

# The Mailbag



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

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## OSTOMY SUPPORT GROUP

I would like to thank everyone who attended the June meeting, we didn't have a speaker so we just sat around help each other out with different ideas for different problems.

I would like to see more attend the ostomy support group. Lately, I have been having new people and it sure would help if some of the others would attend.

This month we will be having Steve C. Senay from Coloplast attend our meeting as our guest speaker. He is from another manufacturer of ostomy supplies. Hope to see ya there.

The following are the speakers I have line up so far:

- July 16 Steve C. Senay from Coloplast
- Aug 20 Patti w/Medical Care Products to play Ostomy Jeopardy
- Sept 17 To be announced
- Oct 15 To be announced
- Nov 19 To be announced
- Dec Christmas Party at a local restaurant

We are going to continue this year collecting the pop tabs for the Ronald McDonald House. We are going to see if we can fill a gallon jug by the end of the year again. In 2005 we filled a gallon jug up. This year we have far exceeded this amount. We will collect these at every meeting or you can drop them off at Medical Care Products

Also, please remember if you have any extra supplies that can be donated to our closet for those less fortunate and or to help individuals during the hard time or in between insurance companies. Either bring to a meeting or take them to Medical Care Products or call Brenda Holloway and she will arrange to pick them up at your home, her number is 422-8165. We appreciate all you do for our closet.

Thank you for your time,

Brenda L. Holloway, Support Group Contact

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**Please plan  
to join us  
Sunday July  
16th  
starting at  
3 p.m.**

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### IOA 12th World Congress News <http://www.ostomyinternational.org>

Just think the International Ostomy Association 12th World Congress <http://www.ostomyinternational.org/congress2007.htm> is less than 14 months away. The Congress is being held in Fajardo, Puerto Rico August 7-12, 2007. Your trip's estimated travel time by car, from San Juan International Airport to Fajardo is about 45 minutes to an hour. Please note the IOA is working on FREE transportation from the airport. More information will be coming on that soon. Just think you may sit back and relax and enjoy the view as you travel from the airport to Fajardo.

So it is not too early to start thinking about joining IOA for their 12th World Congress in Puerto Rico. What a place to meet other Ostomates from all over the world. Room rates start at \$83.95 (Plus tax) which includes full breakfast each morning. Check out the photo gallery of the hotel: <http://www.fajardoinn.com/photogallery.html>. Registration fee is \$150. This fee will include a number of snacks, lunches and dinners. The hotel has a wonderful pool <http://www.fajardoinn.com/photo-gallery/images/CoCo-Park-night2.jpg> and only 5 minutes from some white sandy beaches. There are tour trips being planned for attendees. Including a trip to the El Yunque Rain Forest <http://www.elyunque.com/about.html>. So get your camera ready and bring your swimsuit.

As of this writing since the Fajardo Hotel has Miniature Golf Course <http://www.fajardoinn.com/photo-gallery/images/CoCo-Putt-Putt.jpg> I have suggested IOA hold a Putt Putt tournament. It was just late this afternoon that I thought of this idea. So all I can say for now, the idea has been passed on to IOA and is under consideration. I feel it would be a fun event, with prizes, that all could participate in. More information coming soon.

You may receive an advance copy of the Congress registration form and more information about the Congress by signing up for the FREE IOA Today Newsletter: <http://www.ostomyinternational.org/back.htm>. Also check out Puerto Rico tourist information: <http://welcome.topuertorico.org/tinfo.shtml>.

So mark your calendar for August 7-12, 2007 and join IOA in the Caribbean.

If you have any questions about this upcoming event please refer those to the Congress Liaison: <http://www.ostomyinternational.org/congresscontact.htm>.

Don't forget to sign up for the IOA Today Newsletter <http://www.ostomyinternational.org/back.htm> -- A Quarterly Ostomy Related Electronic Newsletter. This is a FREE Newsletter "Bringing You Ostomy Related Information From Around the World". Information about World Ostomy Day (Oct 7, 2006) Photo Contest information sponsored by Hollister [www.hollister.com](http://www.hollister.com) maybe found in this issue.

You will need the FREE Adobe Reader 6.0 or later installed:

<http://www.adobe.com/products/acrobat/readstep2.html> to view the newsletters and magazine. The newest version 7.0. If you have not yet downloaded the newest FREE version you should.

The next issue will be Third Quarter (July) 2006.

Sign up today: <http://www.ostomyinternational.org/back.htm>

Past issues of IOA Today may also be found using the above link.

## It Happened One Night

by Theresa Murphy; via North San Diego County (CA) Ostomy News; and Chippewa Valley (WI) Rosebud Review

It's been 25 years since I had ileostomy surgery and more than 20 since I had a blockage. Not a bad record -- I'll take it! Alas, I slipped up recently and ate my lunch in too big a hurry, and worst of all, I had not been getting enough fluids for a couple of days when it happened. Yes, a blockage.

Throughout the evening, I tried the usual home remedies: warm bath, drinking hot tea, massaging the abdominal muscles, and several others of the suggestions that come from our ET nurses, but to no avail. Finally, I had to decide whether to continue these home remedies or go to the emergency room to get help before things got worse. Yes, of course these things happen at night, not during the day when you could get help from some source other than the ER. So, at 11 p.m., I was describing my symptoms to the ER admitting desk receptionist. Four hours later, with the aid of a shot to completely relax the muscles and small bowel, I went home painless and with a functioning ileostomy. No surgery, no overnight stay. Whew!

The reason I bring up this experience is to point out several things that all persons with any type of ostomy should incorporate into their care. I have read these admonitions for years and have advised new patients in visits and in our monthly support group meetings to do these things. I did them in my early years as an ostomate, but have failed to follow these important guidelines as my ostomy experience has matured. I paid the consequences that night recently, but have set forth to do all of them from now on.

First, chew all foods thoroughly; avoid rushing through a meal.

Drink plenty of fluids all through the day, every day. Keep an extra change of your pouching system packed and ready to go -- you know, the one you carry around with you "just in case." You will even need this change if you go to a hospital.

Keep a written description of your pouch-changing procedure and the product names and numbers for your favorite pouching system. Include a description and any particulars of your physical condition which may be needed by healthcare

professionals. Example: "Total colectomy with end intestinal ileostomy; rectum closed; no rectal temperatures; must wear pouch at all times; no irrigations (except for lavage performed on the advice of a colorectal surgeon or ET nurse)." Should you become separated from this written description, you need to be able to tell the healthcare professionals what you have.

Don't assume the healthcare professionals will know all they need to know just by being told you have an ileostomy.

Establish yourself as a patient with a highly qualified colorectal surgeon, even if you are many years post-surgery. Put the surgeon's name and phone number on your written information.

Establish yourself as a patient of a qualified ET nurse. Just as you still have need for a surgeon to call on, you also have need for an ET nurse to call when you need management advice.

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## MY DOCTOR SAID I HAVE A HERNIA

Dr. R.B. Kelleck, Great Britain, Via Snohomish Insights

The new ileostomate may find it difficult to believe that life without a colon can be completely healthy. To understand this, one needs to know what is the normal function of the colon or large bowel which has been removed. This organ is only found in land animals and its major function is to absorb water from the food residue. When animals first moved from the sea to the land they moved from a world where water was plentiful to one where it might be very scarce and they adapted to this by developing the colon as one means of avoiding dehydration. The only other substance that is absorbed from the colon is salt. All the other things we get from our food and which we need for energy and health are absorbed from the small intestine which is unaffected by the usual operations for ulcerative colitis. People with an ileostomy get just as much food - whether carbohydrates, fats or proteins - as anyone else. The other function of the colon is to act as a reservoir for the waste products of the body until there is a convenient moment for disposing of them. This function is simply taken over by the pouch whether external or internal.

**Keeping Your Pouch Odor Proof**

by Victor Alterescu, RNET; via Quad City (IL) Newsletter and S. Brevard (FL) Newsletter

Rinsing a pouch out each time it is emptied is primarily a waste of time. For one thing, it takes longer to empty the pouch and you need more materials around you. You also leave more odor in the room since the pouch is kept open longer. The water, especially if it is warm, may open the pores of the pouch material and encourage odor permeation. Also, rinsing can affect the seal of your adhesive.

Rinsing a pouch after each emptying serves only an aesthetic purpose; the interior of the pouch may be clean but it does not serve a functional purpose. Frankly, it does not matter whether the interior of your pouch is clean any more than it matters if the interior of your colon is clean. The pouch is replacing an organ of storage, the colon and/or rectum.

The most important portion of the pouch that should be cleansed very thoroughly is the tip of the drainable pouch.

Rinsing the interior can only increase permeation but cleaning the exterior neck will avoid any odor that may be present as a result of having fecal residue on the end of the pouch. Therefore, I often recommend that a person carry an alcohol wipe (individually wrapped in foil) to clean the tip of the pouch. The pouch is emptied, the toilet flushed immediately, and the lower portion of the exterior pouch cleansed with toilet tissue and alcohol.

**The 2006 World Ostomy Day  
Photo Contest**

Sponsored by  
Hollister

**For more information please visit the  
International Ostomy Association  
Website**

**<http://www.ostomyinternational.org>**

Or view the March 2006 Mailbag Newsletter



**For more information please visit the  
International Ostomy Association Website**

**<http://www.ostomyinternational.org>**

**Visit our chapter Website:**

**<http://www.ostomymcp.com/chapter/Jaxchapter1.htm>**

## 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

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TO:

**Join us**  
**Sunday July**  
**16th starting at**  
**3 PM**  
**Baptist Medical Center**  
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**Meeting Room C**

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