

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 -- Pres 282-8181
Ronald Perry -- VP t 774-4082
Patti Langenbach --Sec 733-8500
Beth Carnes -- Treas 786-2359

patti@ostomymcp.com

Contact: Patti Langenbach
(800)741-0110 or
(904)733-8500

Inside this issue

- Ostomy Clinic Day.....2-3
BLADDER CANCER.....4
Centering Your Pouch.....4
PARENTS AND CHILDREN.....4
Ostomy Chat Room
Weekly Meetings.....5

Please plan to join us
Sunday Oct 19th
starting at 3 p.m.



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A MESSAGE FROM THE PRESIDENT

I would like to thank the two (besides myself) for attending last months meeting. We had a good time fellowshipping to gather. I wish more people could and would attend but I know everyone has a busy schedule because I have one too. But the show must go on, so I must attend every month so that in case we have new people, we will let them know we are live. Which has happened on one occasion. I felt sorry that she was the only one that showed up but we had a good talk.

This month, we are having a Dietetic Intern from the University of North Florida. She is at the end of her master degree and is now working on her internship. (If I get this wrong I am sorry.) Her name is Jill McCane and she will be coming to talk to us about our diets and different ways they affect our bodies. I hope that everyone will try to make it to show her we support her in her work she is doing and help her "practice" on us with this presentation. I would like to thank Mamie Davis for helping me get this speaker and supplying the food for this meeting it sure is a great help.

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

Also, during this meeting we will be choosing our officers for the 2004. So please think about if you would like to participate in this exciting experience working with Ostomates. I really have enjoyed my position this past year. So please come out so that we have enough people to for a quorum to vote.

*****PLEASE TRY TO ATTEND*****

We are going to start 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 cal also pick them up from your home, as I want this to be bigger then last year. Thank you in advance.

I would also like to say that I have the rest of the year booked up for speakers. They are as follows,

November: CONVATEC will be here with their new equipment. Van will be our speaker again this year.

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

I would like to thank everyone who helped me get these speakers set up for the rest of the year, as this is a hard task to any association.

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.

Thank you for your time and hope to see you on September 21, 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.

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.

Ostomy spoken here™ Clinic Day



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AUTHORIZED OSTOMY RETAILER

Medical Care Products, Inc
4909 Victor Street
Jacksonville, FL 32207

Dear Client,

As people with an ostomy resume their lives after surgery, it may be difficult to have questions answered, to learn of new management techniques and products, or even to have one's stoma and skin evaluated by an expert.

In an effort to provide you with the highest level of service possible, we at **Medical Care Products, Inc** have arranged for an ostomy nurse specialist to be available for free, confidential evaluations at our upcoming **Ostomy Spoken Here™** Clinic Day.

This service is being sponsored by ConvaTec®, a Bristol-Myers Squibb Company, as part of its continuing effort to assist and educate people with ostomies.

Debbie Saclinger, CWOCN of ET Nursing Services, Inc

We hope that you will take advantage of this opportunity. Even if you are happy with your current system, you may like trying some of the new products that have been developed. There will be no cost to you for the evaluation by the ostomy nurse. It is our way of thanking you for your loyal patronage.

The clinic will be held on **October 22nd**, by appointment only. Since there are a limited number of appointments available, please call soon to reserve a time. Please call **904-733-8500** and ask for **Kim or Patti** to schedule your appointment or if you have any questions.

Again, thank you for your patronage, and we look forward to seeing you on **October 22nd**.

Sincerely,

Owner/Manager

Ostomy
spoken **here™**



AUTHORIZED OSTOMY RETAILER

BLADDER CANCER

Tumors and the Bladder

Most tumors of the urinary bladder are malignant. They are likely to develop after the age of 50, and men are more susceptible than women. At least 95 percent of these tumors are carcinomas or papillomas. These cancers are unique, especially papillomas.

When the first tumor is removed, another develops months or years later. It is a new lesion and likely to be more malignant than the first. And this type of recurrence may happen over and over again. This is why urologists insist on looking into the bladder every three to six months after the first neoplasm is removed.

Tumors are increasing. The incidence of bladder tumors is increasing among our population. In 2002, an estimated 56,500 new cases will be reported. Overall, bladder cancer incidence is about four times higher in men than in women. On the other hand, the death rate has not risen due, perhaps, to improvements in early diagnosis and treatment.

Cancers of the bladder may grow for varying periods of time without producing any symptoms. They are always suspected when the individual suddenly, and for no apparent reason, urinates blood. Should this painless, but serious, sign develop, consult your physician without delay. He may recommend a urologist who will try to find the source of the bleeding.

If nothing is done about the sudden bleeding, it may stop spontaneously. However, signs of bladder irritation and infection may soon ensue with frequency, urgency, and difficult and painful urination.

Diagnosis is made by looking into the bladder with a cystoscope and doing a biopsy. With this procedure, the surgeon determines the size, shape, and location of the tumor. In some instances, the top of the lesion has sloughed off, leaving a bleeding ulcer. A pap test of the urine may reveal cancer cells. X-rays of the kidneys and an examination of the prostate gland complete the study.

Some vesical tumors can be removed with electrocoagulation or cutting electric currents inserted through the opening in the scope. Radon seeds can be inserted in the same way. Serious lesions require abdominal surgery, which involves removal of part or all of the bladder.

(T.R. VanDellen, M.D)

Centering Your Pouch

A well-fitted pouch does not allow for much margin of error. Consider this: the correct opening size is determined by measuring your stoma's diameter with a measuring card and adding one eighth of an inch. This means your pouch must be centered exactly and carefully each time. How do you do this? Good lighting is important, preferably from both above and the side. Stand sideways to the light source for better visibility. A wall mirror is a great help to see that the appliance hangs straight.

A crooked pouch exerts uneven pressure on the skin and stoma and can only lead to trouble. Don't rush! Take the time to check placement carefully before allowing your skin barrier to make contact. No time is saved if you have to do the whole thing over again because the pouch is crooked or uncomfortable.

Remember if your pouch feels out of place or uncomfortable, TAKE IT OFF! Don't wait for an injury to occur. It is better to change unnecessarily than to risk damaging that precious stoma. You have to live with it for a long, long time.

PARENTS AND CHILDREN

If your child is crying, the stoma may darken, but will return to normal when the crying stops.

You can diaper an infant with the ostomy pouch inside or outside the diaper—whichever is easiest for you.

When the baby starts exploring its body and discovers his/her pouch, guess what? Off it will come. So change methods. Tape the shirt to the diaper—don't pin it—to keep the pouch out of sight and not hanging loose. Use one-piece outfits, overalls or coveralls, when the crawling and toddler stages begin.

Remember, a baby sucks a lot of air with his/her bottle. Release the gas from the pouch often to prevent it from blowing off. And make sure it is emptied before letting him lay on his stomach. Bath time can be with or without the pouch. Water doesn't hurt the stoma.

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

UOA Jacksonville Chapter is now on the Web
<http://www.ostomymcp.com/chapter/Jaxchapter1.htm>

**UOA Jacksonville Chapter
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Jacksonville, FL 32247-0239**

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T O :

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19th starting at
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