

# The Mailbag

The Ostomy Support Newsletter Of Jacksonville, Florida

Support group meets the 3rd Sunday of each month 3 p.m. 4836 Victor Street

**Contact Information:**

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## BACK BY POPULAR DEMAND.... MONTHLY MEETINGS!

We will be having monthly meetings for the next 4 or 5 months. All meetings should be held on the 3rd Sunday of the month at 3pm (at Medical Care Products, Inc).

Next meeting: Sunday Feb 15th  
3pm  
4836 Victor Street

February meeting - New Ostomate visitation/contact Do's and Don'ts!



► **Let the Good times Roll  
Sheraton, New Orleans**

Join one, join all, let's have a ball. Learn better life management. Hear doctors, nurses, patients speak on many topics, also a Beauty Pageant winner & a Racecar driver. Be part of the 20-40 worldwide gathering.

UOAA

August 5-8, 2009  
@Sheraton Hotel  
Canal Street  
New Orleans, LA, USA.

Contact :  
oa@uoaa.org  
800-826-0826  
www.uoaa.org



**For more information please  
visit the**

**International Ostomy  
Association Website:**

<http://www.ostomyinternational.org>



## WORLD OSTOMY DAY OCTOBER 3, 2009 PHOTO CONTEST

### Get out your camera and participate!

Hollister Incorporated is pleased to announce a worldwide photo contest open to every Ostomy Association around the globe.

- **Here's why:** World Ostomy Day, October 3, 2009, is a very special day, so we're sponsoring a very special contest -- **The 2009 World Ostomy Day Photo Contest.** The Contest is a unique way to showcase talents and people and to create lasting memories in conjunction with World Ostomy Day.
- **Theme:** The 2009 World Ostomy Day theme is "**Reaching Out.**" We know there are thousands of you who "reach out" each day -- and in every way. You live life to the fullest with your families or on vacation, during work and with your grandchildren, and while volunteering or tending to pets. We know you're out there "reaching out" and that's the type of image we want you to capture.
- **Winners:** 20 photos will be chosen by the judges (a professional photographer and a Hollister representative). Winners and their chapters will receive:
  - Individuals winners: a certificate of recognition
  - Winning chapters: \$250 will be paid to each International Ostomy Association (IOA) chapter represented by the 20 winning photographers
  - All chapters: a CD-ROM of the winning photos will be given to each IOA chapter
- **Rules:**
  - Photographers: must be people with ostomies
  - Images: must be of people with ostomies "**Reaching Out**"
  - Photos: may be digital or processed film
  - Size: any size
  - Color: use color or black and white, it's your choice
  - Deadline: August 1, 2009
  - How to submit: submit photos with the photographer's name, association name and location, the occasion, place, date and names of people in the photo
- **Please note:** Submitted photographs will not be returned. Photographs will become the property of the sponsoring organization, Hollister Incorporated, and may be shown publicly.

**Please submit your entries by August 1, 2009 to:**

Diane Dreis  
 Hollister Incorporated  
 2000 Hollister Drive  
 Libertyville, IL 60048 USA  
 e-mail: [wod2009pc@hollister.com](mailto:wod2009pc@hollister.com)  
 Tel : 1.847.932.3573

## Taking My Stoma for a Hike

By Ross Foot via The New Outlook

Having just finished an eleven-day hike through the mountains with my scout troop and an 18-month old stoma, I offer the following suggestions: Take many supplies; i.e., pre-cut skin barriers, adhesive remover, skin gel and cleaning gauze in individual disposable bags. I mean very many, there are none on the trail.

Grabbing one complete package is easier than finding all the pieces in the pack and setting up a changing station. In bear country, these are "smellables," even before they are used, so they need to go up in the bear bag.

Make sure you know where they are and keep one package with you during the day. Except the one you are wearing, they all go up at night. Check carefully before climbing into your sleeping bag for animals. Consider a small bear bag with your ostomy supplies so if you need any during the night, you do not have to drop all the crew gear.

I suggest one-piece drainable pouches with tape. Hip belts run close to the pouching system and the chance of accidentally opening my usual two-piece worried me. Make sure it is drainable because you can leave the contents in the woods, but you have to pack out the used pouch, and you do not want the extra weight. Did I mention bring extra supplies?

Depending on stoma placement, you will have to experiment with packs and hip belts. With a 45+ lb. pack, you need to place substantial weight to the hips. A placed stoma may require building a bridge. I tried with built up padding on each side of the skin barrier, but tightening the belt enough to bear weight was difficult. I found a lower cut belt on an external frame pack that fit under the stoma. This meant the pouch had to ride outside of the clothes. The solution turned into salvation.

I sewed a green bandana into a pouch shaped envelope with the front piece an extra four inches tall. I then wore a cloth belt above the stoma and tucked the flap over it tying the two corners to each other. This cover would hang out under the shirt, but over the hip-belt. After explaining to the kids, they never gave it a second thought and no one else knew what it was. This puts the hip belt against bare skin. Next time, I will wrap the touching part of the belt with cloth or sheepskin. The cover turned out to save the day.

With heat being the culprit and sweat under the skin barrier causing adhesion failure, I found periodic soaking of the cover would create an evaporation based

air conditioner. We were over 11,000 feet so evaporation was very effective. Using this method, the skin barriers lasted up to three days, or until I forgot to wet the pouch cover. This was July, so cooler weather should lessen the problem but you still have great exertion.

Make sure to carry a headlamp style flashlight. Affixing a pouching system is a two-handed job and at night with bears and mountain lions around, you want to be as quick as possible when standing out alone.

We hiked Philmont Scout Ranch, and I could perform every activity. However, I did choose to skip one strenuous rock climb. One section involved a rock hugging technique described as a "smear" and I was concerned with redefining the term. Two years earlier, we completed a wilderness hike three weeks before my cancer diagnosis. There was a great psychological benefit for my 14-year-old son to see dad as well as before. The scouts now know what we need to remember, a person with an ostomy is not limited in any way. If you have any doubts, go take a hike!

About the author: Ross Foot was diagnosed with colorectal cancer at age 47. He had colostomy surgery at age 48 at Oschner in New Orleans. He has been a judge for 12 years and was just reelected to another six-year term. He teaches at the National Judicial College in Reno, handles the training of new judges in Louisiana and runs the Louisiana Judicial Retreat Program. He snow and water skis, plays tennis and hikes. He is active with the Boy Scouts and serves as an adviser to scouts with ostomies. Next year, he is planning a canoe trip to Canada.

## Seniors with Ostomies

Indian River Ostomy Association, FL

As baby boomers age, there are a greater number of illnesses just waiting for them. Years of fast foods and stress make a breeding ground for intestinal problems. When they can no longer deny that their fast-paced lifestyles and poor eating habits have caught up to them, they seek medical help.

When tests confirm intestinal problems that require surgery, their whole world seems to explode around them when the doctor says, "You need an ostomy." If the patient is fortunate enough to have a doctor who is aware of the local ostomy association, he/she will ask the ET nurse managing the pre-surgery examination to arrange for a visit.

It is only when an ostomate talks to other ostomates that the problems that seemed insurmountable are gradually chipped away. That is what the UOA and local

chapters are all about — ostomates helping other ostomates. And where is the best place to find this information and help? Why, at a monthly chapter ostomy meeting, of course.

## The Lives I Have Touched

By Ellice Feiveson

This is a milestone year for me, it has been almost ten years since my ileostomy surgery and ten years as a volunteer for the Metro Maryland Ostomy Society. I know in these past years I have touched peoples' lives and I am proud of the work I do as a volunteer.

I have spoken with and counseled women who had ostomies due to Crohn's disease, ulcerative colitis (as I had), cancer and other diseases. I feel that I give my patients hope that they will live normal lives with an ostomy. It is very rewarding for me to visit a patient at home or in the hospital knowing she may be depressed, anxious or un-accepting of her ostomy, and then weeks later, via telephone calls or extra visits, find that the patient is beginning to adjust to her new lifestyle, slowly, but surely.

I must admit that volunteer work is hard, but rewarding. I must walk into that hospital room smiling, self-confident and pleasant. Whether I have numerous errands to run or appointments, it is my responsibility to give each patient my undivided attention and time, and I do.

Each patient is so different. Some patients have tons of questions for me and others barely want to talk to me—perhaps they are in denial at that moment. That is okay too. I think that the trick in being a good volunteer is to be patient and understanding no matter what the circumstances. I always remember back to when I was in that bed— sick, frightened and confused.

I have truly become a more compassionate and caring person in the last ten years. I have maintained friendships with some of my patients and counsel them through the long months of healing. One of my special patients is a young woman who lives in Washington State. She had a rare cancer and has an ileostomy. I visited her several times at the hospital and we truly bonded. She is a brave woman, smart and funny, and I hope I am helping her cope as she gets better.

I have received notes from patients and really appreciate their kind words as to how I made a difference by visiting them and caring. I have definitely been fulfilled these last ten years. Being a volunteer

and helping others is wonderful because I feel like I did make a difference.

Volunteering is not for everyone. If you truly love helping others, then go for it. I know I will be continuing this work for a long time to come. Helping others is truly my passion.

## You Have Adjusted to Your Ostomy When...

via Hemet-San Jacinto (CA) Stoma-Life

- You stop spending all of your spare time in the bathroom waiting for your stoma to work so you can empty the pouch right away.
- You can move about freely, without holding your appliance as though it might fall off any minute.
- You make that first trip to the mailbox without taking along your ostomy supplies.
- You stop grabbing your abdomen when the grocery clerk asks if you need help to the car with your bag.
- You go out for the evening and realize too late that you left your emergency kit at home.
- You begin to think how lucky you are to be alive instead of how unlucky you are to have an ostomy.
- You attend the monthly support group meetings with an expectation of learning more about your ostomy rather than staying at home worrying about it all.

## COMING UP

### Aug 5-8, 2009 • Second National UOAA Conference • New Orleans, LA

The Second National UOAA Conference will be held at the Sheraton New Orleans from Wednesday, August 5 through Saturday, August 8, 2009. For hotel reservations call the Sheraton at 800.325.3535 and mention the UOAA Conference and you'll be given the reduced room rate of \$109 per night plus tax.

More information and on-line registration will be available on this website beginning January 1, 2009. If you have any questions or concerns, please call the UOAA office at 800.826.0826. Visit [www.uoaa.org](http://www.uoaa.org) for more information.

## Ostomy Chat Room Weekly Meetings

Yahoo Peoples with Ostomy2\* - Mondays, 8:00 pm US Central time

<http://clubs.yahoo.com/clubs/peopleswithostomy2>

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>

UOAA Chat Sundays 9pm ET / 6pm PT

<http://www.yodaa.org/chat.php>

Use this form to join our chapter! 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 \_\_

You may use my name in chapter Newsletter & Directory: Yes \_\_ No \_\_

Mail to: Patti Langenbach, PO Box 10239 Jacksonville, FL 32247-0239

Medical Care Products, Inc

**Toll Free 800 741-0110**

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