



Hollister Adapt CeraRing Convex Barrier Rings

Infused with ceramide – a natural component of the skin – Adapt CeraRing is designed to support healthy peristomal skin. The convex shape helps provide uniform pressure around the stoma to help prevent leakage and provide an optimal fit. Adapt CeraRing convex barrier ring can be used individually, or stacked together to create a customized level of convexity.

Features

- Flextend (extended wear) skin barrier formulation infused with ceramide
- Available in round and oval shapes
- Not made with natural rubber latex



Medical Care Products, Inc.
 (904) 733-8500
 (800) 741-0110

Check Out The MailBag Now On FaceBook

https://www.facebook.com/JaxUOAA/?ref=aymt_homepage_panel

Jacksonville Contact Information:

Patti Langenbach
 (800) 741-0110
 (904) 733-8500

patti@ostomymcp.com

Support group meets the 3rd Sunday
 of each month 3 p.m.
 4836 Victor Street
 Next Meeting: **Aug 18th**

Gainesville Support Group Contact info:

JoAnne Bell at 352-284-4214
 Meets the 1st Sunday of each month
 (except Holidays)
 at Hope Lodge 2121 SW 16th St
 Gainesville, FL
 Next meeting: **Aug 5th**

Ocala Support Contact info:

Lynn Parsons 252 337-5097
www.ostomyocala.com

Meets the 2nd Sunday of each month
 (except July & Aug) at 2 p.m. at the
 Sheriff's Station 3260 SE 80th Street
 between Ocala and Belleview.
 Next Meeting: **Sept 8th**

Citrus County Support Group

Meets third Sunday of each month at
 2:00 PM in the Seven Rivers Regional
 Medical Center, 6201 N. Suncoast
 Blvd., Crystal River, FL 34428, in the
 Community Room of the Medical
 Office Building **Aug 18th**

Amelia Island Area Ostomy Support Group

(904) 310-9054
 Meets second Monday of each month
 at 6:30pm UF North Campus
 UF Health North 15255 Max Leggett
 Parkway Jacksonville, FL 32218
 (Meeting Room 3-4)
 Free parking
 Next Meeting: **Aug 12th**

The Villages Ostomy Support

Group We meet on the 2nd Tuesday
 evening of each month at 6:00 PM at
 (except July & August)
 Saddlebrook Recreation Center
 3010 Saddlebrook Lane
 The Villages, Florida
 Linda Manson
tvostomy@gmail.com
 865-335-6330
 Next Meeting: **Sept 10th**

"Gutsy's FAB Gab-About: Stories of Ostomy 'Glories/Gories'!"

"Speak Out and YOUR WORDS WILL Be Heard!"

By Linda Blumberg AKA "Mrs. Lips"

We first met Barbara and Tommy in the April 2017 issue of the MailBag.

I have put the link below:

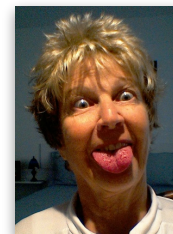
<http://ostomymcp.com/chapter/Newsletter/TheMailBagApr2017.pdf>

Here is an update!! "Hi, this is Barbara and Tommy with an update: Inspire (the Online Community host) made up several "inspiring" videos about people with various medical conditions. A two-minute video of my talking head was chosen as one to represent Ostomates (there are no photos of Tommy—maybe to his disappointment but probably better for the general public)! You can view the video on YouTube at:

<https://www.youtube.com/watch?v=ajGj4avFWSo&t=14s>.

And to fill you in, we are doing just fine and dandy right now... Tommy's a well-behaved little stoma, with happy skin all around; and whatever further cancer we may have, we don't know about it until the next scan in August--so it's enjoy-the-remission-time-while-we-can time for us.

Barbara



barbszabo@gmail.com

blog info: www.amazon.com/author/barbszabo.com

The nerve(s) of those stomas!

posted by user "Mike ET" on the [UOAA Discussion Board](#), May 11, 2009

The question or comment about stomas lacking sensory nerves, or the more broadly stated claim that stomas have no nerves, is a myth that dies very hard. Allow me to borrow from one of my presentations that partly addresses this issue:

"...most of the information carried by gastrointestinal primary afferent neurons is not consciously perceived. This is nicely demonstrated by tests on fistula patients who report no sensation when the healthy stomach is probed or in patients that have had the intestinal lining cut to take a biopsy." quoted from: Am J Physiol Gastrointest Liver Physiol 277:922-928, 1999. John B. Furness, Wolfgang A. A. Kunze and Nadine Clerc. page G924.

Additionally, we have: "There are more than 100 million nerve cells in the human small intestine, a number roughly equal to the number of nerve cells in the spinal cord. Add in the nerve cells of the esophagus, stomach, and large intestine and you find that we have more nerve cells in our bowel than in our spine. We have more nerve cells in our gut than in the entire remainder of our peripheral nervous system." quoted from: The Second Brain by Michael Gershon, M.D. page Xiii.
Alas, stomas do have nerves!

So, now let us put to rest the misstatement about the bowel and nerves, and bother to reeducate those who have misspoken early on.

There are nerves; but the sensory nerves of the bowel between the esophagus and the rectum, for certain types of painful stimuli, such as cutting or cautery, are either very low in number and caliber or the brain is not readily able to perceive the pain. Of course, one can still be a pain in the a**; however, this is a topic for other times and places.

TRAVEL COMMUNICATION CARD

COMPLIMENTS OF THE UNITED OSTOMY ASSOCIATIONS OF AMERICA, INC.

This is provided to travelers in order to simplify communication with federal Transportation Security personnel and airline flight attendants, at those times when you wish or need to communicate in a non-verbal way, as is your legal right.

This is not a “certificate” and it is not a “pass” to help you avoid screening.

Please print out on any weight of paper you wish, trim to wallet-size and laminate if desired. The blue color is important, as it is a “flash-card” developed by the TSA so their own officers will recognize it and be guided to treat the traveler with discretion and sensitivity.

If laminated in a double-side manner, it can be used ‘blue side out’ during security screening, and the white side out when communicating non-verbally with airline personnel.

JUST PRINT, CUT OUT, FOLD, AND PUT WITH TRAVEL DOCUMENTS

NEWS: As of January 2011 - You may always have a travel companion with you during a private screening
 - TSA officers should NOT ask you to show your pouch—you may be asked to rub over your pouch outside your clothing so they can test your hand to rule out explosive residue.
 - To file a complaint, send an email to TSA.ODPO@dhs.gov (with a copy to advocacy@uoaa.org, please)

OUTSIDE LEFT—for use during screening before boarding. Intended for the passenger to show the TSO at the beginning of personal screening - before being patted-down or entering a full-body scanner. The TSO may not take it from you to read, since the distinctive blue color makes it like a ‘flash card’.

OUTSIDE RIGHT

Notification Card

I have the following health condition, disability or medical device that may affect my screening:

(Optional)

I understand that presenting this card does not exempt me from screening.

FOLD LINE


TSA respects the privacy concerns of all members of the traveling public. This card allows you to describe your health condition, disability or medical device to the TSA officer in a discreet manner. Alternate procedures which provide an equivalent level of security screening are available and can be done in private.

Presenting this card does not exempt you from screening.

~ ~ GOTTA GO NOW ~ ~

RESTROOM ACCESS

The cardholder contains body waste in an **OSTOMY POUCH** (stool/urine) and/or carries pouches and related supplies and/or a catheter to manage personal hygiene. S/he needs access to the restroom **now** in order to empty the pouch — this is critical for the cardholder’s well-being and for public sanitation.



TRAVELER’S COMMUNICATION CARD

Provided by the UOAA, a volunteer-based health organization dedicated to providing education, support and advocacy for people who have or will have intestinal or urinary diversions.

United Ostomy Associations of America
www.ostomy.org 1-800-826-0826

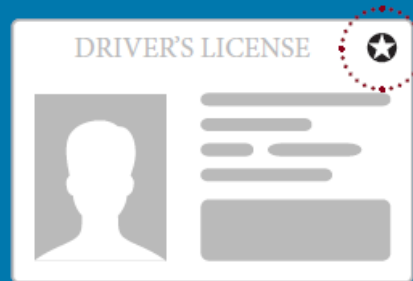
INSIDE LEFT - this is designed to show in the event it is needed **while in flight** and the pilot has chosen to limit restroom access—or when passengers are supposed to be belted in during turbulence. You might wish to show it to a flight attendant during boarding and/or getting settled, so he or she will be mindful of your situation. Before laminating, you may wish to rotate the bottom half so all text is in one direction when it is folded/unfolded.

INSIDE RIGHT

ID Requirements Are Changing

Does your ID have a star?

Beginning **October 1, 2020**, you will need a REAL ID-compliant license or another acceptable form of ID, such as a valid passport or U.S. military ID, to fly within the U.S.



Generally, a star indicates it's a REAL ID

Check with your state driver's license agency to verify that your state-issued ID is compliant.

Learn about flying with a REAL ID at tsa.gov/real-id





**Homeland
Security**

Questions about flying?

1-866-289-9673 Federal Relay 711

TSA-ContactCenter@tsa.dhs.gov

  @AskTSA #Check4TheStar



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Philadelphia Freedom

Celebrate Your Independence at UOAA's National Conference



Visit www.ostomy.org
for more information

August 6-10, 2019 Philadelphia is home to the 7th UOAA National Conference. It's a not to be missed event for the ostomy community and your chance to connect and learn from medical experts and people living with an ostomy from all around the country. Gather at Philadelphia 201 Hotel, a great vacation destination right in the heart of this historic city (Special UOAA rate available).

Please join us and prepare to make new life-long friends, to laugh, shed a tear, celebrate, and learn. You've earned it.

Conference Highlights

Free Stoma Clinic with WOC Nurses

Ostomy Product Exhibit Hall

Sessions for New and Experienced Ostomates

The Active Lifestyle Panel Discussion with ostomates of all ages will feature a race car driver, runner, an active grandmother and young professionals

Caregivers Track - Caring for Female and Male Ostomates and Caregiver Stress

Pediatrics Track

Young Adults Track with a number of networking opportunities

Medicinal Marijuana, Pain Management and Alternative Practices



*Keynote addresses by
Dr. Richard L. Rood and
Dr. Judith Trudel

Social Events

Fashion Show Saturday Night

Roaring 20's Casino Night

Free Improv Comedy Show

21+ Meetups

City Excursions Available

ASG Leader Networking

Medical Care Products, Inc
PO Box 10239
Jacksonville, FL 32247-0239

To: