

The Mailbag

The Ostomy Support Newsletter Of Jacksonville, Florida

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

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Jacksonville Chapter is a member of the United Ostomy Association of America.
Please take the time and visit their Website <http://www.ostomy.org>.



**Kimberly from MCP will be hosting the
November 18th meeting
with speaker
Jamie Marchio from Hollister Inc.
Come join us!
Sunday 3PM November 18th
4836 Victor Street**

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)

“GUTSY’S GAB”: “SPEAK OUT AND BE HEARD”

By Linda Blumberg, AKA “Mrs. Lips”



Last month, “Gutsy,” Linda’s stoma, was all excited about impending **World Ostomy (Awareness) Day, October 6, 2012**. When the big day finally arrived, with eager anticipation, Linda proudly wore her UOAA/ stoma pins, blue/white WOD bracelet (as did nonostomate friend Kay, in PA simultaneously-solidarity!), and “Speak Out, Be Heard” SLP (Speech-Language Pathologist) T-shirt which coincided with UOAA’s “Let’s Be Heard” theme...and, we waited. Ultimately, Gutsy was disappointed as we could not find any of the proposed Jax “media blitz” to acknowledge it. We couldn’t even attend UOAA’s Virtual Picnic, not being on Facebook,(alas). But, at least we avoided Virtual Ants crawling on the tablecloth, eating our food! (hahaha). Oh, well; maybe next year? How did YOU celebrate WOD? Enter/win the UOAA essay contest? All very anticlimactic anyway: WOD came and went quickly regardless of planned/ attended events, just as Gutsy predicted. But, it’s never too late to advocate for Ostomy!...if you are O-pen-minded instead of O-blivious!

Our Jax ASG met October 21, 2012. Gutsy planned to gripe about WOD. Then a newbie colostomate and her loving, supportive spouse spoke about being blindsided by unexpected diverticulitis that required emergency/lifesaving surgery and the raw deal they got subsequently from medical community that should have been informative and compassionate...but weren’t! Ileostomates, including Gutsy, colostomates, urostomates, and their loving, supportive spouses suddenly banded together to reassure and comfort this couple from our respective and collective experiences. The united front presented by this diverse group was just beautiful to behold! Gutsy was grateful to help, and put things in proper perspective, and forget her petty gripe.

SPOTLIGHT ON: New for November? Diane, another of Linda’s nonostomate friends, suggested Thanksgiving as a theme. And, Linda remembered Veteran’s Day, too. Times to “talk turkey” with family and friends, and honor men/women who fought/gave their lives in wars for usA. But, for Linda, there is a deeper, more personal meaning: November 17, 2012 is Gutsy’s 6th birthday! “Birthday?” What about Thanksgiving? Well, Gutsy was born/named 2006 at Linda’s life-saving ileostomy surgery just prior to the actual holiday. A time to give thanks...what Thanksgiving is really all about! Your surgery was borne out of IBD (UC/CD)...like Linda’s..., cancer, war, injury, or emergency...like newbie colostomate. THERE WOULD BE NO (need for) GUTSY WITHOUT LINDA, and maudlin though it sounds, and fighting back the tears, THERE WOULD NO LONGER BE LINDA WITHOUT GUTSY! Ok, it’s emotional for us two...you, too? But, what about Veteran’s Day? Don’t forget that by virtue of having ileostomy, colostomy, or urostomy surgery, and good fortune to have loving, supportive spouses/partners...Gutsy has Bruce...WE ARE ALL VETERANS! We “fought” in our own “wars” to live, to regain our lives!...This is NOT to detract from Military Veterans, the true unsung heroes, especially those who fought as ostomates or became ostomates due to war injuries. What is being done (by UOAA) to help them? Good question! If you are a Veteran, “Speak Out” and (you will) “Be Heard” in “Gutsy’s Gab” (future) column!!

BOTTOM LINE: As Ostomy Veterans, we should all have an “Attitude of Gratitude”...what a platitude! (hahaha) Not just in November! Remember, you’re a Veteran as soon as you commit to having ostomy surgery...or get “committed” for having this surgery! (hahaha). Now, with a little more latitude, on a lighter note, “Gutsy’s Gab” announces a new feature: tada!...suggested by Patti Langenbach, Jax ASG leader, Mailbag newsletter and Medical Care Products, Inc. owner, and Gutsy’s aforementioned Groovy Guru:

“NAME YOUR STOMA”: Linda first read about it in Shaz’s column, and learned of the Stoma Registry in Larry Trapp’s Evansville Indiana Ostomy Association newsletter. Name my stoma? Auuuugh! Saying it was “born?” Preposterous! No, it’s not! Rather cathartic in hospital for Linda to look down at that big hulking thing on her abdomen (near the vertical “railroad tracking” inching its way down my stomach!), and dub it “Chai Gutsy!”—“Chai”-Yiddish for “Life,” and “Gutsy” because Linda had the “guts” to have ileostomy surgery, quickly anglicized to “Hi Gutsy!” and, eventually “Gutsy.” Did you ever consider naming YOUR stoma? Some think it silly or unnecessary. Not so, according to DD of Micanopy, FL who wrote to Patti: “Right after surgery, my son recommended that I name my stoma ‘BOB.’ I was confused until my son said it stood for ‘Bag On Belly!’ I told my doctor the story and he said that ‘BOB’ is much better than what some of his patients name them...after HIM!” That acronym “BOB” sure worked for DD, huh?! Gutsy laughed, as only stomas do (gurgled with delight) because she thought the YKW was about to hit the fan! (hahaha) Google the Registry for some laughs. Humor, like laughter really IS the “best medicine!” You can view 5 years’ worth of Gutsy’s various names. We’d love to hear your stoma’s name, too. Share with Patti and we’ll print ‘em in future “Gutsy’s Gab!”

MARK YOUR CALENDAR: for Sunday, November 18,2012, our next Jax ASG meeting. We’ll be celebrating Gutsy’s 6th birthday! Thankful for our local ostomy Vets to gather together, long timers, like Gutsy, and first timer newbies, like the colostomate we hope will return, to feel the LOVE, to Gobble Gobble (Kimberly’s) goodies and Gabble Gabble about our ostomy experiences! Don’t be a turkey...or chicken! Join us! “Uncle Sam” wanted/needed you (vets)...We do, too!! See you there!

WHAT OSTOMATES SHOULD KNOW ABOUT DRUGS Via St. Paul Pacesetter

Liquids are faster acting than pills or gel caps. The degree of compression of a tablet determines the rate that medicine is dissolved in one's system. Vitamins should be taken on a full stomach or else they will irritate the lining of the stomach and produce the sensation of feeling hungry. The amount of absorption is based on the amount of intestines still intact; therefore, the type of drugs taken must be in accordance with how much absorption "power" you have. Time-release capsules are NOT for the ileostomate. Time release medicine will completely dissolve at once if alcohol is consumed with it or shortly afterwards. Most medication is available in a variety of forms. Be sure to tell your pharmacist that you have an ostomy so he or she can provide the right form of prescribed medication. The following precautions are offered to avoid food and drug interactions that can reduce the effectiveness of prescription drugs.

- . Don't mix medicine into hot beverages. Heat can destroy or alter drug ingredients.
- . Don't stir medications into food which can destroy the release mechanism of certain drugs.
- . Read all directions, warnings and precautions about your medication.

August 7-10, 2013 • Fourth UOAA National Conference • Jacksonville FL

Jacksonville is where Florida begins—and where the UOAA's next national conference will gather attendees from across the US (and hopefully beyond). We have secured a great nightly lodging rate for our attendees at the [Hyatt Regency, Jacksonville Riverfront](#) – just \$99 (guaranteed for 2013). Please feel free to take a [virtual tour](#) of the hotel and see what the [Jacksonville area](#) has to offer. Learn some [history and an abundance of other facts](#) as well. And plan to join us in 2013.

Once the hotel has given us a code for the group rate and added it to their reservation system, we will post more information here and announce it to our support groups and in other ways. Program information and other details will be added as well, so check back here occasionally!



http://www.ostomy.org/conferences_events.shtml

Check Us Out On The Web

www.ostomymcp.com

Other Websites Of Interest:
 United Ostomy Association of America: www.uoaa.org
 Your Ostomy Community Connection Center: www.c3life.com



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 __

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