time of real concern and a new experience in coping, for flu not only brings on headaches, muscle aches and pains and upset stomach. That "bogeyman" for the ostomate, diarrhea, often occurs. Whether induced by flu or other causes, diarrhea can present a serious challenge to ostomates. Vomiting must also be taken seriously because of the risk of dehydration.

The first advice for any person—ostomate or not—suffering flu is: always drink plenty of liquids and get proper rest! By all means, call your doctor if either vomiting or diarrhea symptoms are severe and continuing.

Ostomates must take special care not to take medicine for pain or a laxative without a doctor's order. That goes for antibiotics, too! Antibiotics have no effect on a virus but do kill bacteria, both friendly and unfriendly, and can change the proper balance of normal bacteria in the colon, if you still have one. Disturbing this balance can actually bring on or exacerbate diarrhea.

Your diet will change during flu, but during recovery, adopt a fiber-free diet at first gradually moving to a regular, normal diet. Prompt attention to symptoms of colds and flu should bring to each of us a happy and hopefully healthy winter season. Now to the specific tips for each category of ostomate:

- The colostomate with diarrhea would be wise not to irrigate, for nature is actually doing the job. After the diarrhea stops, the colon will be sluggish for a few days, so leave it alone a little longer. Give the colon a chance to return to normal before resuming irrigation.

- Carry an extra supply of "security" pouches. (Ed. note: I customarily wear a closed appliance, but when diarrhea strikes, I wear a drainable bag until the siege is over. My diet during stomach flu is hot tea, ginger ale and pretzels.)

- Drugs or certain foods can cause constipation in colostomates recovering from flu, or at any other time, but drinking plenty of fluids can prevent this. Diarrhea can present an even greater problem to the ileostomate. Besides an excess of discharge, the ileostomate will suffer loss of electrolytes and vitamins necessary to maintaining good health.

- You may experience thirst, slowly rising fever, weakness, mental fuzziness and reduced urine output. Drinking plenty of fluids will increase urine output and will not cause increased water discharge through the appliance during colds or flu. More serious results could be muscle contractions, abdominal distention, lack of alertness, and in extreme cases, convulsions.

- The ileostomate must restore electrolyte balance as soon as possible. Regain lost potassium by drinking tea, Gatorade, bouillon, ginger ale, and plenty of water. Regain lost sodium by eating saltine crackers or salted pretzels.

- The urostomate should take special care to keep electrolytes in balance and follow the same general instructions as for persons without ostomies.

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

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) 396-7827
Fax: (904) 396-7829
Email: patti@ostomymcp.com

T O :

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