

The MailBag

Support group meets the 3rd Sunday of each month 3 p.m. 4836 Victor Street
Please take the time and visit their Website <http://www.ostomy.org>.



"Gutsy's Gab:" "Speak Out and Be Heard!"

February 2013 issue MailBag-Jax, FL

By Linda Blumberg AKA "Mrs. Lips"

January 2013: a time to embrace the New Year and all its possibilities! We admirably accomplished this at our January 20 Jax ASG meeting: renewed friendships with fellow ostomates/nonostomate spouses, reveled in our largest group ever since leaving Baptist H(!)—welcoming several newbies(!), and resolved to continue our commitment to advocate for ostomy acceptance and celebrate being alive! The newbies came from as "close" as Ocala, FL, and as "far" as England! But, no matter how FAR away they came, we all grew CLOSE discussing ostomy concerns, unique/shared experiences, our hopes, and dreams for 2013. Linda's ileostomy stoma, "Gutsy" met some new friends, too(!): "Pepe Le Pew" and "Squirty!" Excited to hear that other ostomates, besides Linda, would Name Their Stoma! Gutsy is anxious to hear YOUR stoma's name! Send it to Patti Langenbach: Patti@ostomymcp.com along with your email address to receive the MailBag by email and see your stoma's name in future column. Or you can view this column, its 5 predecessors, and earlier "pre-Gutsy" issues on website: Medical Care Products, Inc.—click "monthly newsletters" and print PDF!

SPOTLIGHT ON: February 2013: Valentine's Day, Presidents Lincoln and Washington Birthdays, Ground Hog Day, Mardi Gras. Gutsy says, "It's all about L-O-V-E!" Of course, there will be the usual hokey, contrived, commercial, sentimental hype and tripe from greeting card companies, florists, and confectionaries. Real LOVE does exist—for you: partner/spouse, children, family, friends, co-workers...job(?)...

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The Jacksonville UOAA chapter meets the 3rd Sunday of each except when otherwise posted.

To help offset the mailing cost you may now receive the MailBag Newsletter via email.

Please contact:

Patti: patti@ostomymcp.com

(Newsletter will be in PDF format)

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NEXT MEETING

Sunday, February 17, 2013

**August 7-10,
2013 Fourth
UOAA National
Conference
Jacksonville FL**

and YOURSELF(!), and...YOUR STOMA!!! What? How can I LOVE my stoma? Ultimately, YOU LOVED YOURSELF ENOUGH to have life-saving/affirming ostomy surgery! That “Cozy Rozy” stoma that was created, as Gutsy is often affectionately acknowledged, affords us the opportunity to spread our LOVE and message of ostomy awareness and acceptance to ostomates/nonostomates alike... EVERYDAY! This just “begs” the paraphrasing of 60’s/70’s+ LOVE songs like “Love the STOMA you’re with”...('cause you’re)...”Happy to be STUCK with it.” and, of course, Gutsy’s favorite: “You are so BEAUTIFUL to me!”

BOTTOMLINE/MARK YOUR CALENDAR: Speaking of LOVE, we’d LOVE to see you at our next Jax ASG meeting, Sunday, February 17, 2013. And, like Lincoln was said to be honest, industrious, and abolished slavery, you can come to our meeting and be honest about your ostomy concerns/experiences, industrious in planning/volunteering for UOAA August 7-10, 2013 conference in Jax, FL, and help abolish the ignorance and blatant disregard/denial of changes in bowel/bladder habits plaguing so many in the general population, that undetected have dire, possibly deadly consequences. And, like Washington crossed the Delaware, some ostomates/spouses have crossed over “The Pond” to attend our meetings(!). The Ground Hog sees his shadow/doesn’t and maybe there’s 6 more weeks of winter. Do you still have that “shadow’ of a doubt” that “it’ll never happen to me” attitude? You know, the one that results in “maybe 6 more weeks...to LIVE” because you were oblivious to the obvious? Gutsy says, “Pul-ease People: get a life!...or at least save one...maybe someone you LOVE...like you?!” And, then there’s Mardi Gras, the ultimate fun fest Celebration of Life...Come

CELEBRATE everything you LOVE about February... including (your) ostomy!...Come “feel the LOVE!” at our meeting. Make new friends...share the “Good, Bad, and the Ugly” with people who care, and know... dejavu!..Like the song says: “All you need is LOVE!”... Yeah, so true! All WE NEED IS YOU! See you there!!

CONTINUE YOUR SOCIAL LIFE WITH AN OSTOMY

via Green Bay, WI, The Pouch, N. VA & GB News Review

Your social life can be as active as it was before surgery. restroom after eating, and nobody will think it is unusual if You can enjoy all activities: meeting people, attending concerts, sporting events, civic and social club meetings, parties, religious occasions, or whatever you enjoyed before. The first time you go out of the house after surgery, you may feel as if everyone is staring at your appliance, even though it is not visible under your clothing. You can feel your appliance on your body, but no one can see it. Keep these questions in mind: Did you know what an ostomy was or where a stoma was located or what it looked like before you had surgery?

For those with colostomies or ileostomies, you may also worry about your pouch filling with gas and sticking out under your clothing. A quick trip to the restroom can take care of this problem. If you are worried about your pouch filling up immediately after eating at a social event, remember that people without ostomies often need to go to the restroom after eating, and nobody will think it unusual if you do the same! You probably will find that you need to empty your pouch less often than you need to urinate.

You may be wondering about your relationships with others. Now that you have an ostomy, you may feel that it will change your present relationships and

decrease new opportunities for friendship and love. True friendships and deep relationships on any level are built on trust and mutual understanding. These qualities depend on you and other persons. You have the same qualities you had before surgery, and your ability to develop friendships is unchanged. If you care about yourself, others will feel your strength and will not be deterred. If your ostomy does cause a break in friendship, a relationship, or even a marriage, this relationship was not built on trust and mutual respect, and would have crumbled some time in the future anyway.

Hospitalization Guidelines for Ostomy Patients

by Dr. Lindsay Bard; via Chicago (IL) The New Outlook; and Hartford (CT) The Hartford Ostomy Update

It is important for a person with an ostomy to know how he/she should be handled differently than someone without an ostomy when you need to be hospitalized. It's up to you. It is very important to communicate to medical personnel who take care of you, including every physician that treats you, that you have an ostomy, and what type of ostomy you have. Here are some rules to help you cover the details:

Rule 1 – The Cardinal Rule!

If you feel something is being done or going to be done to you that might be harmful, refuse the procedure. Then explain why to the medical personnel, especially your physician. They will then decide with you if the procedure will actually be in your best interests.

Rule 2 – Supplies

Bring your own supplies to the hospital. Never assume the hospital will have the exact pouching system or irrigation system you use. Most hospitals have some supplies available. These are used for emergency situations.

Rule 3 – Laxatives & Irrigations

Follow the points below concerning laxatives or irrigation practices, according to which type of ostomy you have. Medical personnel often assume all stomas are colostomies. But, of course, practices vary among the various types of ostomies.

- A transverse colostomy cannot be managed by daily irrigations. The only colostomy that can be managed by irrigations is the descending or sigmoid colostomy. However, sigmoid or low colostomies do not have to be irrigated in order for them to function; many people with sigmoid colostomies prefer letting the stoma work as nature dictates. If you do not irrigate your colostomy, let the fact be known to your caregivers. If your physician orders your bowel cleared, irrigate your own colostomy; do not rely on others. There is a strong possibility that those caring for you will not know how to irrigate your colostomy.

- Bring your own irrigation set to the hospital.
- If you have an ileostomy or urinary diversion ostomy, never allow a stomal irrigation as a surgical or x-ray preparation.

Remember that laxatives or cathartics by mouth can be troublesome for people with colostomies. For people with ileostomies, they can be disastrous—people with ileostomies should always refuse them. A person with an ileostomy will have diarrhea, may become dehydrated and go into electrolyte imbalance. The only prep needed is to stop eating and drinking by midnight the night before surgery. An IV should be started the night before surgery to prevent dehydration.

Rule 4 – X-rays

X-rays present special problems for people with ostomies, again, differently managed according to ostomy type:

- A person with a colostomy must never allow radiology technicians to introduce barium into your

stoma with a rectal tube. It is too large and rigid. Take your irrigation set with you to x-ray and explain to the technicians that a soft rubber or plastic catheter F#26 or 28 should be used to enter the stoma. Put a transparent pouch on before going to x-ray. Have the technician or yourself place the rubber or plastic catheter into your stoma through the clear plastic pouch. When enough barium is in your large bowel for the x-ray, the rubber or plastic catheter can be withdrawn and the open end of the pouch closed. The pouch will then collect the barium as it is expelled and can be emptied neatly after the procedure. Once the x-rays are completed, irrigate normally to clean the remaining barium from your colon. This will prevent having to take laxatives by mouth after the procedure.

- A person with an ileostomy may drink barium for an x-ray procedure, but never allow anyone to put barium into your stoma.

- A person with a urostomy can have normal GI x-rays without any problems. Never allow anyone to put barium in your stoma. At times, dye may be injected through a soft plastic catheter into a urostomy for retrograde ureter and renal studies, often called an ileo-loop study. The same study may be performed on a urostomy patient with a Kock pouch. The dye will be injected via a large syringe; this can be a very painful procedure if the dye is not injected very slowly. Even 50 mL will create a great deal of pressure in the ureters and kidneys, if injected rapidly. Remember to request that the injection be done slowly.

- For anyone who wears a two-piece pouching system: you may remove the pouch just prior to the insertion of the catheter, and replace the pouch after the procedure is completed. If you wear a one-piece pouching system, bring another with you to the x-ray department to replace the one removed for the procedure. In the event you are incapacitated, and cannot use your hands to replace your pouching system, request that a WOC nurse in the hospital be available to assist you. The WOC nurse will be

able to replace the skin barrier and pouch for you before you leave the x-ray department.

Rule 5 – Instructions

Bring with you to the hospital two copies of instructions for changing your pouching system and/or irrigating your colostomy. Provide one to your nurse for your chart and keep one with your supplies at bedside. If you bring supplies that are not disposable, mark them “do not discard.” Otherwise, you may lose them.

Rule 6 – Communicate!

Again, let me stress that you must communicate with the hospital personnel who take care of you. You will have a better hospital stay, and they will have an easier time treating you.

Safe Travel Tips

by Joseph Rundle, Aurora (IL) Ostomy Group; via Metro Maryland

With the terrorist alert on high and many concerned about safe travel at this difficult time, I thought I would offer you some useful tips:

- Do not ride in an automobile. Autos cause 20% of all fatal accidents.
- Do not stay at home. That is where 17% of all accidents occur.
- Do not walk across the street. Pedestrians are victims of over 14% of all accidents.
- Do not travel by air, rail or water. People have 16% of all accidental deaths because of these activities. However, only 0.0001% of all fatal accidents occur at our local ostomy support association’s meetings. Moreover, virtually none of these happen during the business meetings. Obviously, the safest place to be is at your local ostomy association meeting. You’d better go to the next one, just to play it safe.

JOIN US IN JACKSONVILLE IN 2013
Fourth UOAA National Conference
August 7-10, 2013
Hyatt Regency, Jacksonville Riverfront



Welcome to the history and charm of downtown Jacksonville, situated on a four-mile riverfront boardwalk close to area attractions in the center of Florida life. Plan to arrive by **Tuesday, August 6**. Registration begins at noon on Tuesday, August 6. Programming begins Wednesday morning August 7 and continues through Saturday, August 10. Come and see what the [Jacksonville area has to offer](#) and join us as we build the "Bridge To Acceptance!"

Featured events include:

- **7th** – 1st Timers Orientation and Reception
- **7th** – 1st Night Ceremonies and Welcoming Ice Cream Social; Guest Speaker Brenda Elsagher
- **7th thru 9th** – Stoma Clinic
- **7th thru 10th** – Educational Workshops of special interest to: All attendees; 30+; Young Adults; those with Continent Diversions; Gay and Lesbian ostomates; Affiliated Support Group leaders
- **8th** – Basic ileostomy, colostomy and urostomy panel
- **8th & 9th** – Exhibition Hall on Thursday (8th) & Friday (9th) with breakfast in the Hall on the 9th
- **9th** – Brenda Elsagher, "It's in the Bag and Under the Covers"
- **10th** – Closing Ceremonies and Awards "Bridge to Acceptance"
- **10th** – Closing Banquet with Entertainment

Registration: [Register online](#) now, or [print form](#) and mail to UOAA office. Costs are:

- **\$125** individual
- **\$75** spouse/companion
- **\$25** children 5-17 and children under 5 free
- **\$50** Saturday night Banquet Only

Hotel:

- **\$99** per night, plus tax (rate guaranteed only until July 12, 2013)
- Special rate includes 3 shoulder days on each side. [Reserve your room now](#) or call 888.421.1442
- Mention "**United Ostomy Associations of America**"

Parking: **\$10** for self park and **\$20** for valet

Airport Transportation:

- Taxi Cab flat rate \$29.00 – Checker Cab provides service in the baggage claim area of Jacksonville International Airport (904.493.5229)
- [GO Shuttle](#)
- [SuperShuttle](#)

Walk to nearby restaurants & shops, many of them at [Jacksonville Landing](#), a short distance west of the hotel, or travel across the St. Johns River by [Water Taxi](#) to experience area nightlife.

We will continue to post more information here, such as the C.A.R.E.S. Program. If you have any questions, contact the office at **800.826.0826**.

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 __

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