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[https://www.facebook.com/JaxUOAA/?ref=aymt\\_homepage\\_panel](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](mailto:patti@ostomymcp.com)

Support group meets the 3rd Sunday of each month 3 p.m.  
Next Meeting: **via Zoom**

**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: **February 14th**

**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  
Next Meeting: **TBA**

**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](mailto:tvostomy@gmail.com)  
865-335-6330

Next Meeting: **via Zoom**

Contact Linda [tvostomy@gmail.com](mailto:tvostomy@gmail.com)

## Attitudes

Via The Phoenix Facts

Are you worried about your appliance showing under your clothes? Or your stoma protruding enough to show? People today lead busy lives at a fast pace; everyone is concerned with their own happenings. Aren't you? By the way, what was the color of your bus driver's hair? Did the sales clerk wear a dress or slacks today? What did the bank teller's tie look like? Give up? Then forget about uncalled-for worries and enjoy the day. Remember your attitude about your image will affect the attitude of your family and friends. The first step on the ladder to adjustment must be taken by YOU!

## Stomas

Via: *By Word of Mouth* - Kankakee (IL) Ostomy Association; Via: *The Rambling Rosebud*; Via: *Semi-colon and Cheers and Tears*; via: Santa Barbara (CA) *Side Exit*

I think that I shall never see a stoma well-behaved like me.  
A stoma that will understand when restrooms aren't near at hand.  
A stoma that will quiet be when the room is full of company.  
A stoma that will really rest when I change at a time I think is best.  
But let's not dream and let's not pray; a stoma is not built that way.  
A stoma is built to work, not to play; and work it does, both night and day.  
A Stoma has a heat, but not a mind; it sometimes can be so unkind.  
Yet thankful we must always be that surgeons work so skillfully.  
Sure, God can make an anus perk, but only man can make a stoma work!

## 12 Reasons for Growing Old

- #1 – Talk to yourself, because there are times you need expert advice;
- #2 – Consider “in style” to be the clothes that still fit;
- #3 – You don't need anger management. You need people to stop pissing you off;
- #4 – Your people skills are just fine. It's your tolerance for idiots that need work;
- #5 – The biggest lie you tell yourself is, “I don't need to write that own...I'll remember it;”
- #6 – These days, “on time” is when you get there;”
- #7 – Even duct tape can't fix “stupid” – but it sure does muffle the sound.
- #8 – Wouldn't it be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and 3 sizes smaller?;
- #9 – Lately, you've noticed people your age are so much older than you;
- #10 – You thought growing old would take much longer;
- #11 – You still haven't learned to act your age, and hope you never will;
- #12 – You know you are growing old when “one for the road” means taking a “pee” before you leave the house.

### 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/>

## The Importance of Hydration

Water makes up 60% of our bodies and is crucial to every bodily system. Because of the important role of water, proper function and survival depends on hydration. The [functions](#) of water in the body include:

- Regulating body temperature
- Lubricating joints
- Flushing waste from the body via urination, perspiration and bowel movements
- Helping prevent constipation
- Carrying nutrients and oxygen throughout the body
- Moistening mouth, eyes and nose

When it comes to staying hydrated, there is no “one size fits all” recommendation. The amount of water individuals need greatly vary and depend on environment, exercise, overall health, pregnancy and breastfeeding. To determine if you are properly hydrated: pay attention to your thirst and urine color. Signs of dehydration include: weakness, confusion, dizziness, low blood pressure and dark colored urine. A well hydrated individual should rarely be thirsty and have colorless to pale yellow urine. A doctor or [registered dietitian nutritionist](#) can help determine how much water you need to drink daily.

## Hydrating with an Ostomy

Hydration with an ostomy can be difficult due to an interruption of the large intestine (colon) — where water is mostly absorbed. Since some water is absorbed in the small intestine (duodenum, jejunum and ileum) it is possible to stay hydrated but can be difficult with a colostomy or ileostomy.

- A **colostomy** is when your stoma is created out of the colon. This can be a result of disease in the colon. And depending on the location of the colostomy, water absorption is limited to the small intestine and a portion of the large intestine.
- An **ileostomy** is when your stoma is created out of the last part of the small intestine. This can be a result of disease in the colon and/or ileum. In this situation, water absorption is limited to the first two parts of your small intestine.

Both cases require someone with an ostomy to pay close attention to hydration status. However, those with an ileostomy can become dehydrated quickly. If hydration is a persistent problem for you, contact your doctor.

## Fluids, Foods and Tips That Help with Hydration

[Electrolytes](#) are minerals that help balance water in your body. To stay properly hydrated it's best to drink electrolyte beverages that are also low in sugar content.

- Coconut Water
- V8 or other vegetable juices
- Gatorade (G2 has less sugar) or other low sugar sports drinks
- Pedialyte
- Homemade oral rehydration solutions

Eat foods that have high water content, this makes absorption more efficient – remember to avoid foods that do not work for you, or chew well when foods have skins/seeds/are difficult to fully digest.

- Watermelon
- Tomatoes
- Apples/applesauce
- Cucumbers
- Yogurt/pudding
- Smoothies
- Jell-O

Also eat foods that are not high in water content, but still assist in absorption and slowing down transit time.

- Potatoes
- Bananas
- Bread
- Crackers
- Pretzels

### Additional tips:

- Always carry a water bottle with you and make sure you refill it whenever it is empty.
- Sip, don't chug! Chugging fluid will make fluid go through your system too fast to hydrate properly.
- Eat before drinking. This helps absorb fluids.
- Mix up what you're drinking. You're more likely to drink things you aren't bored of and enjoy.
  - Infuse water with fruits.
  - Drink smoothies for an added nutritional bonus.
- Also, if you only drink water you may need to add fluids with more electrolytes.
- Ask your doctor about taking Imodium or Metamucil to slow transit time and optimize water absorption.

### Recipes for DIY Rehydration Solutions

Your rehydration solution should contain higher levels of carbohydrates, sodium, potassium and other electrolytes.

Four recipes for a good rehydration solution:

1. 1 ½ cups of water, 1 ½ cups of Gatorade, ¾ teaspoon salt
2. 2. 6 oz. Pedialyte (unflavored), 2 oz. chicken broth
3. 4 cups of coconut water or water (or a mix of both), 1 cup freshly juiced/squeezed orange juice, 1/2 cup of freshly juiced/squeezed lemon juice, 6 – 8 tablespoons of sweetener (raw honey is best), 1/4 teaspoon unrefined salt
4. 32 oz. water 1 orange or cucumber sliced (both with peel), 1 lemon sliced (with peel), 1/4 tsp. Himalayan sea salt or other unrefined sea salt, or Trace Mineral Drops

Combine ingredients in a glass water bottle, shake and cool in the refrigerator.

Sources:

[Mayo Clinic](#)

[Harvard Health Publishing](#)

## UOAA's 8th National Conference-Canceled AUGUST 5 - AUGUST 7

**Due to the continued uncertainty with COVID-19, UOAA has made the decision to cancel our 2021 National Conference. We will revisit the situation next year to determine if one can be held in 2022. Thank you.**

## Several Post surgery questions!

### **I am still very tired after my surgery. What kind of exercise can I do to start out?**

Begin by walking in your house. Special videos and DVDs, or even just some invigorating music will help set the pace. You might practice going up and down stairs to increase stamina and endurance. But, if weather permits, walk outside in the fresh air to help boost your physical and mental spirits!

### **I love swimming but I'm nervous that my pouch will become loose in the water. Is there anything I can do to make sure this doesn't happen?**

This is a valid concern for a person with an ostomy. To determine how your pouch might perform while swimming, it is recommended to "test" your pouch. Sit in bath water for a while and assure yourself that the seal stays snug and leak-free. If after this test you are still nervous you can picture-frame your faceplate with waterproof tape.

### **I ran my first marathon after ostomy surgery and little red marks appeared on my stoma. What are these and should I be concerned?**

With a lot of running, little red marks similar to mouth ulcers might appear on the stoma because of rubbing or chafing. They should heal quickly and disappear with rest. If they don't resolve, contact your healthcare professional.

### **When I exercise I perspire a lot. Is there anything I can use to avoid chafing around my pouch?**

If your pouch fits properly and is not too long, it should not touch or rub against the skin. Empty your pouch before any strenuous activity as well to decrease the weight of your pouch. Consider using a pouch that has a comfort panel to avoid the pouch film from rubbing against your skin.

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



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**Jacksonville, FL 32247-0239**

To: