

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 (800)741-0110 or (904)396-7827

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Please plan to join us Sunday Sept. 21st 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 first like to thank everyone who came to our August meeting it was a joy to see everyone again. Secondly, I would like to thank Ms. Lou Ann-Marie Chamberlin for putting on such an excellent presentation. It very informative and helpful for all of us that suffer with chronic illness and disease, she gave us very good advise on "How to Throw a Successful "Self-Pity" Party.

This month, we will be having the Ronald McDonald House representative come to our meeting to make a presentation on their impact in the community with the children and their family who stay at the Ronald McDonald House and Wolfson Children's Hospital. Last year we decided that we would make them our place to donate for our Christmas Drive. I think since we had a very good turn out last year that we would continue to do this for them, as they need many gifts for the children at the holiday time. Therefore, they will do a presentation so that you know where your donations are going. I encourage everyone to attend and make this a good turn out for the representative at the Ronald McDonald House, as she has had to take time out of your weekend to come speak to us.

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. They can be brought to the Oct, Nov & Dec. meeting or to Medical Care Products or I will can 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,

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.

Continued on page 2

Chapter loses one of our members August 16th: Rodell F. Roberts

Roberts was an educator: http://www.jacksonville.com/tu-online/stories/081603/met_13290690.shtml

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.

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

A MESSAGE FROM THE VISITATION COORDINATOR

As for the visitation program, we did receive one call the month of August from a home health company but were unable to do anything again, of this date, because of the HIPAA consent that must be signed before we can make contact. I read the National's views in regard to this and we MUST have a HIPAA consent signed before we can make a contact so my hands are tied. I have faxed the National's consent forms to the individual health care workers but received no response so therefore I cannot do anything about this under the form is signed and I see a copy of it. I have a fax machine and they are told to call me and I will plug it up and they can fax it to me but no response. So I don't want anyone to think I am not trying to do this job but this law makes it difficult.

Now, I did receive a call directly from a person who now has an ostomy as of August 27, 2003. They called me directly so that is all right for me to go ahead and talk with them. I mail to the lady one of our packets so she could read all about the organization and look over the materials before her surgery. I also utilized two of my new certified visitors, which was a joy for them to have their first experience talking over the telephone with someone and helping them adjust. I would like to thank those two people, Ms. Linda Ceragioli and Ms. Judy Jackson.

Thank you for your time and I look forward to seeing you at the meeting on September 21, 2003 at 3:00 p.m. Baptist Medical Center, 8th floor.

Sincerely,
Brenda L. Holloway, President
& Visitation Coordinator

Medical Care Products Has Moved:

4909 Victor Street
Jacksonville, FL 32207

904-733-8500
800-741-0110

904-733-8700 fax

Ostomy Stomal “Bumps” What Are They?

ET nurses are often asked about small "bumps" which appear on a formerly smooth stoma. They can be on the surface or around the edge where the stoma meets the skin. They can occur in a single area or around the whole circumference. Most of the time these are granulomas, which are of a benign nature. Granulation tissue is a normal defense reaction of the body to injury.

Those at the edge can be due to:

A reaction to a suture being sewn though the stoma and to the skin, or, Too rigid or too tight a faceplate rubbing the stoma.

Those on the top or side of the stoma can be caused by:

An allergic reaction to the plastic in the pouch (even after using the same type of pouch for a long time), or

Stomal drainage constantly pointing to one area of the stoma (this can occur when the stoma opening points down).

What should you do? Most of the time these are nothing to worry about. Don't second-guess though. See your ET nurse and if necessary your doctor. Occasionally these bumps can be a manifestation of another condition (like the recurrence of Crohn's disease). Often they can be taken care of by treatment with silver nitrate sticks. Occasionally they need to be biopsied. Quite often a change in the pouch or faceplate can help resolve the problem.

(Liz O'Connor, RN CETN)

Patch vs. Pouch vs. Plug?

There has been much discussion over whether colostomates should wear a patch over their stomas, a pouch or the plug, a pouchless product.

The controversy behind the three Ps dilemma is whether or not the person with a colostomy should irrigate. No two ostomies are alike and irrigating is not for everyone. The colostomy has to be in the descending or sigmoid colon. A colostomy in the ascending or transverse colon will produce stool too watery for regulation.

People who had a very unpredictable bowel schedule before surgery may continue to do so after surgery despite efforts to achieve regulation with irrigations. Some people have work schedules or lifestyles that don't permit them to irrigate at a consistent time each day and this, too, can cause irrigations to be unsuccessful. Other people simply don't like to irrigate.

The thing you need to know is this: YOU DO NOT HAVE TO IRRIGATE YOUR COLOSTOMY IN ORDER FOR IT TO WORK. Your bowels will work anyway, irrigation or not. The purpose of irrigating is to achieve regulation of the bowel. The reason for regulating the bowel is for the individual's comfort and convenience. If irrigating is not accomplishing regulation and if it is making you more uncomfortable trying to fit it in your personal schedule, you should not be doing it. FIND OUT WHAT WORKS FOR YOU AND STICK TO IT!

(Pamela R. Goodwine)

About Fistulas

What is an anal fistula? Is there a cure? A fistula is an abnormal, tubular connection between two organs or between an internal organ and the outside surface of the body. An anal fistula is commonly a passage between the anal canal and the skin near the anus. It's usually the result of an anorectal abscess that drains through the skin. The cause of such an abscess may be an infection that began within the anal canal or rectum, or even from a more distant location in the small or large intestine as a result of inflammatory bowel disease (IBD) such as Crohn's Disease or Ulcerative Colitis.

Treatment may include surgical drainage of the abscess and antibiotics. If the problem is a complication of IBD, treatment of the underlying condition usually is necessary to resolve the problem and prevent recurrence.

(Mayo Clinic Newsletter "Health Oasis")

United Ostomy Association, Inc. SOUTHEAST REGIONAL MEETING

DATE: October 3-5, 2003

LOCATION: Clarion Hotel, 407 Chestnut Street, Chattanooga, Tennessee

The UOA Chattanooga Chapter will host the UOA Southeast Regional Meeting. The meeting will begin on Friday evening, October 3, 2003 at 6:00 p.m. with registration and a social event.

Saturday breakfast will be on your own or the hospitality room will be open for coffee and breakfast treats. Registration and exhibits will open at 8:00 a.m. in the lobby of the hotel. There will be general sessions held in the morning that will include an update on types of diversionary surgeries and a presentation on coping with psycho-social issues.

A free stoma clinic will be offered. Appointments for the stoma clinic can be made at registration. Local WOC (ET) nurses will staff the clinic and offer assistance for ostomy management problems.

A buffet lunch will be served in the hotel restaurant. The lunch break will include a "Chapter Chatter" session with table topics assigned to discuss chapter activities.

"Ask the ET" is the title of the afternoon breakout sessions. There will be separate sessions covering colostomy, ileostomy, urinary diversions and continent diversions. Each session will be facilitated by a WOC(ET) nurse. The last breakout sessions of the day will cover advocacy issues, spouse support, and chapter leadership.

Saturday night dinner and entertainment will complete this educational and fun day.

Don't forget to visit the hospitality room on Sunday morning for good byes and breakfast treats.

REGISTRATION: \$50 (includes lunch and dinner)

- Registration Information will be mailed to all chapter members in the Southeast Area.
- Easy driving distance. Directions will be included in Registration Information.

LODGING: \$69.00 single/double

- 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.



**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

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

UOA Jacksonville Chapter
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Jacksonville, FL 32247-0239

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T O :

Join us
Sunday Sept
21st starting at
3 PM
Baptist Medical Center 8th
Floor
Meeting Room C
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