

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

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A MESSAGE FROM THE PRESIDENT
& VISITATION COORDINATOR

Hope everyone is having an enjoyable summer even through its been a hot, hot, hot one.
Keep hydrated cause we don't want anyone in the hospital because of not being hydrated.

The topic of this months meeting is:

LIVING, LAUGHING, AND LEARNING WHILE
FACING THE CHALLENGES OF A
CHRONIC ILLNESS AND/OR DISEASE

SPEAKER: MS. LOU ANN-MARIE CHAMBERLIN

Ms. Chamberlin has a B.S. in Education, previous counseling experience as well as 30
years' experience working with both children and adults in private, non-profit, and corpo-
rate environments.

Diagnosed with Multiple Sclerosis 10 years ago, and also living with
Degenerative Disk Disease, Ms. Chamberlin will discuss the physical,
emotional, financial, and spiritual challenges facing all those living with
chronic illnesses and disease, as well as their families, friends, and
other caregivers. She will provide a variety of resources for further
exploration by those who daily face what can seem to be insurmount-
able challenges, as well as humor and wit in learning to live and laugh
while experiencing what none of us ever though would be part of our
"Life Plan". "Clipping coupons and cruising the incontinence supply
aisles at the local pharmacy wasn't what I had in mind when it came to
"managing my budget". "I used to think that "appliance" referred to
things like ovens and refrigerators, not ostomy supplies!"

She'll provide tips on "How to Throw a Successful "Self-Pity" Party, as
well as some practical, concrete information for getting through the
medical/hospital/prescription drug systems. The goal is for all who at-
tend this meeting receive some concrete information on how to man-
age the best way possible, live their best lives, and how to maintain
HOPE throughout the journey.

We look forward to hearing Ms. Chamberlin and hope that we have a
good turn out for your discussion with us

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Please plan to join us
Sunday Aug. 17th
starting at 3 p.m.

The
United Ostomy Association
41st Annual UOA Conference
Las Vegas, NV
August 10-13, 2003
www.uoa.org

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CONTINUATION OF THE PRESIDENT'S NEWSLETTER

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

September The Ronald McDonald House will make a presentation, as this is where we donated our gifts last year for your Christmas drive. We hope to do this year too.

October: We are going to have a Dietetic Intern from the University of North Florida. She/he will be taking to us about nutrition and how it affects us as ostomates.

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.

We also received an email from a lady named Kaite Chafin who is an intern at Rodale, Inc. a publishing company in Pennsylvania. She was emailing because they publish a small magazine for one of their clients... a client that primarily provides a variety of supplies to ostomates. Even though its July/August they would like to do a story about how cruises are wonderful winter escape for everyone, especially for individuals with ostomies. Ms. Chafin is looking to talk to people who have been on cruises and has a blast, or people who might have some traveling or cruising advise. Her telephone number is (610)967-7666 and her email is: [Katie.Chafin @Rodale.com](mailto:Katie.Chafin@Rodale.com).

Thank you for your time and hope to see you on August 17, 2003 at 3:00 p.m. at Baptist Medical Center, 8th Floor Conference room.

Sincerely,
Brenda L. Holloway
President, UOA Jax Chapter 211

Now You can Sniff Vitamin B12!

via Orange Oasis and Hemet-San Jacinto (CA) *Stoma Life*

People who have the terminal end of the ileum (close to the ileocecal valve) removed as part of an ileostomy or continent ostomy procedure may have lost the capability to absorb vitamin B12, which can lead to anemia and other long-term adverse effects. Normally, after loss of this section of the ileum, vitamin B12 must be administered via monthly shots.

Vitamin B12 is also available as a convenient nasal spray via prescription. (Your physician usually monitors the progress of the administration.)

If you have had surgery that involved the removal of the lower part of the ileum over a year ago and vitamin B12 has not been monitored, check with your doctor.

Some of the Best Basic Ostomy Hints

via Austin (TX) Austi-Mate

Don't behave as if having an ostomy makes you less of a person or some freak of nature. There are lots of us and most of us are glad to be alive!

Build a support system of people to answer questions when you have a problem. Consider our ETs and your officers who are listed on the back page.

Don't play the dangerous game of making your appliance last by over taping or putting off a change. There aren't any prizes given for the longest wear time except accidents!

Don't wait until you see the bottom of your supply box before ordering more. Always count on delays in shipping, holidays, etc. when calculating what is needed.

Zip-lock sandwich bags are useful and odor proof for disposal of used ostomy pouches.

Don't get hung up on odors. There are some great sprays and some internal deodorants... Remember: everybody creates some odors in the bathroom. Don't feel you are an exception.

Hydration and electrolyte balance is of vital importance. Be sure to drink enough fluids to maintain good hydration [ileostomates, especially--Ed.].

Read and learn all you can about ostomies. You never know when you may find an opportunity to educate someone about the life-saving surgery that has extended so many lives. Learn to be matter of fact about this and never embarrassed. Few folks get out of this life without some medical problems and unpleasant situations with which to cope. You may be amazed at how people will admire your adaptability and courage.

In the beginning after surgery, almost everyone experiences some depression. If you fit into this category, you are certainly not alone. But it need not be a lasting condition. Try something as simple as walking... long walks. If the depression seems to linger, don't be afraid or ashamed to seek help. There is help out there!

The bottom line is: We are alive!! In other times, in other countries, we might not be. Medicine and techniques today have given us an opportunity to experience this second chance. It is certainly an opportunity worth accepting and exploring. The most important part of you as a human being has not changed. You are still the SAME you. Never forget to actively celebrate LIFE and all it has to offer.

Drugs For the Indigent

from South Brevard (FL) *Ostomy Newsletter*

A relatively little-known program of the pharmaceutical industry will provide certain drugs at little or no cost to patients who are without insurance and/or have little disposable income. Participating manufacturers include such firms as Abbott Laboratories; Amgen Inc; Bayer; Bristol-Myers Squibb; Ciba; DuPont; Glaxo Wellcome; Eli Lilly; Merck; Pfizer and many other well-known names.

The procedure to be followed is outlined in the *Directory of Prescription Drug Patient Assistance Programs*, obtainable from the [Pharmaceutical Research & Manufacturers of America](#), listing programs of individual manufacturers. In each case, the request must come through your attending physician, who should have a copy of the directory. If you require prescription drugs and find it impossible or difficult to pay for them, don't hesitate to broach the subject to your physician and ask for his or her help.

Physicians who do not have a copy of the program may obtain one from: PhRMA, 1100 Fifteenth Street, NW, Washington D.C. 20005.

The directory may also be viewed online or downloaded from <http://www.phrma.org/patients/>

Things Not To Do If You're An Ostomate

Adapted By The New Outlook

Attached is a collection of items compiled from the Internet and many other sources. It is just a reminder that we should not take ourselves too seriously.

- Drop a clip in the toilet. It is a prudent idea to always carry a spare clip.
- Stand up too quickly when the clip is caught on the edge of the toilet seat. Most of us have gotten up too quickly, and ended up stopped instantly in mid air because the clip caught on the inside edge of the toilet seat. The clip will lift the seat, and you feel like a fish caught on the end of a line. Quite a bad visual, but we only do it once; or maybe twice; no, we'll make this goof your whole life and it will surprise us every time. This is especially a problem for a woman. Imagine being at someone's home and dropping the toilet seat loudly just before you leave the bathroom. Everyone just looks and wonders why a woman would be dropping a toilet seat.
- When drying your appliance with a hairdryer, use the cool setting only. Plastic melts.
- Do not have your dog jump on you when your pouch is full. The dogs nails will puncture the pouch.
- Drink Powerade Mountain Blast, or Gatorade Blue Bolt before a doctor visit. It turns your output bright green. This is especially true is you have an ileostomy. All food dye turn your stool the color of the dye, temporarily. It will surprise you the first time it happens. This includes Blue Hawaiians or red beets. Beet makes you look like your bleeding to death.
- For men only: You may want to angle the pouch toward your leg. This warning is especially true is you use a drainable pouch. This will keep the clip away from your private parts. Sorry if this is a wee bit graphic for the faint of heart, but it will make you more comfortable.
- For woman only: The clip may bother you also. You have the same option. Also, keep the clip away from a sanitary napkin. If the clip gets caught on the pad's adhesive, the clip could be pulled off.
- Put a cat on your lap. A cat's claw could cause a tear in your pouch. If you sleep with a cat, they sometimes curl up next to it when you sleep to keep warm.
- Beer may blow up your pouch with gas. This may be helpful when you need a floatation devise.
- Don't accidentally lean against an oven door, barbecue grill or fireplace. The pouch melts instantly
- Don't put underarm type deodorants around the pouch or barrier. It is made of either plastic or a latex material and will dissolve it. If you want to use some type of order control, although modern pouches are odor proof, use mild mouthwash or one of the commercially made products that will not harm your stoma or your pouch. Many chemicals can damage an appliance.

United Ostomy Association, Inc.

SOUTHEAST REGIONAL MEETING

DATE: October 3-5, 2003

LOCATION: Clarion Hotel, 407 Chestnut Street, Chattanooga, Tennessee
Make hotel reservations direct to Clarion 1-800-Clarion (1-800-252-7466)

INFORMATION: Contact Bill Johnson, (423) 877-1988 and email billbetty100@aol.com.

Or contact Bobbie Brewer, (770) 952-4906 and email fieldservice@uoa.org.

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>

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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T O :

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