

The MailBag

Jacksonville group meets the 3rd Sunday of each month 3 p.m. 4836 Victor Street.
Ocala support group meets the 2nd Sunday of each month (except July & Aug) at 2 p.m. at the Sheriff's Station 3260 SE 80th Street (between Ocala and Belleview).
Amelia Island Area Ostomy Support Group meets last Monday of each month at 6pm - Bapt Medical Center Nassau board room.

Please take the time and visit UOAA Website <http://www.ostomy.org>.



The Osto-EZ-Vent®, a venting device, is a leading Ostomy product for any type pouch; one piece, two piece, drainable, or closed end. Easy, quick access makes the OEV ® a better alternative to burping or opening the bottom, less mess, less bother, more security. Medicare Approved!!

Jacksonville Contact Information:

Patti Langenbach
(800) 741-0110
(904) 733-8500

patti@ostomymcp.com

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)

Support group meets the 3rd Sunday of each month 3 p.m.
4836 Victor Street
Next Meeting March 16th

Ocala Contact Information

Lynn Parsons
(352)245-3114

www.ostomyocala.com

Ocala support group meets the 2nd Sunday of each month (except July & Aug) at 2 p.m. at the Sheriff's Station 3260 SE 80th Street (between Ocala and Belleview).
Next Meeting March 9th

Amelia Island Area Ostomy Support Group meets last Monday of each month at 6pm - Bapt Medical Center Nassau board room.
Free parking (904) 310-9054
Next Meeting March 24th



“Gutsy’s Gab:” “Speak Out and Be Heard!”

By Linda Blumberg AKA “Mrs. Lips”

February 2014: all about L-O-V-E!...at our February 16 Jax ASG meeting, our love-ly ostomates/spouses gathered, welcoming a returning long timer...shared “heartfelt” ostomy concerns/experiences...”Gutsy,” Linda’s ileostomy stoma, proudly announced the Phoenix magazine’s generosity bestowed upon her for December 2013, p.78 “naming your stoma” article!...Patti predicted a promising future for newly-formed Amelia Island, FL ASG, as it “springs forward” in the MailBag, as well...

SPOTLIGHT ON: March 2014: (9th) Daylight Savings Time, (17th) St. Patrick’s Day, (17th-21st: Linda’s Spring Break), (20th) Spring begins, (30th: Linda & Bruce’s 28th Anniversary)...Ah, Spring!...for many after Winter woes, a welcome *time for change*: *Spring Forward* by simultaneously setting clocks ahead 1 hour and changing smoke alarm batteries...Gutsy reminds that March is **Colorectal Cancer Awareness Month**...time to *Spring* into action to: (1) check for blood in stools/urine, (2) have life-saving colonoscopy, with follow up life-affirming ileostomy, colostomy, or urostomy surgery, if needed...it’s that simple!...Don’t wait for a cancer diagnosis to scare the living “daylights” out of you...Ignorance is certainly *not* bliss...and can be fatal...very unlucky, indeed...

Speaking of luck, on St. Patrick’s Day, there’s the traditional wearing of **green**, *luck of the Irish*, and eating corned beef and cabbage...Won’t the other stomas be **green** with envy when you email his/her name to Patti@ostomymcp.com or Linda: blumbergl@duvalschools.org... like “Gutsy” and “Pepe Le Pew,” just two of the “lucky” stomas featured in Gutsy’s Gab column?!...YOUR’S could be next...even if you aren’t *Irish*! Gutsy reminds to *train* yourself to *chew-chew-chew* that corned beef and cabbage...don’t be a *blockhead* and risk a *blockage*!...turning **green**...NOT your best color! (hahaha)...better to have a “pint”...of yummy mint ice cream instead...Why press your *luck*?...

BOTTOMLINE/MARK YOUR CALENDAR: They say you make your own luck in this world...then, why don’t you MARCH right over to our next Jax ASG meeting, Sunday, March 16, 2014! There, you will find friends with a SPRING in their step, who CELEBRATE being LUCKY enough to be alive!...We need YOU...and, that’s no “blarney!”...See YOU there!!...

Check Out Past MailBag Newsletters

<http://ostomymcp.com/id6.html>

Cultural Differences

via The New Outlook and Green Bay (WI) News Review

Just a note about the differences with products made for the U.S. market and those made elsewhere. In the United States, ostomy supplies are paid for by private insurance, Medicare, Medicaid or personally. Most products are made with more aggressive adhesives for longer wearing times. In fact, ConvaTec and Hollister have developed extended wear products for ileostomates and urostomates so they don't have to change as often. Changing these products too often may tear skin because of the aggressiveness of the adhesive.

In Australia, supplies are provided at no charge to those who belong to the Ostomy Association; therefore, people change more often. Most products have weaker adhesives so as not to pull on the skin when removing. In Germany and France, where there is socialized medicine, people use disposable one piece closed pouches for colostomies and ileostomies, and do a complete change as often as they need emptying. The adhesives are designed for this type of use. Companies do not put recommendations on the product literature. They understand that there are so many different applications for ostomy products that detailed instructions do not always lend themselves to the actual utilization. You may personally contact a manufacturer or your ET to discuss if a certain product would benefit you for the application you have in mind.

Most importantly, we all have different body types. Our body is constantly transforming. You may require a different technique, product or service to obtain optimal results for ostomy management. Also, change your appliance as often as needed. Don't be a hero. Don't try to get that one extra day wear time. When your body tells you to change, listen to it. After wearing an ostomy system, we all find out what that means, pretty much. Some people are comfortable changing every two weeks, and some have reasons where they change every four hours. You should ask your ET to show you how to physically inspect a used barrier to measure the degree of wear you received from it. Your exact body chemistry, your activities, the season etc. determine reliable, safe and comfortable wear times. Do what is best for you.

Keep a Clean Medicine Chest

via Rambling Rosebud; Green Bay (WI) News Review

It's a good idea to clean house in your medicine chest once a year, according to St. Luke's Pharmacy Director. Medicines that are outdated or deteriorated should be disposed of properly, which means flushing them down the toilet after they have been removed from their packaging.

- Remove and throw away all medicines which have passed their expiration date. Some deteriorated medicines can be dangerous.
- Throw away all leftover antibiotics. Generally speaking, there shouldn't be any leftover antibiotics because, in most cases, every bit should be taken as directed.
- Throw away all aspirin which smells like vinegar.
- Throw out any medicines you don't recognize and any that aren't clearly labeled.
- Throw away eye drops which aren't clear and any creams which have discolored.
- Throw out any drugs you haven't used in the past year unless they are for familiar, recurrent conditions. But if the expiration date has passed, throw them out anyway.

Medicines should be stored in a cool, dry, dark place and one that can be locked if there are small children in the house.

The Swollen Stoma

from Metro Wash By-Pass; via Oklahoma City Ostomy News

It can be pretty scary to have your stoma swell, for any reason, and not be able to get your appliance off over it for fear of doing damage. An appliance that hugs the stoma too tightly may cause it to swell. A fall or hard blow or a slipping appliance may also cause it to swell.

Rather than risk further damage to the swollen stoma by pulling the appliance off over it, try filling your pouch with ice water and letting it swirl around the stoma to decrease the swelling. Ease the appliance off carefully. Then replace it with an appliance having a larger opening until all the swelling is gone.

What to Do if You are Hospitalized For Any Reason

from Honolulu Ostomy Association; via Springfield (MA) OAGS Newsnotes

Take your own ostomy supplies with you. Prepare yourself to do some expert communicating, especially if you go to a hospital where ostomy patients are not often seen, or if you go for a condition not related to your ostomy.

Do not assume that all hospital personnel are knowledgeable about ostomies. Do not submit to any procedures which you think may be harmful to your stoma. If you are in doubt about any procedure, refuse to have it performed until you have talked to your doctor. It is your right not to have procedures done if you believe they could be harmful to you.

The Best Way to Relieve Stress -- Help Someone Else

from Seattle; via Metro Maryland

Stress can be caused by many things, from losing your job to being in noisy traffic. When you're stressed, your heart speeds up and your cholesterol and sugar levels rise. The possible results are backaches, stomach problems, increased sensitivity to pain and, of course, heart attacks. You may not be able to escape stress these days, but you can learn how to handle it better.

One good way of relieving stress is to have an active social life. Studies have shown beyond a doubt that people with many social involvements have far fewer health problems than people who are isolated. If you interact with people regularly and feel like you belong -- in churches, clubs, card games, discussion groups or even work -- you are much more likely to be healthy and will probably live longer.

Scientists aren't exactly sure why social contact is good for you, but they suspect that it may be due to a "buffering effect." When you are supported by concerned friends and family, life's pressures are eased. Volunteer work seems to be especially good for you. It decreases your awareness of your own problems and increases your sense of commitment, challenge and self-esteem... all positive emotions that help counteract the effects of stress.



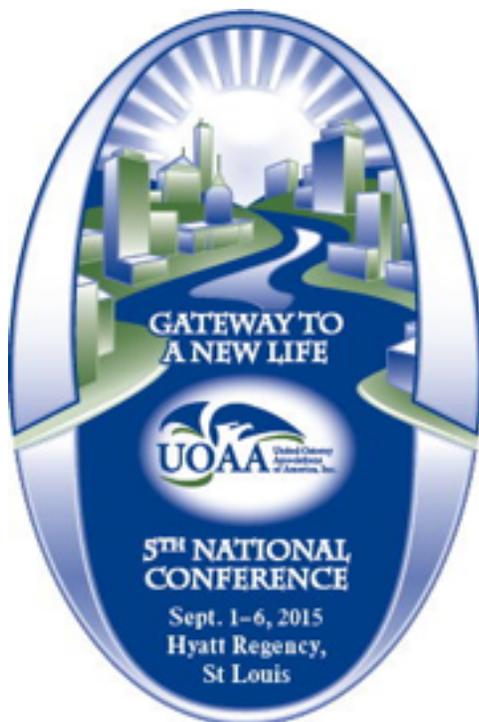
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Upcoming Events

May 2-4, 2014
**UOAA Mid-Atlantic Regional
Conference**
Sept 1-6, 2015
**5th UOAA National Conference,
St Louis MO**

CHECK UOAA WEBSITE FOR
MORE INFORMATION

<http://www.ostomy.org>



**Sept 1-6, 2015 • Fifth UOAA
National Conference •
St Louis MO**



[http://ostomycanada.ca/events/
biennial_conference_of_uoac](http://ostomycanada.ca/events/biennial_conference_of_uoac)

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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