



# The MailBag

The Ostomy Support Newsletter of Jacksonville, Ocala, Amelia Island, Gainesville, & The Villages



MAY 2025



## Marlen Flange Xtenders™

For people with active lifestyles or anyone concerned about added security.

- Easily attaches to any style pouch
- Provides maximum security
- Delivers Xtra piece of mind
- Offers Xtended wearing time



### Jacksonville Contact Information:

(800) 741-0110  
(904) 733-8500  
mcp@ostomymcp.com

### Jax Support Group

We meet on the 3rd Sunday  
of each month at 3:00 p.m.  
at 4836 Victor Street

**Next meeting: May 18th**

Also join us by Zoom  
<https://us06web.zoom.us/j/94640600811>  
Meeting ID: 946 4060 0811  
or call +1-301-715-8592 US

### The Villages Ostomy Support

We meet on the 2nd Tuesday  
of each month at 6:00 p.m.  
(except July & August)

at Linda Manson  
tvostomy@gmail.com

865-335-6330

[thevillagesostomygroup.weebly.com](http://thevillagesostomygroup.weebly.com)

**Next meeting: May 13th**

Saddlebrook Rec Center (near  
Polo Field). Masks Required.

### Visit the Peristomal Skin Assessment Guide for Consumers

<http://psag-consumer.wocn.org/#home>

### UOAA Discussion Board

<https://www.uoaa.org/forum/index.php>

### Check out The MailBag now on Facebook

[https://www.facebook.com/JaxUOAA/?ref=aymt\\_homepage\\_panel](https://www.facebook.com/JaxUOAA/?ref=aymt_homepage_panel)

### Find all the past issues of the MailBag at

<http://ostomymcp.com/id6.html>

### Medical Care Products, Inc.

(904) 733-8500

(800) 741-0110

<http://www.ostomymcp.com>





# *Help others help you! Ostomy and continent diversion personal health preparedness*

*By Ellyn Mantell with Jeanine Gleba UOAA Advocacy Manager*

## **WHY A MEDICAL ALERT ID MATTERS**

*It's a fact; ostomies and continent diversions save lives. Most people are very private about having a fecal or urinary diversion and only share information with people to whom they are most close. Living with a diversion is often considered an "invisible disability". The concern is, what would happen with these individuals if they were in an accident, unconscious or unable to speak for themselves? They would be unable to notify an emergency responder of the unique needs of the diversion. For example, a Kock pouch is an internal pouch/reservoir that has a stoma that needs to be catheterized throughout the day to empty it. If an emergency responder were not aware of this need, it could result in over filling of the reservoir and damage to the reservoir.*

*There is a simple non-verbal way of communicating health issues and medical conditions in emergencies that deserves attention and should be considered. According to the Centers for Disease and Control Prevention (CDC), for personal health preparedness "help others help you" by wearing a medical alert ID bracelet or necklace engraved with important information for emergency responders and healthcare providers. By wearing a form of medical identification people living with an ostomy or continent diversion can effectively advocate for their health and safety protection when they are unable to speak up for themselves. It provides peace of mind should the worst-case scenario happen.*

*A real life example shared with UOAA may explain the efficacy of saving time in an emergency situation. An ileostomate was crossing the street and hit by a car. He was not terribly injured, but the force of hitting the ground caused his pouch to explode, causing the first responders to assume his abdomen had been perforated. They spent valuable time cutting clothing to find the cause of the seepage, an unnecessary waste of what could have been life-saving time. Had this gentleman been wearing a medical alert bracelet or dog tag necklace, he would have been assessed differently, and certainly more quickly.*

*Wearing a medical alert ID is far more effective than carrying a card in one's wallet or handbag, or counting on another person to provide vital information. If there is an accident or incident, one may be thrown from a car, their wallet lost or removed, or one may be separated from a person who can advocate. Additionally, a family member or friend may also be incapacitated in some way, or in shock, unable to provide this lifesaving information. ➡*





*It is suggested by paramedics that a medical alert bracelet be worn on the left wrist, since that is where they reach first for a pulse. A medical icon in red is an attention-grabber, but whatever form of ID you choose be sure it includes the universal medical alert symbol. Include as much information as possible and be specific. If there are medical instructions, spell them out. A sample inscription might say: Continent Urostomy Catheterize every 4-6 hours with a 1 4Fr. Catheter.*

*If there are other medical conditions, state them for emergency responders. Include such information as diabetes, allergies. This is no time to be vague. Include a cell phone number of a family member if there is room, and **DO NOT FORGET TO ADD YOUR NAME TO THE FIRST LINE!***

*The most notable and recognized medical alert IDs are from the companies Medic Alert Foundation and American Medical ID. These companies can also keep on record more specific details of your medical history and current care with QR codes and ID cards in addition to the wearable ID.*

*For those who simply don't like the look and style of the standard medical alert bracelet there are many more fashionable forms of ID. Other medical alert jewelry may be found on websites such as Lauren's Hope, and Meridian Medical/Ostomy Supply Company sells a specific bracelet for ostomies.*

*Although first responders tend to look for medical alert bracelets, for those who don't want to wear jewelry, there are other types of IDs available including: Apple Watch slides, dog tags, and cell phone tags. Your ostomy nurse, primary care physician's office and most pharmacies can also provide guidance.*

*Some people may be uncomfortable wearing something that tells others they have an ostomy or continent diversion. Don't let stigma stop you from being emergency-prepared! Consider if you would wear medical alert identification if you had life-threatening allergies. When it comes to one's health, it should never be associated with shame.*

*Ostomies and medical alert IDs go hand in hand saving lives.*



## ***Air travel tips from UOAA and the TSA:***

***[https://www.ostomy.org/  
ostomy-travel-and-tsa-  
communication-card/](https://www.ostomy.org/ostomy-travel-and-tsa-communication-card/)***



## ***DON'T MISS UOAA'S 2025 CONFERENCE ~ A WHOLE NEW WORLD ~***

***[https://www.ostomy.org/dont-miss-uoaas-2025-con-  
ference-a-whole-new-world/](https://www.ostomy.org/dont-miss-uoaas-2025-conference-a-whole-new-world/)***





## **This POP-UP Ostomy clinic is a national destination**

**By Ed Pfueller, UOAA Communications and Outreach Manager**

**There is a stoma clinic so good that some people anticipate it every two years and travel from halfway across the country to go to it.**

This free stoma clinic is staffed by volunteer Wound, Ostomy and Continence (WOC) nurses and medical professionals and is always included as part of UOAA's National Conference. This summer the conference is back and a few ordinary rooms of the Hyatt Regency Grand Cypress Resort in Orlando, Florida will be transformed into a bustling stoma clinic from August 14 through 16. This free stoma clinic is stocked with a wide variety of supplies donated from manufacturers and other ostomy-related companies, large and small, for people to sample.

**“The WOC nurses are helpful, informative, and full of suggestions and encouragement.”**

UOAA Board Member Laura Kaiser, APRN, A-CNS-BC, WOCN is organizing the clinic and volunteer nurses this year. “My colleagues in ostomy care are very generous and giving individuals and are always willing to offer guidance and advice within their specialty. Many ostomy nurses have been lifelines to people through crises. A clinic often allows a nurse a different perspective on life! Ostomy nurses from past conferences say this is the best and most fulfilling conference that they have attended.” She says. ➡





The conference attendees feel gratitude for the nurses. Gail Jasne attended the conference and stoma clinic in 2019 and said, “The WOC nurses are helpful, informative, and full of suggestions and encouragement.”

Mary Hardee attended the conference for the first time in 2023. “My first session was the free stoma clinic. The WOC nurse was very knowledgeable, reassuring and helpful. She let me try a different appliance that met my needs better and she gave me samples to try at home. She also noted that I have a hernia and educated me on that.” Hardee says.

Kaiser says stoma clinic patients should expect to be asked helpful questions to get the root of problems such as:

- Is your skin red and irritated, does the pouching system leak?
- Please describe what happens when the pouch leaks and where does it leak?
- What time do you eat your dinner?
- Show me how you clean your skin.
- Does your stoma or the skin around your stoma bleed?
- Patients often cut the wafer too large or too small and crust incorrectly, I always ask if I may measure their stoma.
- What pouching system lasted longest and was the most comfortable / what is the longest wear time?

UOAA believes that the best ostomy clinic is the one you can visit the soonest to solve an ostomy problem before it gets worse. That’s why we created the Ostomy Outpatient Services Locator to search for the one closest to you and champion the UOAA Virtual Ostomy Clinic with The Wound Company for a self-pay solution you can access wherever you are.

Jill Jeffries shared her experience and perspective meeting other ostomates gave her. “The nurse explained how I could better wear my pouch system to protect my stoma and surrounding skin from possible irritation. Many people I met had much more serious issues than mine, and I left with a few new friends and great gratitude that my situation is so manageable. I also took away several samples of products new to me that I believe will be very helpful,” Jeffries said. “Thank you for such a great opportunity! I hope to see everyone at the next UOAA National Conference.” she added. ➡



**“She let me try a different appliance that met my needs better and she gave me samples to try at home.”**

As for the ostomy supply samples that will be available this summer Ostomy Nurse Kaiser says, “If all of the manufacturers come through then the inventory should be extensive and will offer patients and nurses alike a great opportunity to see what is available to the consumer.”

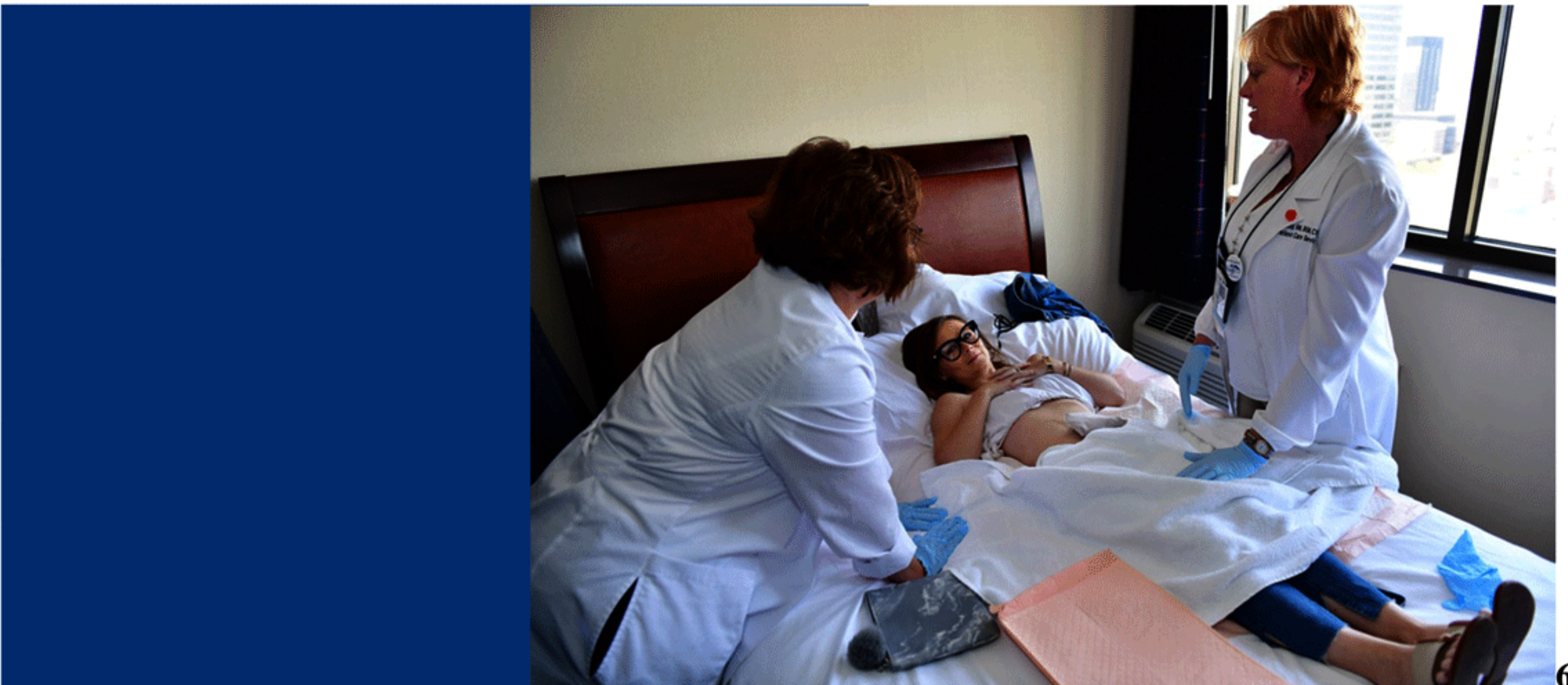
There are typically 18 to 30 volunteers helping in the stoma clinic so Kaiser says if they have enough nurses this year, one WOC Nurse will see patients and make recommendations and be paired with another medical professional (who may or may not be an ostomy nurse) who would act as a runner, assistant and overall helper.

“The stoma clinic along with our huge ostomy product exhibit hall is something that really makes UOAA National Conferences so unique,” says UOAA President Cheryl Ory. “There are people who very infrequently see an ostomy nurse but when they arrive at our conference always check in at our stoma clinic to see what small improvements they may be able to make in their ostomy health.”

This year the free stoma clinic will be open 8:00 am to 5:00 pm Thursday, August 14 and Friday August 15 and 8:00 am to Noon on Saturday, August 16.

“Conference registrants can sign-up through our new conference mobile app by selecting the time slot that works for them and add it to their calendar of sessions and events, or in-person at the information desk when they arrive to check in,” says UOAA Executive Director Christine Ryan.

Thank you to the the companies that donate supplies and the nurse volunteers who provide this service to our community at each UOAA National Conference!





## REGISTER TODAY FOR THE NEXT OSTOMY ACADEMY PRESENTATION:

### *Aging with an Ostomy or Continent Diversion -How to be Prepared-*

<https://www.ostomy.org/ostomy-academy/>

Wednesday, May 21, 2025

Time: 8:00 pm ET (7:00 pm CT, 6:00 pm MT, 5:00 pm PT)

Have you thought about how aging might impact your life with an ostomy or continent diversion? Join UOAA for an Ostomy Academy discussion on preparing for the years ahead.

The presentation will cover the challenges posed by the changes of aging and the impact of medical conditions. Guest speakers will be UOAA Advocacy Manager Jeanine Gleba with Sue Mueller who is a retired CWOCN and current UOAA Advocacy Committee Co-Chair. They will share what they have learned in their advocacy work, and tools and resources that UOAA has created to help people prepare for the future.

Ostomy Academy is a free online educational seminar to bring trusted and comprehensive ostomy information to all members of the ostomy community. Top experts, medical professionals, and experienced ostomates will focus on a new series of quality of life topics in each presentation.

**ADVANCED**

WOUND OSTOMY & CONTINENCE CARE, LLC.

<https://myadvancedwound.com>