

The MailBag

Jacksonville group meets the 3rd Sunday of each month 3 p.m. 4836 Victor Street.
 Ocala support group 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).
 Amelia Island Area Ostomy Support Group meets last Monday of each month at 6:30pm - Bapt Medical Center Nassau board room.
 Gainesville Support Group meets the 1st Sunday of each month (except Holidays) Hope Lodge 2121 SW 16th St Gainesville

**Ocala support group
 This Month (Feb 8th) Meeting Place
 Meet at 3:00 pm at the
 Bob Evans Restaurant, 2463 SW College Road**

Jacksonville Contact Information:
 Patti Langenbach
 (800) 741-0110
 (904) 733-8500
patti@ostomymcp.com

The Jacksonville UOAA chapter meets the 3rd Sunday of each except when otherwise posted.

To help offset the mailing cost you may now receive the MailBag Newsletter via email. Please contact:
 Patti: patti@ostomymcp.com
 (Newsletter will be in PDF format)

Support group meets the 3rd Sunday of each month 3 p.m. 4836 Victor Street
Next Meeting Feb. 15th

Gainesville Support Group meets the 1st Sunday of each month (except Holidays)
 Next meeting: **Feb. 1st at 2pm** at Hope Lodge 2121 SW 16th St Gainesville, FL 32608
Contact info:
 Brinda Watson (352) 373-1266
 Nelson Griffiths (352) 376-8703

Ocala support group 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 Feb. 8th
 Meet at 3:00 pm at the Bob Evans Restaurant, 2463 SW College Road (SR 200) just east of I 75.
Ocala Contact Information
 Lynn Parsons (352) 245-3114
www.ostomyocala.com

Amelia Island Area Ostomy Support Group meets last Monday of each month at 6pm (except May, June, July & Aug) Bapt Medical Center Nassau board room.
 Free parking (904) 310-9054
Next Meeting Feb. 23rd

The Nu-Comfort Belt

Are you tired of a 1 inch wide belt that rides up or feels like a rope? If the answer is "yes", consider our new softer, wider belt.


Benefits include:

- Extra** easy Velcro adjustment on left & right
- 360° of Extra** support to entire wafer
- Extra** support to the peristomal area
 - In addition, supports small peristomal hernias
- Extra** wide Twice the width of standard ostomy belts
- Excellent for 2-piece systems and certain 1-piece pouches



NEW

How to find the right size & how to order

Belt Elastic Sizes	Ring Plates	How to determine the belt hole opening.
#BG2620 SMALL 28" - 31" (71cm-79cm)	 F = 2 1/4" (57mm)	Example: Flange size of 2 1/4" + 1/2" = 2 3/4" (A" Opening)
#BG2622 MEDIUM 32" - 35" (81cm-89cm)	A = 2 1/4" (70mm)	
#BG2624 LARGE 36" - 40" (91cm-102cm)	C = 3 1/4" (82.5mm)	
#BG2626 X-LARGE 41" - 46" (104cm-117cm)		

Product Example: #BG2624-A

Description:
 2" wide beige elastic, size Large, with a 2 3/4" I.D. (Inner Diameter) Ring Plate

How to wear your Nu-Comfort Belt



1. Fold the pouches sides (Fig. A) and slide pouch down through the Ring Plate.
2. The Ring Plate (Fig. B) should be between the wafer and the pouch.
3. Slide the belt's Velcro (hook) strip through (Fig. C) from under the Ring Plate's belt slot, out and over so the Velcro (loop) fastens on the outside of the belt.

BELT CARE AND WASHING:
 (Press hook & loop firmly together before laundering)
 Handwash or machine wash warm with gentle cycle. Do not soak in hot water, wash with delicates, iron or use bleach. Hang dry only.

 nu-hope.com

For more information about Nu-Comfort Belt please contact
 Medical Care Products
 (800) 741-0110
 (904) 733-8500
patti@ostomymcp.com



“Gutsy’s Gab:” “Speak Out and Be Heard!”

By Linda Blumberg AKA “Mrs. Lips”

January 2015: time to “revitalize” with New Year’s “Resolutions/Renewal/Reveling”...at our January 18 Jax ASG meeting, ostomates/family gathered...“renewed” friendships...“resolved” to continue commitment to ostomy “AAA:” “Awareness/Acceptance/Advocacy”...“reveled” in: Kimberly’s Konfections, each other, and surviving 2014(!)...caring/sharing ostomy concerns/experiences...“Gutsy,” Linda’s ileostomy stoma “reiterated” about ConvaTec’s “remarkable” 24/7 inspirational/informational social media “Inspire.com”...for issues/answers...to quell queries, allay anxieties...for prebies poised to have ostomy surgery, newbies’ needs in recovery process, or anyone vested in virtual hugs, humor, well-wishers...“revelation?:” this cannot “replace” actual face to face “real” hugs...it’s almost February...time to “embrace” living with an ostomy...and each other!...

SPOTLIGHT ON: February 2015” Ground Hog’s Day(2nd), Valentine’s Day(14th), Presidents’ Day(16th: Lincoln 12th/Washington22nd), Mardi Gras... “heart”felt messages of L-O-V-E...spelled out as Ostomy A-A-A: Awareness/Acceptance/Advocacy...

Awareness involves “loving yourself” enough to: 1) check for blood in stools/urine, 2) choose life-saving colonoscopy, with follow up life-affirming ileostomy, colostomy, or urostomy surgery, if needed...so, in February, you hear: “6 more weeks!”...for the Ground Hog, with a “shadow” of a doubt, a tossup to extend/shorten Winter...survivable...but, it could be the docs “predicting” premature death for YOU from denial/avoidance of health responsibilities!...

Postsurgical Ostomy Acceptance occurs when we CELEBRATE BEING ALIVE...realizing that even with a stoma, WE are still normal, beautiful, loveable people who can feel EMPOWERED to live well with an ostomy! STOMA ARRIVAL=YOUR SURVIVAL to “embrace” positivity!...Accept YOUR stoma, and nonostomates likely will, too! (See Linda’s 1st Phoenix article/photo, June 2011, p.30)...

Show the LOVE for YOUR stoma by Advocating for Ostomy(!): Gutsy saved Linda’s life; but, humor and a (com)passion for writing/others continue as her salvation!... 1) Share YOUR ostomy journey: a) at support group meetings, b) on Inspire.com, c) by submitting your unique experiences/perspectives/humor, in writing, to this (or YOUR local) newsletter, or publications, e.g., Phoenix mag, and d) by educating general public to dispel their negative preconceived notions; 2) drive “loved” ones to/from colonoscopy, remaining “loving”/loyal if he/she has ostomy surgery; 3) Advocate for YOUR stoma: a) Wear a “lovely” Koolostomy.com pouch cover like Gutsy’s favorite “hearts and flowers,” b) Make your stoma a STAR!...email his/her name: Patti@ostomymcp.com or Linda: blumbergl@duvalschools.org for inclusion in future Gutsy’s Gab column...In February, Gutsy “lovingly embraces:” “Snarly Harley” and “Roma” (Inspire.com)...cathartic and fun! (See Linda’s 2nd Phoenix article/photo, December 2013, p. 78)...

BOTTOMLINE/MARK YOUR CALENDAR:...our next Jax ASG meeting is Sunday, February 15, 2015...Be a-“love”...Come CELEBRATE BEING ALIVE!...“First,” set a “precedent” by “crossing” over bridges/streets to Patti’s store...then, be “honest” about ostomy concerns/experiences in our “nothing is too embarrassing” atmosphere...finally, “strut your stuff”...like Gutsy...enjoying local inspirational informational contagious camaraderie and Kimberly’s Konfections...We’d LOVE to have YOU join us...to “embrace” ostomy...and each other...“feeling and sharing the LOVE” ...which like Captain/Tenille said...“will keep US together!”... See YOU there!!...

**Sept 1-6, 2015 • Fifth UOAA
National Conference •
St Louis MO**



World Ostomy Day
Saturday October the 3rd 2015.
The theme for WOD 2015 will be
“Many stories, one voice.”

**Kim's version
Garlic & Herb Cheese Spread
Home Made Tortilla Chips**

Recipes served at Jacksonville Ostomy Support Group Meetings

Garlic & Herb Cheese Spread

Cream Cheese
Garlic (optional roasted) - to taste
Rosemary - to taste
Basil - to taste
Chive (optional) - to taste

Directions:

Mix together all ingredient a few days ahead so flavors can marry. then tweak flavor if desired

Home Made Tortilla Chips

Small Tortilla - cut into triangles
Olive Oil 1/2 cup
Garlic - to taste
Parmesan cheese -grated- to taste

Directions:

Mince garlic and mix with oil a few days ahead to infuse the oil with the garlic flavor. In a bowl combine triangles and oil (you can add more oil if needed). Spread oil coated triangles on a baking sheet and sprinkle grated Parmesan cheese on them. Bake in pre-heated oven @ 375. Check triangles after 3 minutes. You want the triangles to be golden brown. When you take them out of the oven, let them cool completely in a single layer. If you don't, the steam for the bottom layer will moisten the top layer of chips and make them chewy.



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HELPFUL HINTS

AICM-Montreal

Posture Matters: When you return from the hospital, you will be feeling sore and uncomfortable. You may be anxious about the front of your body getting bumped, or self-conscious about the stoma which can lead to a habit of hunching over to "guard" that area. Try to focus on keeping your head up and your back straight.

Walking Works: Don't lie or sit about all day. Walking helps restore lost muscle tone, gets your circulation going and just generally perks you up. Get up and walk several times a day.

Stomahesive Paste: If your stomahesive paste becomes hard and will not push through the end of the tube, heat a glass of water filled half way in the microwave for 45 seconds. Remove and place the tube cap down in the water. Let stand for a few minutes and dry. You should now be able to push the paste out easily.

Vitamins: Vitamins should be taken on a full stomach. Otherwise, they irritate the lining of the stomach and produce the sensation of feeling hungry.

Diuretics: Try strong-brewed tea before the purchase of a "diuretic". Hot tea twice a day will wake up your sluggish kidneys.

Juice vs. Gatorade: Tomato juice provides as much sodium and 5 times more potassium and is a low cost alternative to Gatorade. Orange juice is another alternative providing the same amount of sodium and 15 times the amount of potassium to Gatorade.

For Colostomies: If you use just a pad instead of an appliance, use a little K-Y Jelly over the stoma to keep things soft and lubricated. If you irrigate, allowing too much water to enter the stoma too quickly may cause a sudden evacuation of waste, leaving much of the feces still in the colon, along with most of the water. Periodic evacuation may follow. This is not diarrhea, but is simply a delayed emptying of the colon.

For Ileostomies: Usually ileostomates experience hunger more often than other people. When this happens, they should drink fruit juice or water, eat soda crackers followed by a meal as soon as possible. If you do need to eat a snack at bedtime or during the day in order to ward off nausea, try to cut down on calories somewhere else in the daytime or you will gain weight. Never skip meals in order to lose weight. An ileostomy keeps working whether the ostomate has eaten or not.

Friends of Ostomates Worldwide - USA

The modern ostomy supplies we take for granted in the U.S. and other developed countries may be unavailable or too costly in many areas around the world. People resort to plastic bags, rags, and duct tape, resulting in poor skin, odor, no jobs, and no school. Since 1968, the Friends of Ostomates Worldwide-USA (FOW-USA) has collected new supplies from U.S. individuals and groups and sent them overseas where needed. From Afghanistan and Cameroon to Zambia and Zimbabwe, to over 70 countries, our shipments have made a difference. You can too, with supplies and financial donations: FOW-USA, 4018 Bishop Lane, Louisville, KY 40218. Phone: 502-909-6669 Website: www.fowusa.org

Ostomy Procedures that Can Backfire

There are times when we think we're doing the right thing, but get ourselves into trouble. Here are some instances to think about:

- **Alcohol:** Alcohol is a powerful drying agent. Prolonged contact with the skin can have serious consequences.
- **Clamp Usage:** Wrapping the drainable pouch tail around and around the clamp before closing it. This will not make the clamp work any better. All it will do is spring the clamp out of shape, which will ensure that the clamp won't work for future application and it will make releasing excess gas more difficult.
- **Releasing Gas:** Snapping the pouch off the face plate to expel gas. This doesn't do much for odor control! It's much better to hold the tail of the pouch beyond the clamp with a tissue, open the clamp and allow the gas out through the tissue with deodorant. Then use the tissue to clean out the end of the pouch and replace the clamp.
- **Normal Wear Time:** You shouldn't wear the appliance until it leaks. The object is to change the appliance before leakage occurs. This way, the skin gets the best protection and care. Three to five days is normal wear time. Some people report seven days, but manufacturers feel that this may be pushing their products to their limits.
- **Washing Pouches:** Washing pouches and using the same pouch for months will eventually saturate the plastic of the pouch with odor of the chemicals and no amount of washing will get rid of it. It is recommended that you throw the pouches away when you throw the face plate away.
- **Experimenting With Appliances:** Although it's fine to experiment with new appliances, especially if you're unhappy with your usual equipment, you'll generally get the best service from the equipment you have the most experience with.
- **Ignoring Skin Problems:** All skin problems are easier to manage if they are treated early.
- **A Full Pouch:** Letting your pouch get full before emptying it can separate a two-piece system. Try to empty your pouch when it's one-third to one-half full.
- **Seat Belts:** A well-placed and adjusted seat belt shouldn't interfere with stoma function or damage your stoma. True, in an accident your stoma may be damaged, but it's a lot easier to repair a stoma than a crushed skull.
- **Wound Ostomy Nurse:** It's not a good idea to try to live with a condition you can't correct yourself. When in doubt, see your friendly wound ostomy continence nurse (WOCN) or your doctor.

Celebrate!

*UOAA's 10th Anniversary at
Our National Conference
September 1-6, 2015
in St. Louis, Missouri*

http://www.ostomy.org/2015_National_Conference_Page.html

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To: