

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)733-8500

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No Meeting in July

**Please plan to join us
Sunday August 15th
starting at 3 p.m.**

**JOIN UOA IN THE
WINNER'S CIRCLE**



42nd National Conference
United Ostomy Association, Inc.
August 4-7 • Louisville, KY

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 hope everyone had a good summer. As the summer comes to an end its time to think about fall and winter, this is the time we collect Christmas gifts for the Ronald McDonald House.

Our next meeting is **August 15, 2004**. Our speaker will be a representative from the Ronald McDonald House. We will start collecting Christmas presents earlier this year to try to get a lot for the children. So if you can bring a wrapped gift with age and girl or boy, with you to the meeting that would be great. That will show our speaker we care about the children. The limit monetarily is \$5.00. If you just want to send to Medical Care Products the \$5.00, you may and I will go shopping for you if you can't get out. We in the past have collected a lot for them. We thank Sandy and Ron Davis for their outstanding choose of charities to contribute too.

Remember, if you have any extra ostomy supplies to contribute to our closet at Medical Care Products, please do not hesitate to contact me for pick up (904)282-8181 or just deliver them to Medical Care Products and tell them that its for the donation closet and they will be glad to make sure it is put in it.

I look forward to seeing each and everyone of you at our August 15, 2004 meeting. Have a great summer.

Sincerely,

Brenda L. Holloway, President

Treasurer report: \$1,179.12

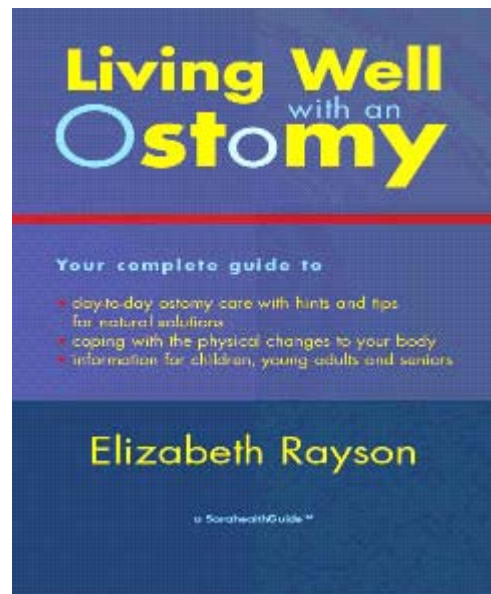
Need a great place to post your Ostomy related questions and receive replies from people around the world. Then take time to visit the

International Ostomy Association Discussion Forum
<http://www.ostomyinternational.org/cgi-bin/dcforum/dcboard.cgi>
or
UOA Forum: http://www.uoa.org/discussion_main.htm

News From UOA National

The **UOA Nominations and Elections Committee** is pleased to announce that the following UOA leaders have been elected as 2004–2006 officers and board members: President, **Dean Arnold**; Vice President, **George Salamy**; Secretary, **Mary Jane Wolfe**; and Treasurer **Dave Rudzin**; board members: **Julie-lynn Gibbons**, **Lynne Kramer**, **Bonnie McElroy** and **LaVerna Reid**. In addition, **Louis Bordonaro** has been elected to serve on the board of directors for 2004–2005. Congratulations to these leaders, and thanks to the chapters that voted.

Many, many thanks to the hundreds of chapters who have responded positively to the announcement of UOA's new **Direct Member Billing** process that will begin this December with "B" quarter billing. Chapters are relieved from the burden of collecting and rebating national dues and are excited about improved retention efforts. They understand the need to streamline the process and have pledged to help make the transition smooth. A handful of chapters have noted their concerns, including the need for members to write two checks once a year, and have requested assistance in setting up a painless and efficient local billing and collecting system—the Central Office will assist them to our fullest extent. Many chapters are deciding to go to an annual billing method with one expiration date for all members, which makes a great deal of sense, and some are moving from a dues-based revenue stream to donations and fund-raising activities. All chapter members have received a postcard announcing the new method for collecting national dues and additional details will be sent in July. Thank you again for your support!



2004 Young Adult Conference

August 4-7, 2004
Louisville, KY

For 2004, we have an amazing event planned for young adults to meet and share experiences. The first ever combined UOA National Conference and Young Adult Conference will provide educational programming and opportunities for informal social gatherings. Topics include College Life, Dating & Sexuality, Employment Issues, Insurance Concerns, Sports & Fitness and Nutrition. We are also excited to announce we will host the first inter-network softball game and the second edition of the "Ostomate Idol" contest, so be sure to prepare your best karaoke for a monetary prize. We look forward to seeing you there!

For more information, call 800-826-0826, ext. 104 or e-mail jsmith@uoa.org.

Hazards of Buying Drugs Online

Why do people buy drugs on the Internet? Many reasons, apparently – they're homebound, traveling, shy about asking for drugs considered controversial or carrying a "stigma", such as Viagra, or Propecia for hair loss, and the various diet compounds. Some, because it seems so convenient, and – hey, I'm on the Internet anyway, so why not?

A recent article in *Barron's* points out "why not" in many cases, and also points out the names of legitimate suppliers of prescription drugs on the Internet. The "why not" aspect seems incredible until one realizes the vast numbers of low and despicable characters who exist solely because of their heartless exploitation of the helpless and ill-informed.

How is a legitimate prescription drug obtained? One goes to one's physician who investigates the situation, determines that a drug is indeed required, and then issues the prescription. Ideally, the prescription is then taken to a pharmacist who maintains records on his customers and is able to call attention to any possible ill effects that might result from the taking of the drug.

The vast majority of the drug suppliers on the Internet will accept your request for a particular medication; with the stipulation that you fill out a patient questionnaire that—they say—will be read by their own physician (for a fee, of course), who will approve the prescription, which is then filled. In actuality, if the "physician" exists, he has no idea whether you are who you say you are, or that you do or do not have the symptoms you offer. You, of course, don't even know that there is a "doctor" on the other end of the Web, or what his qualifications might be.

Then, the drug, when received, may or may not be what is called for, or pure, or in the amounts called for (these are often set by the "patient"). In many cases, the drugs are supplied by an overseas source, subject to none of the fairly rigid requirements to be met by American suppliers.

As Barron's points out, the patient may be in one state, the "physician" in another, the drug supplier in another, and the drug source in a foreign country. The result is an impossible situation for government agencies attempting to ensure that normal standards in drugs and drug suppliers are met.

Of these, Planetrx.com makes no shipping charges for prescription drug deliveries within 3 to 5 business days and Drugstore.com has no charge for deliveries within 2 to 3 days.

These companies are vigilant in spotting – and declining – requests for refills of medications obtained from other websites of dubious reputation. Consumers, too, should run from doctors and pharmacists who make critical "medical" judgments on the sole basis of online questionnaires. In the wilds of the World Wide Net, let the buyer beware.

(Bob White)

The **UOA** is proud to offer seven special interest "networks." These groups cater to members with unique interests and needs and offer a place to connect, learn and share.

Membership * Parents & Children * Teens * Young Adults * 30+ * Continual Diversions * Gat & Lesbian Ostomates

www.uoa.org

How to Get More Out of Your Doctor Visit

Have you ever gone to a medical appointment only to find yourself unable to remember the details of your health history or are struggling to recall your questions to the doctor? If so, you are not alone. It can be tough explaining your symptoms or understanding your doctor's advice, especially if you are not feeling well. Medical professionals at the Lutheran General Hospital offer this advice for making the most of your doctor visits:

Organize a health file: It is always useful to have the information about your past medical history on hand. Bring a detailed list of previous medical issues - for example, the dates you had surgery and what was done, medications taken and any reactions. Also bring pertinent information about your family's health history, such as incidences of heart disease, cancer, osteoporosis, diabetes or other medical health concerns (make a note of age of onset, too). Keep records of immunizations. Ask your doctor for copies of your medical records and any relevant test results to keep in your personal files. Don't forget to keep a list of previous doctors' names, addresses and phone numbers (if available), too.

Prepare for your appointment: Plan ahead by arranging for your medical records from laboratories or previous physicians to be transferred to your doctor's office. When scheduling appointments, ask if certain days of the week are less busy. Having your appointment on a "light" day, neither you nor the doctor will feel rushed; you are more likely to cover all the issues you want to discuss.

Bring your medication bottles: Your doctor will want to know about the medications you are taking, their dosage and their frequency; how long you have been taking them and, possibly, to contact the prescribing physician. Having the actual bottle provides all this information. Don't forget over-the-counter remedies, vitamins and herbs you are taking. All these can impact your diagnosis and your treatment.

Make a list of medical concerns as well as what you want from the doctor: It's easy to feel tongue-tied, especially if it is your first visit with a new doctor. To ease some of this anxiety, write down your thoughts ahead of time. Having this information on hand will keep you from forgetting any questions you may have. A list is particularly helpful for those who have multiple health needs. It gives the doctor a complete picture of your concerns and helps prioritize issues that need to be addressed.

Be prepared for questions about your symptoms: Before your appointment take a few moments to really think about your condition. When did you first notice the problem? Have you had the problem before? What are your symptoms? How often do they occur? If you are in pain, would you describe it as a dull ache or a stabbing pain? What have you done for it? Does anything make it worse? Have there been changes lately in your life related to stress, medications, food or exercise? The more clearly you can define the health problems, the more likely your doctor will be able to find the best possible solution.

Bring your personal planner with you: At your appointment, having a calendar on hand can be helpful for many reasons: Write down when the doctor thinks you will start noticing improvements in your health condition, the dates and directions for receiving any lab test results and the date and time of your next visit. Your planner will also be useful for jotting down your doctor's advice for taking prescribed medicines or preparing for lab tests.

Editor's note: Schedule your appointment early in the day. There will be fewer patients ahead of you, i. e. possibly shorter waits, and doctor and staff won't be rushing to go to lunch or home.
(Health Advocate, Lutheran General Hospital)

UOA Jacksonville Chapter is now on the Web
<http://www.ostomymcp.com/chapter/Jaxchapter1.htm>

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

MEETINGS ARE HELD AT THE
BAPTIST MEDICAL CENTER
8TH FLOOR MEETING ROOM C
3RD SUNDAY OF EACH MONTH
3 P M

UOA Jacksonville Chapter
PO Box 10239
Jacksonville, FL 32247-0239

Phone: (904) 396-7827
Fax: (904) 396-7829
Email: patti@ostomymcp.com

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