

# The Mailbag

The Ostomy Support Newsletter Of Jacksonville, Florida

Support group meets the 3rd Sunday of each month 3 p.m. 4836 Victor Street

Contact Information:  
Patti Langenbach  
(800) 741-0110 or  
(904) 733-8500  
[patti@ostomymcp.com](mailto:patti@ostomymcp.com)

Brenda Holloway  
282-8181

**Mark your calendar and plan to join us  
for our next chapter meeting.**

**November 15th**

**3PM**

**4836 Victor Street**

Kimberly will be hosting the meeting on Nov 15th at 3pm. (no topic yet)

**Mark your calendar and plan to join us  
December 20th for our Holiday Party. Look  
for more detail in the December issues.**

*WORLD OSTOMY DAY*

**BLOG:** [www.wod2009.org](http://www.wod2009.org)

**See What Others Did Across The World  
During World Ostomy Day**

## **Public TV Documentary Movie**

UOAA entered into a contract for the publication of a five-minute ostomy public awareness movie that will appear on public TV; the National Medical Report as shown on cable; network and international TV as part of Voice of America.

This excellently produced project—coordinated by UOAA President Elect Kristin Knipp—can now be viewed on the UOAA Internet site at [www.uoaa.org/uoaa\\_psa.shtml](http://www.uoaa.org/uoaa_psa.shtml). One may also view the movie at <http://uoaa.wordpress.com/>.

We encourage you to send one of these links to anyone with an interest in ostomy surgery; i.e., our members, local medical professionals, family and even friends who you might want to have better understanding about our organization.

## Why Do People Get Cancer?

By Reuben Chow

Why do people contract cancer? Perhaps more significantly, why have cancer rates soared so drastically over the past century? Is it because of genes? Is it because of what we are eating today? On the other hand, are stressful lifestyles to blame?

Others put forth that factors such as environmental toxins and electromagnetic radiation are the main culprits. The fact is cancer is a multi-causal disease and probably a result of a combination of the abovementioned factors. Recent statistics released by the World Cancer Research Fund (WCRF) has estimated the role of diet and lifestyle, suggesting that about one-third of the 12 most common types of cancer in richer countries could be prevented merely through a healthy diet, physical activity and the maintenance of healthy weight.

In poorer, developing nations, the proportion of cancers preventable through these steps was estimated to be about one-in-four.

### Details and Findings of Study

The cancers in question included those of the bowel, breast, gallbladder, kidney, liver, lung, mouth / pharynx / larynx, esophagus, pancreas, prostate, stomach and womb. For these cancers, it was estimated that 34% of cases in the US and 39% of UK cases were preventable through the said steps. This implied that there was more room for improvement in these countries.

Zooming in . . . it was also estimated that more than 40% of breast and bowel cancer cases in developed nations could have been prevented in the same way.

The abovementioned figures had not even taken into account the detrimental effects of smoking, which on its own is believed to be the main cause of about one-third of all cancers.

The report had been put together by a panel of 23 experts. Their study had been based on 10 recommendations released by the WCRF in 2007 on preventing cancer; those included daily exercise, avoiding processed meats, eating less salt and keeping a healthy weight. To arrive at the estimates, the team had looked at the biggest and most reliable research studies available which covered the 10 factors.

"This report shows that by making relatively straightforward changes, we could significantly reduce the number of cancer cases around the world," said Michael Marmot, the chair of the panel.

### Importance of Dietary and Lifestyle Factors in Cancer Prevention

The possible causes of cancer were discussed earlier. What is clear about cancer is that it is certainly not an alien-like ailment, which descended from the sky and invaded our bodies, against which we can do nothing for protection or recovery. "People think that somehow cancer comes from heaven, or Darwin, or from their parent's genes, but that's not always the case. A third is caused by smoking, and approximately a third is related to diet and physical activity," Marmot also said.

In addition, scientific backing seems to be increasing. "The evidence linking diet, physical activity, obesity and cancer has become stronger over the last decade and this report can play a part in people adopting healthier lifestyles. After not smoking, it is clear that diet, physical activity and weight are the most important things people can do to reduce their cancer risk," said Mike Richards, the National Clinical Director for Cancer.

### Holistic Action is Needed

The experts have called for urgent action, especially in view of the escalating sedentary and obesity epidemics, graying populations as well as worsening food choices. "We are expecting a substantial increase in cancer rates with the aging population, obesity rates soaring, and with people becoming less active and increasingly consuming highly processed and energy dense foods and drinks. The good news is that this is not inevitable," said Martin Wiseman, the project director.

Nevertheless, it is also quite clear that a holistic solution involving many parties will be needed if society is to stem the cancer epidemic. "There is no magic bullet, no one single fix to the problem. If we are to tackle the situation we need individuals, business and government to work together to encourage healthy lifestyles by promoting things like cycle lanes and food labeling," said Richard Davidson from Cancer Research UK.

**The panel's report had put forth some 48 suggestions for improvement. Some include:**

- Eating more fruits in place of unhealthy fatty foods
- Checking labels by consumers to ensure foods being bought are healthy
- Lowering costs of healthy foods
- Persuading schools and workplaces to stop providing unhealthy foods and have them encourage daily exercise
- Cycling to work
- Walking and cycling routes to be put in place by governmental units to facilitate physical activity
- Improving access to sporting facilities

**Beyond Merely Prevention—Cancer Recovery**

How about those who have already been diagnosed with cancer? Are such lifestyle and dietary changes too little, too late for them? Not according to a recent study conducted by researchers at Addenbrooke's hospital in Cambridgeshire, which found that about 36% of men with aggressive prostate cancer could give planned surgery or radiotherapy a miss after making some basic dietary and lifestyle changes.

The changes, which included lowering salt intake, reducing alcohol consumption, eating larger amounts of oily fish, losing weight and undertaking moderate exercise, were able to inhibit or even totally stop their cancers' progression.

As we search for complicated answers to the cancer riddle, we should not underestimate the powerful role of factors, which have been with us throughout human history—dietary and lifestyle habits.

**Seniors with Ostomies**

Indian River Ostomy Association, FL

As baby boomers age, there are a greater number of illnesses just waiting for them. Years of fast foods and stress make a breeding ground for intestinal problems. When they can no longer deny that their fast-paced lifestyles and poor eating habits have caught up to them, they seek medical help.

When tests confirm intestinal problems that require surgery, their whole world seems to explode around them when the doctor says, "You need an ostomy." If the patient is fortunate enough to have a doctor who is aware of the local ostomy association, he/she will ask the WOC nurse managing the pre-surgery examination to arrange for a visit.

It is only when a person with an ostomy talks to another person with an ostomy that the problems that seemed insurmountable are gradually chipped away. That is what the UOAA and local ostomy associations are all about—people with ostomies helping other people with ostomies. Where is the best place to find this information and help? Of course, it is at your local ostomy association.

**Stroke Identification**

Contributed By Joan Loyd

My nurse friend sent this and encouraged me to post it and spread the word and I agree. If everyone can remember something this simple, we could save some folks . . . seriously.

During a BBQ, a friend stumbled and took a little fall—she assured everyone that she was fine. They offered to call paramedics but she said she had just tripped over a brick because of her new shoes. They cleaned her up and provided her a new plate of food. While she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening. Ingrid's husband called later telling everyone that his wife had been taken to the hospital—at 6:00 PM, Ingrid passed away. She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. The unfortunate do not die from a stroke. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this . . . A neurologist says that if he can get to a stroke victim within three hours he can totally reverse the effects of a stroke . . . totally. He said the trick was getting a stroke recognized, diagnosed and then getting the patient medically cared for within three hours, which is tough.

## Recognizing a Stroke

Thank God for the sense to remember the four steps, S.T.R.O.

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking four simple questions:

- S Ask the individual to smile.
- T Ask the person to talk and speak a simple sentence coherently; i.e., Is it sunny out today?
- R Ask him or her to raise both arms.
- O Ask him or her to stick out their tongue . . . it must be straight.

If he or she has trouble with any one of these tasks, call an emergency number immediately and describe the symptoms to the dispatcher.

The fourth sign of a stroke . . . stick out your tongue is a brand new indicator. Ask the person to stick out his/her tongue. If the tongue is crooked or if it goes to one side or the other, this is also an indication of a stroke.

## A Urostomy Experience

By Becky Redmond, Coquitlam BC Chapter

It started when I noticed that the skin around my stoma was white and irritated. I tried several different things to clear it up. I changed to different brands of barriers, changed the barrier more often, drank more water, drank more cranberry juice and tried different powders. But nothing seemed to clear up my skin problem. I know that I should see a doctor, but was busy and put it off.

Then one day, when I went to empty my pouch, I noticed it was full of bright red blood and two small blood clots. This became worse over the next several days, and I ended up going to the emergency room.

A specialist came in and looked at my situation and quickly determined that because the skin around that stoma had such severe erosion, it caused a breakdown by the artery. The artery actually broke loose and was hemorrhaging. The doctor put in several stitches to close the artery.

I finally saw an ET nurse. She told me that she recommends that all her patients with urostomies wear a convex barrier. It keeps the urine from pooling around the stoma area to prevent skin breakdowns like I had.

So, I think it is better to see your doctor or ET nurse before erosion of the skin causes an artery to break. Don't wait!

### IOA Today 4th Quarter Newsletter

IOA TODAY brings to you up to date **Ostomy related reports** from around the world.

<http://www.ostomyinternational.org/IOAToday/IOATodayFourthQuarter2009.pdf>

### Other Websites Of Interest:

United Ostomy Association of America: [www.uoaa.org](http://www.uoaa.org)

Your Ostomy Community Connection Center: [www.c3life.com](http://www.c3life.com)

### Check Us Out On The Web

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

## Ostomy Chat Room Weekly Meetings

Yahoo Peoples with Ostomy2\* - Mondays, 8:00 pm US Central time  
<http://clubs.yahoo.com/clubs/peopleswithostomy2>

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>

UOAA Chat Sundays 9pm ET / 6pm PT  
<http://www.yodaa.org/chat.php>

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)

**Medical Care Products, Inc**  
**PO Box 10239**  
**Jacksonville, FL 32247-0239**

TO:

Medical Care Products, Inc  
Family owned and operated for over 40 years  
Call For Free Catalog  
800 741-0110  
We accept Medicare Insurance Assignments

Visit Our Web:  
[www.ostomymcp.com](http://www.ostomymcp.com)