

# 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>.



## Skin Barrier No-Sting Wipes,

Product#: SNS00807

25 wipes per package

An alcohol-free liquid absorbed into large soft wipes that create a transparent film when wiped on the skin. This transparent film is a synthetic protective skin barrier to adhesives, friction and body fluids. Increase adhesion of tapes and wafers, gentle, convenient and scent-free. Convenient re-sealable pouch.

### Features

- No alcohol formula
- Large wipe 5"x7"



### Jacksonville Contact Information:

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

[patti@ostomymcp.com](mailto: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](mailto: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 May 18th**

### Ocala Contact Information

Lynn Parsons  
(352)245-3114

[www.ostomyocala.com](http://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 May 11th**

### 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 Sept. 29th**

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

By Linda Blumberg AKA "Mrs. Lips"



**April 2014:** What a taxing month! so, we happily gathered together at our stress-free April 27 Jax ASG meeting! ostomates, spouses, family members, including returning newbie urostomate sharing ostomy concerns, egg-speriences, products Linda and Bette encouraged everyone to check out inspire.com, the inspirational informational ConvaTec social media website, but also gushed about the greater joy of face to face, hugging contact at OUR meetings! And, Gutsy, Linda's ileostomy stoma's mouth nearly watered as she touted the wonderful new DessertBullet that turns frozen fruit, like bananas(!), into delightfully delicious ice cream-like desserts this ileostomate's dream! The only bone of contention? Ongoing apathetic medical community, and how to educate them about ostomy! Like the song "Vincent" said: "Perhaps they'll listen, NOW?! Well maybe?!"

**Spotlight on May 2014:** May Day (1<sup>st</sup>), Cinco de Mayo (5<sup>th</sup>), Mother's Day (11<sup>th</sup>), Memorial Day (26<sup>th</sup>) Celebrations: Mexican fiestas, HS dances, Mom, and remembering the dear departed. Promises to take care of our loved ones, include YOURSELF! Be vigilant 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. YOU will still be normal, loveable, beautiful and can feel EMPOWERED to live well with an ostomy (Check off Linda's 1<sup>st</sup> Phoenix article, June, 2011, p. 30). Give Mom the best Mother's Day gift possible; offer to drive her to/from her colonoscopy! Be a good daughter! Linda wishes her beloved mother, Esther, who died from colon cancer 25 years ago this April, had been more aware and less self-sacrificing. Maybe it would have made a difference? This prompted Linda to be tested, which led to Crohn's Colitis and ileostomy surgery nearly 7-1/2 years ago. Esther gave birth to Linda, and Linda to Gutsy! Ostomy was shrouded in secrecy a quarter of a century ago. Alas, it still is! We as ostomates must advocate the awareness and acceptance that just may allow one more day to celebrate Mom, prom, fiestas and preventing OUR own too soon Memorial Day! or that of a loved one.

How can you make May truly Memorable? Be a good mom to YOUR stoma. (1) Dress him/her up in beautiful pouch covers from Koolostomy.com, like Gutsy proudly wears. How cute if you have matching outfits! (2) Honor your stoma with its own name! Email: [patti@ostomymcp.com](mailto:patti@ostomymcp.com) or Linda: [blumberg1@duvalschools.org](mailto:blumberg1@duvalschools.org) And, YOU could be featured in future Gutsy's Gab column, just like Inspire.com's, Buddy cathartic and fun! (Check out Linda's 2<sup>nd</sup> Phoenix article/photo, December 2013, p. 78)

**Bottomline/Mark Your Calendar:** April showers bring May flowers, right? So bring yourself to our next Jax ASG meeting, Sunday, May 18, 2014! May-be your mouth (stoma?) waters for our Garden or eating with Kimberly's Konfections or thirsts for knowledge?! May-be it's for the camaraderie with the whole bloomin bunch of us?! We all have that nurturing "maternal instinct" not just for Mother's Day, and even the guys(!) Come "grow" with us: CELEBRATE BEING ALIVE! See YOU there!!



THE UNITED OSTOMY ASSOCIATIONS OF AMERICA (UOAA) is declaring that on October 4, 2014, UOAA is acknowledging ostomy and continent diversion surgery. The day will be recognized as **Ostomy Awareness Day 2014 – Live, Learn, Share**. Our mission by celebrating this special day is an effort to help patients LIVE a normal life following surgery, to help the medical community LEARN about the needs of ostomy patients, and to SHARE our stories to raise awareness about ostomies throughout the United States.

The UOAA is a patient support services, volunteer-based organization, whose mission is to educate and build awareness to patients and to the public. UOAA has many services that assist the new patient and their caregivers before and after surgery, helping in the transition of their new life with an ostomy. UOAA and our over 350 Affiliated Support Groups (ASGs) across the country support our members and welcome new patients every day. But on this day, we are asking that ASGs, our Management Board of Directors, the Affiliated Support Group Advisory Board and our partner, the [Wound Ostomy and Continence Nurses Society \(WOCN\)](#), spread the word about ostomy surgery and how this surgery can make a positive difference in the lives of our patients and members.

We will be using our Social Media, our website [www.ostomy.org](#) and our monthly updates to give suggestions on how to celebrate Ostomy Awareness Day and how you can show your support for this event. We will be providing a press release that you may distribute to your local area, a proclamation that you can personalize and send to your local or state governments to ask them to recognize Ostomy Awareness Day, and many other documents to help you plan for this important day.

Your support of the UOAA is vital to our ability to continue the work for our many patients and members. You can go to the UOAA website [www.ostomy.org](#) to [DONATE](#) to Ostomy Awareness Day.

Those of us who LIVE with an ostomy have an opportunity to SHARE our stories so that other patients, medical professionals and the general public can LEARN about living with an ostomy. Building AWARENESS begins with you, and together we can make a difference in the ostomy community.

Thank you for your continued support.

Warmest regards,  
Susan Burns  
President, UOAA

## 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.

## 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.

## EXERCISE: THE FINAL INGREDIENT IN OSTOMY MANAGEMENT

Adapted from the Coloplast Website, UOAA Update Sept 07

Exercise has become fashionable" -- and that has probably done more to put people off it than anything else. If the thought of strobe lights, rowing machines and leotards gives you the shivers, then take heart. There are no end of easy, enjoyable ways to make yourself a little stronger, a little fitter. Just find the ones that are right for you. Most of all, don't overdo it. Even light exercise is good exercise - for joints, your muscles, your lungs and for your general sense of well-being. Gently does it. To begin with, don't confuse exercise with sports. There's more to getting healthier than chasing a ball around on a football field. Walking is a great place to start. Post-operatively, just walking to the next door neighbors or to the end of the garden is fine. When you begin to regain your strength, try to walk more - both for pleasure and as an alternative means of transport. And when you do, walk briskly - so you get slightly out of breath. Gardening is great, too. Digging, weeding, hoeing and mow. Wait for about 3 months after surgery before beginning gardening. You'll be surprised at how quickly you feel the benefits. After a few aches in the early days, you'll begin to feel more supple, and be able to do more without getting out of breath. Doctor's orders - All doctors agree on the benefits of exercise - but it's a good idea to talk to your doctor before starting an exercise program, especially if you're very out of practice or if you have other health considerations, like asthma or a heart condition. Your doctor will advise you to take it easy to begin with and to enjoy yourself. And you can't get better advice than that.



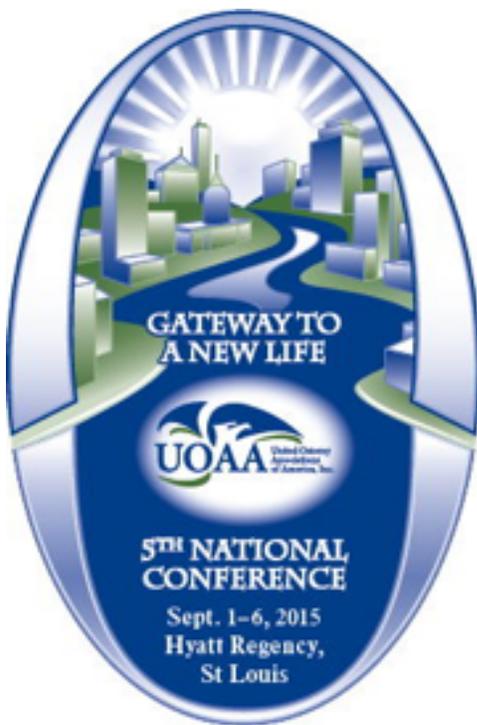
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## Upcoming Events

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

Medical Care Products, Inc

**Toll Free 800 741-0110**

WE ARE ON THE NET

[www.ostomymcp.com](http://www.ostomymcp.com)

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

To: