



CARBONOSTOMY.com

"I HAVE DISCOVERED A PRODUCT THAT SOLVED MY ILEOSTOMY BAG ODOR PROBLEM COMPLETELY! IT IS CALLED ACTIVATED CARBON, AND IT IS MADE FROM COCONUT SHELLS." Pamela Ward (ileostomate since 2010)

Activated carbon is a highly porous substance that attracts and holds organic chemicals. Activated carbon, also called activated charcoal, is produced from any material that has a high carbon content. The most common source materials are coal, coconut shells, and wood. I chose coconut shells because they work best on odor. To make activated carbon, the shells are burned in a low oxygen environment to remove volatile compounds. Then a second process is required to create tiny pores which exponentially increase the surface area

able to attract and hold organic chemicals. This can be done in many ways. The process of attracting and holding organic chemicals is called adsorption. This means the carbon actually attracts and holds the stinky chemicals from your bag, onto all the surface area of the carbon. You can then flush it with the rest of your waste and none of the stink goes into the air! No more complaints and no more embarrassment!



Also Sodium polyacrylate is a superabsorbant polymer made from salt. It turns liquid into a gel and is used mostly in diapers. This product will thicken the stool and reduce odor, but not eliminate it.

Visit Pamela's website to purchase directly:

carbonostomy.com

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

Find all the past issues of the MailBag at <http://ostomymcp.com/id6.html>

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: **Dec 15th**

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: **Dec 1st**

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: **Dec 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 **Dec 15th**

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: **Dec 9th**

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: **Dec 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”



Cathy Bussi: South African-50 years with ostomy “Suzie!”...

Dear Gutsy and Linda, Here it is at last!! In 1969 when I was born, the only bags I could wear were small plastic bags with a hole near the top and pink plaster just around the hole. When the bag was full it had to come off and a new one put on - many times each day. Wow! For many years that was all my Mom could get. Then one days she put on a bigger bag which lasted longer than goodness.

It was several more years before drainable bags were available - thank goodness. So I had a bit of a rest. Many more years passed before she found she could get seals to put around my bottom and protect me. Great. I can't put a definite time frame about it all but it was another ten years before we heard about powders, wipes, adhesive removers, sprays, etc. and a better choice of bags. So it is probably only in the last 10 to 15 years that I have had all the good things around me and I try to behave like a good girl.

I think that things took longer to reach us here in S. Africa but we now have branches of all the good companies. Unfortunately everything is imported so that makes it all rather expensive - but I am very blessed as my Mom can manage it.

Gutsy - please think about all our friends here who cannot get bags. The Health dept. is hopeless and seldom has free bags to give away. I used to go with Mom to work sometimes at the CANSA Stoma Clinic and poor people would come looking for help - they had a donations cupboard. It was so sad to see our friends with just a bit of newspaper around them, or a plastic bag stuck on with tape - and worst an empty tin can under one of us to catch his output - it was fixed to a belt by his father. So we must give thanks for our blessings.

Give my love to your Mom and be a good and happy chap Gutsy,
Love, Suzie (and her mom)

****Gutsy replied in March 2019:****

Hi Cathy/Suzie,

First, thanks so much for sharing from your perceptive perspective and chronology anthology of Suzie!...

There is a worldwide organization called FOW...I think it transliterates to: Friends of Ostomy Worldwide...I will put you on "hold" here and see if I have any info in my email...back soon: I found an email for them: info@fowusa.org ...I sent them a message alluding to South Africa's plight and asked if there is an organization comparable there...will let you know if/when I receive a reply...could you google as well?...

Take care, ladies...let us know if this is feasible for you to write what we wish...ox”

**Linda indeed received email from FOW!...but, although we cannot print those emails for you, we can share that 2 lovely ladies that truly care are on the FOW-USA Board of Directors: Ruth Salinger and Zoe Prevette...contact: ruth.salinger@fowusa.org...They said supplies have been sent to Durban, South Africa. Suzie lamented that her post office in SA is unreliable and not viable to assist the process. Ruth indicated that the FOW organization: “Friends of Ostomates Worldwide” is located in many countries. It graciously sends ostomy supplies “globally, nobly, and notably” to other nations... through US Postal service, paying shipping, with recipient responsible for paying Customs fees...[readers: feel free to contact them via email/online for further information...on sending supplies or making donations...a real mitzvah!...good deed indeed



“Suzie’s” Mom, Cathy Bussi, Gutsy’s “Golden Girl”...from South Africa...50 years together!...holding a forever furry Friend...email: bussicathy@gmail.com



What a Night Before Christmas!

by Marjorie Kaufman, Los Angeles (CA) Los Ostomy News; via Winnipeg (MB) Inside-Out

'Twas the night before Christmas, and all through the house,
Not a creature was stirring, not even my spouse.

The children were nestled in childish alliance,
And I had decided to change my appliance.

So donning my P.J.s, my slippers and robe,
I started my chore with the patience of Job.

All of the equipment I laid out with care.
Then checked it all over to see what was there.

Here's solvent, adhesive, now Kleenex and cotton
There's Benzoin, Karaya, what have I forgotten?

Eye dropper and swab stick, skin ointment,
detergent;
Then cleanser and brushes, the bag - that's most urgent.

Then off with the old one, I started forthright
To remove the cement, when out went the light.

I reached for the switch, tho I don't know what for,
When I heard something clatter and bounce on the floor.

I muttered an oath, then I called to my spouse,
Who told me 'twas darkened all over the house.

Then what to my wondering eyes should appear,
But a flickering candlelight coming too near.

"Ye Gads!" I screamed loudly, perhaps none too soon.

"Not that! You might blow us from here to the moon!"

Then I viewed my dilemma, in utter confusion,
And failed to come up with a happy conclusion.

When all of a sudden, there came on the wall,
The beams of a flashlight, that danced down the hall.

Its rays were not brilliant. Its batteries weary,
But the light that it gave me was welcome and cheery.

I aimed at the floor, and the light gently twinkled;
For there in profusion Karaya was sprinkled.

Now time was the essence, on speed I was bent;
The cotton kept sticking upon the cement.

My face-plate was drying, my fingers were gummy,
The stoma was oozing a trail down my tummy.

Then swabbing, cementing and fanning with vigor;
I knew that I had to be quick on the trigger.

The light was receding, my nerves were a jangle;
I slapped on the bag at a quite rakish angle.

I fastened my belt, gave a shake of my head;
Then closed the door tightly and headed for bed.

But there's one thing I'll wish you
'Fore saying Good Night;
May your Christmas be Merry,
AND LET THERE BE LIGHT!



On the Go Travel Tips

If you're traveling by airplane, car, bus, train, or cruise ship, you might be stressed about your ostomy needs during the trip. Don't worry. With a little preparation, everything can go smoothly.

It's also a good idea to start with short trips away from home to build up your confidence. Once you're reassured that your pouching system stays secure during normal day-to-day activities, you can start to venture farther. Here are a few tips to help you be fully prepared and comfortable, no matter how you travel.

Luggage weight limits: Are you traveling by air with a lot of supplies? Check with your airline and your country's federal travel agency (e.g., the Transportation Security Administration in the United States) for the luggage weight limit. Weigh the luggage before you go. It may be helpful to use a portable luggage scale. If you're over the limit, check to see if your airline has a special allowance for medical supplies.

Forbidden items: The International Air Transport Association (IATA) forbids dangerous items on board airplanes. For example, ether, methylated spirits, or flammable aerosol adhesives and removers are considered fire hazards. Scissors also may not be allowed in carry-on luggage – check with your airline or pre-cut all of your skin barriers before traveling.

Pre-boarding security checks: At airports, your carry-on luggage will be inspected at the security baggage check before boarding. If you have medications, get a card from your healthcare professional that explains why you need them. Some countries do not allow certain medications, such as codeine, to cross their borders. A travel communications card from an ostomy association in your country may also be available. United Ostomy Associations of America (UOAA) offers a travel card to help you be ready for searches or checkpoint questions.

Using airplane toilets: During a long flight, there can be long lines for toilets, especially after meals. Be alert for a chance to use the toilet when most people are in their seats. It's also a good idea to request a seat near a toilet.

Car travel: Your car seat belt should sit across your hip bone and pelvis, not your abdomen and stoma. If you want to give your stoma extra protection from the strap, you can buy a seat belt pad. You can also use an extension bracket to lower the angle of the belt across your body.

Cruising with a stoma: Are you worried about taking a river, lake, or ocean cruise? Don't be. If you'll be away from land for a few days or more, just pack double the supplies you need. Plus, follow these simple precautions and you'll have a trouble-free voyage.

View or print the full PDF booklet Living with an Ostomy: Travel from Hollister.com. For similar articles on traveling with an ostomy and other topics, visit the Hollister Ostomy Care Learning Center.

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How Do I Clean around My Stoma?

Source: Vancouver Ostomy HighLife

All you need to clean around your stoma is warm water and either a washcloth or a soft disposable paper towel. Using sterile gauze and wearing gloves to change your own pouching system can be expensive and is unnecessary. REMEMBER, YOU ARE NOT DEALING WITH A STERILE AREA.

Using alcohol to clean the area is equally unnecessary and can be very drying to the skin. Also, it is not recommended to use baby wipes or pre-moistened towelettes as they may contain chemicals that remain trapped on the skin and can cause a rash. Soaps, including ones that are moisturizing (Oil of Olay, Dove) are not needed and can actually hinder the pouching system from sticking well on your skin and contribute to leaks. If you are showering without wearing a pouching system and soap flows down onto your stoma and skin, just rinse the area well afterwards. This is not a concern.

When washing your stoma, you may notice small specks of blood on your cloth. This is completely normal and expected. The stoma tissue contains small blood vessels close to the surface that may bleed, especially if you are taking blood thinners. Do I need to "air out" my skin when changing my pouching system to keep it healthy? No, this is not necessary. It may feel good to "air out", for a while but this is not required in order to have the skin remain healthy. This may also be difficult if your stoma is active!

Visit the Peristomal Skin Assessment Guide for Consumers
<http://psag-consumer.wocn.org/#home>



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