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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: **August 20th**

Also join us by Zoom

<https://us06web.zoom.us/j/94640600811>

Meeting ID: 946 4060 0811
 or call +1 301 715 8592 US

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: **TBA**

Ocala Support Contact info:

Karen Franco 352-304-1309

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: **TBA**

Citrus County Support Group Has Disbanded

To find a support group in your area visit:

<https://www.ostomy.org/support-group-finder/>

Amelia Island Area Ostomy Support Group

(904) 310-9054

Meets second Monday of each month at 6:30pm

Next Meeting: **TBA**

The Villages Ostomy Support

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

Linda Manson

tvostomy@gmail.com
 865-335-6330

Next meeting **Sept 12th @ 6 pm**

Saddlebrook Rec Center (near Polo Field)
 Masks Required

Contact Linda tvostomy@gmail.com

Eight Nutrition Tips for Ileostomy Patients by Robert Velasquez via Chicago (IL) The New Outlook

Although you should be careful with what you eat the first few weeks after your surgery, remember that your digestive system is adjusting to a new way of processing food. In no time, you'll be able to eat all the foods you used to enjoy pre surgery. Here are the top eight tips for healthy nutrition when living with an ileostomy.

#1. Go bananas As children, we were often told that an apple a day will keep the doctor away. In your case, have a banana. Rich in potassium, bananas will help you restore potassium levels that are lost through your stoma. Bananas can also help harden loose stools, making you more comfortable. Potassium (K) is an essential dietary mineral and major intra-cellular electrolyte and osmolyte necessary for fundamental processes such as membrane excitability, ion and solute transport and cell volume regulation.

#2. Carry peppermint tea bags Affordable, practical, and found in most stores, peppermint tea helps prevent gas. While nobody is immune to gas (and the embarrassment that comes with it), it is more frequent among patients living with a stoma. Peppermint tea or oil can help you cope and prevent discomfort. Peppermint tea is a delicious and refreshing way to boost your overall health in a number of ways, due to its ability to improve digestion, reduce pain, eliminate inflammation, relax the body and mind, cure bad breath, aid in weight loss and boost the immune system. Its impact on the digestive system is considerable, and its base element of menthol is perhaps the most valuable part of its organic structure. Peppermint has been traditionally considered to have carminative effects, generally used as tea or digestive tablet or candy. Peppermint is a plant. The leaf and oil are used as medicine. Peppermint is one of the most popular flavoring agents used for the common cold, cough, inflammation of the mouth and throat, sinus infections, and respiratory infections. It is also used for digestive problems including heartburn, nausea, vomiting, morning sickness, irritable bowel syndrome (IBS), cramps of the upper GI tract and bile ducts, upset stomach, diarrhea, bacterial overgrowth of the small intestine, and gas. When peppermint is taken after a meal, its effects will reduce gas and help the digestion of food by reducing the amount of time the food is in the stomach. This is one reason after-dinner mints are so popular.

#3. Eat throughout the day This is good advice for everybody. Eating smaller portions during the day will help boost your metabolism. Eat heavier meals during the daytime, preferably lunch. Sleep well by keeping dinner light, as large meals before bedtime can increase stoma output. The exact mechanism is not known, but it is proposed that one way is the essential oils relax the esophageal sphincter, which then releases the gas. Essential oils used directly in the stomach, however, give many people heartburn, especially if hiatal hernia is present.

#4. Drink plenty of water It is essential to keep hydrated throughout the day. Your body will release higher levels of fluids through your stoma and it is important for you to compensate by drinking water, at least 8 to 10 glasses a day. If you are one of those people that have a hard time remembering to regularly drink water, a good tip is to carry a water bottle with you; set a reminder every hour to keep you on track, or download an app (yes there is an app for that).

#5. Introduce new foods gradually All bodies are different; what sits well with you may not sit well for somebody else. Were you able to eat broccoli, cabbage, and other gassy foods before your surgery? You may still be able to enjoy them post-surgery, just make sure to incorporate these foods one at a time into your diet. This way, if you experience any discomfort, you can easily identify which food is best to avoid. It's recommended to keep a simple and bland diet for the first few weeks after your surgery to give your body time to adjust and then slowly add new foods to your diet. You will quickly learn that living with an ileostomy is not tantamount to boring tasteless meals.

#6. Pass the salt, please Yes, salty foods are actually good for you if you have an ileostomy. Add a bit more salt to your diet to help you recover the sodium loss from your stoma. Carry a bag of pretzels to satisfy salty cravings; it will also help you thicken loose output.

#7. Yogurt is your new super-food Yogurt can help you control gas, harden stools, and prevent unpleasant smells. The nutrient composition of yogurt is based on the nutrient composition of the milk from which it is derived, which is affected by many factors, such as genetic and individual mammalian differences, feed, stage of lactation, age, and environmental factors

such as the season of the year. Other variables that play a role during processing of milk, including temperature, duration of heat exposure, exposure to light, and storage conditions, also affect the nutritional value of the final product. In addition, the changes in milk constituents that occur during lactic acid fermentation influence the nutritional and physiologic value of the finished yogurt product. The final nutritional composition of yogurt is also affected by the species and strains of bacteria used in the fermentation, the source and type of milk solids that may be added before fermentation, and the temperature and duration of the fermentation process.

#8. Properly chew your food Eating should be one of life's biggest pleasures. Eat slowly, savor the flavors! By chewing each mouthful 20 times, you can prevent blockage in your stoma.

Ostomy Tips and Tricks Learned from Experience

NWA Ostomy Support Group - A UOAA Affiliate MARCH 2021

1. If you use traditional (non-silicone) tube caulking, you should understand that failure to securely close the cap will result in the caulking drying out. Just like with home repair caulking, you may as well throw the tube away. David Bachmann, one of our original group members, shared that if you place a drop of water in the cap and then place the tube over the cap and reseal this will not be a problem.

2. If you have not been completely satisfied with your lubricating deodorant for controlling odor, you may have been using an additional deodorant product like M9. Instead of squeezing in the lubrication and then the deodorant, you can combine them. This allows you to simply add both with one step as opposed to two. I use the top 1 inch out of a large bottle of lubricant and then add the deodorant and replace the cap. The deodorant is intended to work with just a few DROPS so you don't need a lot. The combination works great. It is often the little changes that make a big difference.

3. Gelling sachets are helpful for ileostomy patients to help thicken liquid stool. An ileostomy should always have liquid stool; that is normal output from the small bowel. The liquid does add to the uncomfortable sensation of "sloshing" as you walk about but more importantly can lead to earlier leaks and a higher risk of skin irritation from caulking failures. Adding a sachet to the bottom opening when you apply a new pouch and every time you empty your pouch will convert the liquid stool to a thick gel. This will increase your pouch wear time and improve comfort. Stool consistency does vary with diet and hydration. If stool is not liquid- there is no need for the sachet.

4. Unless you are new to the group, you know about the marshmallow trick to help slow the output from an ileostomy. If you are new, it really does work. Eat 2-3 large marshmallows as you prepare for your pouch change. Eat them as you are collecting your supplies and preparing for a pouch change. I suggest eating the marshmallows 5-10 minutes before removing the pouch and then you should have a quieter stoma as you work for the next 15-20 minutes... no guarantees for a perfectly dry experience but definitely a lot better. Of course, not eating or drinking for 1-2 hours before any change is also important for an easier pouch change for ileostomies that are typically very active.

5. Another tip to prevent skin irritation or the development of granulomas around the base of the stoma is a secure seal. In the beginning, most are very consistent with measuring their stoma and cutting the opening to the appropriate size, but over time, it is not uncommon for people to stop measuring. If the opening for your stoma is cut too large, it needs to be adjusted. The opening should match the stoma size or no larger than 1/8 of an inch larger. If there are any irregularities in shape, it may be helpful to use a "double caulking" with both solid and then tube caulking to assure a secure seal.

6. Urostomies (ileal conduits) are perhaps the most challenging because they constantly drip urine. To get a secure seal, you have to have clean, dry skin. It is difficult with a dripping stoma so the trick for this is a tampon. Hold the tampon directly over the opening in the stoma and allow the tampon to wick the urine up into the tampon as you clean, dry and get your prepared pouch ready. Tampons without applicators are best and if one end of the tampon is saturated, it can be quickly flipped over to use the other end. Once the skin is clean and dry and your pouch is prepared and ready, quickly lift the tampon and position your pouch over the stoma.

Diet For Diabetics with a Colostomy *Via It's in the Bag—Olympia Hope*

A colostomy adds a level of complexity to diabetes. Diabetics who already manage their condition through diet need not radically transform their eating habits once the colostomy fully heals. Typically, the procedure requires no dietary restrictions. However, healing a newly acquired colostomy does require a few considerations for diabetics.

Type I diabetes is typically diagnosed in children and young adults and happens when the pancreas no longer manufactures the hormone insulin, which the body requires to utilize glucose for energy. Type II diabetes is the most common and manifests later in life.

A Type 2 diabetic's body still produces insulin, however his system either ignores it, or does not receive enough to function effectively. A colostomy procedure diverts the body's solid waste from the colon through the abdominal wall into an ostomy pouch or bag outside the body. Colostomies occur in cases where the large intestines has been removed or needs time to heal thus colostomies can be temporary or permanent. Many diseases necessitate a colostomy, including cancer, diverticulitis, inflamed tissue in the colon, and bowel obstruction. In the case of diabetics, colostomies may be related to poor diet. For example, doctors link diverticulitis to a low fiber diet.



Wound Healing Diabetes hampers wound healing according to a 1996 article published by Vittoria Pontieri-Lewis in the journal "MedSurg Nursing." Diabetes delays the early phases of the wound healing process, thus providing more opportunity for infection to occur following the colostomy procedure, particularly for diabetics who are overweight or obese. Vitamin C factors significantly in wound healing and vitamin C rich foods such as tomatoes and tomato juice, citrus fruits, potatoes, red and green peppers, strawberries, kiwi fruit, broccoli, cantaloupe, Brussels sprouts, and fortified breakfast cereals all provide excellent sources, according to the National Institute of Health of Dietary Supplements.

Carbohydrates and Fats Once the colostomy heals, a low carbohydrate diet may not be necessary to the management of diabetes. According to Cassie Rico, registered dietitian and the Associate Director of Medical Affairs and Health Outcomes at the American Diabetes Association, an effective combination of health carbohydrates and fats such as fruit, vegetables, beans, whole grains, nuts, seeds and vegetable oils evenly spaced out over the course of the day combined with regular exercise, underpin successful diabetes management. Fiber While fiber supports digestive health and plays an important role in nutrition for diabetics, high fiber foods such as raw fruits and vegetables need to be avoided immediately following the colostomy surgery. Speak to your doctor or health practitioner to learn how soon after the surgery you can begin reintroducing fiber to your diet if you are a diabetic.

Ileostomy Helpful *Hints Via West TX & Sterling IL*

Don't go without eating. Nausea is the result. Even at bedtime you can have soda crackers and milk. It's a long time until breakfast.

Don't worry if your stool changes color at times. This can be due to the foods you eat. Bananas will turn stool almost black. Tomatoes and beets will color it red. Some medication affects color.

When ill with a virus and diarrhea, eat pretzels. They are a food which can be kept down and salt is good for your liquid.

Famous Ostomates *Via the Courier, Tucson, AZ as published on Facebook by Ostomy Toronto*

Dwight Eisenhower—Former US President

Fred Astaire—Actor/dancer

Barbara Barrie—Actress Rolf Benirschke—Professional U.S. football player/game show host/ConvaTec spokesperson

Napoleon Bonaparte—World leader and military conqueror

Marvin Bush—Financial advisor and son of former U.S. president

Al Geiberger—Professional golfer

Bob Hope—Entertainer/comedian/actor

Tip O'Neill—U.S. Speaker of the House and Ambassador to Ireland

William Powell—Actor

Queen Mum—British royal

Suzanne Rosenthal—CCFA founder

Red Skelton—Comedian

Ed Sullivan—TV host

Loretta Young - Actress

UOAA NATIONAL CONFERENCE HOUSTON TX August 10-13, 2023

<https://www.ostomy.org/event/uoa-8th-national-conference/>

Visit the Peristomal Skin Assessment Guide for Consumers

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

UOAA COVID-19 UPDATES

UOAA will update this blog post with any information that may affect our community.

<https://www.ostomy.org/coronavirus-effects-on-the-ostomy-community/>



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