

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
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(904)396-7827

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**Please plan to join us
Sunday Nov. 16th
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**

I would like to thank everyone for attending last month's meeting. We packed the place. This was our largest turn out in along time. I would like to thank Mamie Davis for good food. We all had a great time together.

I would like to thank the Cynthia, the Dietetic Intern from the University of North Florida. She talked to us about our diets and different ways they affect our bodies. I hope that everyone enjoyed her presentation. Hopefully, next year we can get another person from the University of North Florida to come speak again.

We would like to see as many people as last month as CONVATEC is our speaker for November, 2003. Van is the representative for the State of Florida. I want to show him that we can pack the place again. He was at the October 22, 2003 Ostomy Spoken Here Clinic at Medical Care Products and I told him that we packed the place and he said no way. So, lets show him we can pack the place for his presentation. He will be having a door prize to be giving away as well as some samples so please try to attend.

SO, I LOOK FORWARD TO SEEING MORE THIS MONTH THEN EVER!!!!!!

We had our elections at last months meeting also. The following are the officers for 2004:

- Brenda L. Holloway, President
- Eugene Summerville, 1st Vice President
- Ronald Perry, 2nd Vice President
- Patti Langenbach, Secretary
- Beth Carnes, Tresurer

With these people in place lets keep in mind that you can only hold office for a 2 year term. So next year you will have to elect another president besides me. Cause this is my second year along with most of the rest of the officers we will have reorganize next year. So please think about becoming an officer it is fun and exciting to work with the healthcare community and other Ostomates like yourself.

We have started collecting for **Christmas donations** starting with our October 19, 2003, meeting and thru our December 21, 2003, meeting and I will deliver the gift to them on Monday, December 22, 2003. The amount limit is \$5.00. Please wrap them and put on it if it's for a boy or a girl. They can be brought to the Oct, Nov & Dec. meeting or to Medical Care Products or I call me also pick them up from your home, as I want this to be bigger then last year. Thank you in advance. These gifts will be going to the Ronald McDonald House.

December: We will be having our meeting at Patti's new building. This will be our Grand Opening to her new place on Victor Street. Also, we will be having our Christmas party at the same time.

(Continued on page 2)

If anyone has any leftover supplies they would like to donate to the UOA closet at Patti's office, please bring them to the meeting or call me and I will come pick them up from your house. This helps the people who do not have insurance or cannot afford to buy the things they need and use. In advance, thank you for your help in this area. We have been getting lots of people's leftover supplies and I would like to thank you for donating them as there has been so many I cannot keep track to thank each and everyone separately so I will do it like this. Together. Thank you.....

Thank you for your time and hope to see you on November 16, 2003 at 3:00 p.m. at Baptist Medical Center, 8th Floor Conference room.

Please note that Medical Care Products has moved their offices; please call them for direction to the new office and a new phone number. The old one will still be good for a year but we need to start memorizing the new one.

There is no report for the visitation coordinator to report.

Sincerely,
Brenda L. Holloway
President, UOA Jax Chapter 211
(904) 282-8181 to pick up supplies or Christmas gifts.

Treasurer's Report: \$886.12

Minutes of October 2003 Meeting:

President Brenda Holloway brought the meeting to order at 3:05 pm. Brenda announced the Clinic Day at Medical Care Products, Inc sponsored by Convatec on Wednesday Oct 22nd. Patti said the appointments with the ET are all booked but to come anyway and check out the new products.

Brenda introduced the speaker, Cynthia Kasimier, MSHealth Dietetic Intern. The speaker went over the nutritional basics that everyone should follow as well as some tips for Colostomates and Ileostomates to follow.

Patti Langenbach nominated the 2003-2004 officers as follows:

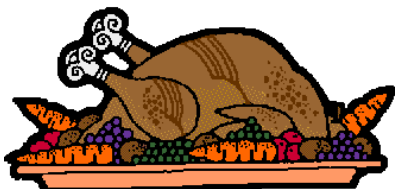
Brenda Holloway – President
Eugene Sommerville- 1st Vice President
Ron Perry – 2nd Vice President
Patti Langenbach – Secretary
Beth Carnes – Treasurer

John Lockhart seconded the nominations and the officers were unanimously approved. Patti mentioned that Ron Perry was in the hospital but hoped to go home the next week.

The meeting was adjourned at 4:22 for refreshments and social time.

Respectfully submitted:

Patti Langenbach, Secretary



Medical Care Products Has Moved:

4909 Victor Street
Jacksonville, FL 32207

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



As an Ostomate, How Long Might You Live

Well, prepare, for good news! There have been only a few long-term studies of the postoperative life of an ostomate. The findings that have been made known were mainly done during the past 10 years. What do you think is the ultimate outcome? What may an ostomate expect in terms of health and life expectancy? The studies that have been done indicate that the health of an ostomate is exactly the same as that of anyone else. And, of more importance, there is no difference in your life expectancy from the general population. Every part of the intestinal tract works in harmony, so it might be expected that the removal of one part, such as the colon, might affect the rest. But the studies reveal no indication of this. Diseases of the intestinal tract such as gallstones and peptic ulcers are not found to be in higher incidence after ostomy surgery. There is, however, an increase in the formation of kidney stones in the ileostomate, possibly because of the increase in the absorption of certain chemicals that stimulate the formation of stones.

There is an enormous amount of data, which indicates that women with ostomies have no more problems with their pregnancies than women without ostomies. The gastroenterologist's major thrust in therapy has always been through the patient's diet. In recent years, however, it has been found that diet really has small value in most gastrointestinal conditions.

According to dietary studies, there is no one food that affects the ostomate out of proportion to other foods. To sum up, I would say that the diet of the ostomate should be a normal diet and that the outlook for his or her health is on a par with that of the population as a whole.

L. Wruble, M.D

Chemotherapy and Your Ostomy

If you are taking chemotherapy, you should be aware of many chemo agents that affect the body differently. Below are listed basic side effects of chemo that an ostomy patient should be aware of.

Stomatitis – Is an inflammation that can develop anywhere in the gastrointestinal tract. It may appear as white ulcers in your mouth, on your stoma or elsewhere in your GI tract. You must be very careful in caring for your stoma, using care in gentle removal of the pouch and barrier, and using plain tap water to cleanse the stoma.

Dermatitis – Is an inflammation of the skin. Skin reactions are worse when you are on chemo, therefore if leakage occurs, change your appliance as soon as possible. Again cleanse your skin with tap water only, making sure to get it clean. You will want to look for areas of increased redness, weeping areas, or a red rash that may have a white head on it. If the skin is open, or you identify a rash, see your doctor or ET nurse.

Diarrhea – Can be a severe side effect for the ostomy patient, especially the ileostomate. It is necessary for the ostomate to keep track of the amount of fluid he/she is able to drink versus what is expelled.

Dehydration – Is a big risk, as well as losing two of the body's minerals - sodium and potassium. If a colostomate develops diarrhea, discontinue irrigations (if you normally irrigate). You will want to eat foods that slow the bowel down, such as bananas, rice, applesauce, tapioca, or yogurt. You should notify your doctor if diarrhea occurs. He may prescribe some medications to slow bowel activity.

Constipation – On the opposite end of the spectrum, some agents can cause constipation. If this occurs, see your doctor. He may want to give you a laxative or stool softener. Remember to increase your fluid and fiber intake if you are constipated. Chemotherapy can be taxing on you. Nutrition and rest are essential. Do your routine stoma care when you are well rested.

(Donna Pennington)

UOA Jacksonville Chapter is now on the Web

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

Temporary Ostomies

Temporary ostomies are surgically created with the intent of reconnecting in the future. The anatomy of the gastrointestinal system or urinary system is left intact.

Permanent ostomies are created with the intent that the ostomy surgery will not be reversed: usually the anatomy in the gastrointestinal or urinary system has been removed. Permanent ostomy surgery is usually performed when disease or injury prevents maintaining the anatomical structures needed for reversal.

A large number of temporary ostomies involving the colon are done on an emergency basis. The colon becomes obstructed or blocked, and stool cannot pass through. Because of the emergency nature of the surgery, the bowel cannot be cleaned and prepped ahead of time. Reversals, or reanastomosis (hooking the normal anatomy back up), then can be done later, when infection is not as likely and proper healing can take place.

The most common situations and diseases requiring a temporary ostomy are:

Cancer of the colon with obstruction (or other abdominal cancer affecting the colon);

Hirschsprung's Disease, a disorder/malfunction in infants that prevents passage of stool. Due to lack of nerve cells in certain areas of the large intestine, stool is not moved through, and an ostomy is necessary;

Diverticulitis, small out-pouchings in the wall of the intestine, called Diverticula, becomes infected. The Diverticula may rupture or cause obstruction.

Inflammatory Bowel Disease or Crohn's Disease may necessitate a temporary ostomy to allow the diseased bowel to heal.

Persons with temporary ostomies face many of the same problems permanent ostomates have. It's just as important for them to have support, reassurance, and teaching as it is for persons with permanent ostomies. They must learn proper skin care, stoma care, and pouching techniques. Often, stomas are not ideally situated on the abdomen, because of the urgency of the surgery. Thus, pouching and skin care can pose difficult problems.

Following temporary surgery, measures need to be taken to improve the patient's health. He or she must be in the best condition physically to undergo the major surgery for reconnection. There is also a time for the patient to deal psychologically with past surgery, upcoming surgery, and possibly a newly diagnosed disease. It may be a difficult time with all the changes and new challenges. Often, there are many fears and unanswered questions. Other people with ostomies and ET nurses may provide reassurance and the answers to many questions.

(Nancy Brede, RN, ET)



**JOIN THE UOA IN THE
WINNER'S CIRCLE**

42nd National Conference
United Ostomy Association, Inc.
August 4-7 • Louisville, KY

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

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Jacksonville, FL 32247-0239

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T O :

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Sunday Nov.
16th starting at
3 PM
Baptist Medical Center 8th
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For information
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