



<https://www.fowusa.org>

Our mission

Friends of Ostomates Worldwide-USA is a volunteer-run, non-profit organization providing ostomy supplies and educational resources at no cost to ostomates in need around the world. Founded in 1986, we collect donated ostomy equipment from suppliers, ostomy groups, WOC nurses, individuals, hospitals and others and ship to those in need.

How you can help

We accept donations of new, unused ostomy supplies including: pouches, flanges, skin barriers, skin wipes, paste, tapes, belts, pouch covers, scissors, and pediatric supplies.

When sending supplies, take them out of original boxes, put in plastic bags, and mark each plastic bag with the quantity. Please place the donor's name on both the inside and outside of the carton. A letter of receipt that can be used for tax purposes will be mailed to each donor.

Donate ostomy supplies by shipping to our warehouse.
Send the products to: FOW-USA, 4018 Bishop Lane,
Louisville, KY 40218-4539

FOW-USA is a 501(c)(3) non profit organization and all donations are considered tax deductible contributions.

To learn more about FOW-USA and to make a financial or supply donation, please visit our website at www.fowusa.org

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: **February 20th**

Also join us by Zoom

[https://us06web.zoom.us/j/
94640600811](https://us06web.zoom.us/j/94640600811)

Meeting ID: 946 4060 0811
or call +1 301 715 8592 US

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: **TBA**

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
865-335-6330

Next meeting - Feb 8th @ 6 pm
Saddlebrook Rec Center (near Polo Field)
Masks Required
Contact Linda tvostomy@gmail.com

BARRIER CONSIDERATIONS TO OBTAIN YOUR FIT Mackenzie Bauhs, CWOCN (Coloplast) reprinted from UOAA site

What is more important: fit, flexibility, stretch capability, or adhesion?

If you cannot decide, or there are two or more that are just as important, you are not wrong. Why not have all in one for your barrier selection? You can have fit, flexibility, stretch capability, and adhesion in one pouching system!

Fit

When selecting a barrier, many considerations can come into play. When considering fit, proper application and sizing is important to help reduce leakage and create a seal around the stoma. Utilizing a stoma measuring guide or template with each pouch change is beneficial to help obtain the proper fit. Stoma size can change after surgery, so measuring is key. Deciding between a precut or a cut-to-fit barrier is also important to consider, as it depends on which option provides the best fit to your body.

Flexibility

A flexible barrier will move, bend, and stretch with your body allowing you to be comfortable as you go about your daily activities. Flexibility with stability helps achieve a seal around the stoma along with the proper fit. In day-to-day movements like, getting in and out of your car, vacuuming, getting a spice off the top shelf, or even a sport you enjoy playing, flexibility is important to move with your body.

Stretch capability

Can you have flexibility without stretch capability and vice versa? What if these two worked hand in hand to create the best seal and optimal comfort to help you with your daily activities? Think back to reaching to get a spice off the top shelf in the kitchen. You need to have flexibility in the barrier to obtain the stretch, but then when back in a normal standing position the ability for the barrier to go back to the original shape after completing the stretch—how is that obtained? Teamwork!

Adhesion

Lastly the ability for the barrier to have adhesion to the skin. This can be a challenge outside of the barrier itself. For example, what if there is a small area of irritation, moisture, or the landscape is not perfectly flat (which is very common)? The adhesion is important to provide the tact to the skin so that the barrier has all the capabilities: fit, flexibility and stretch! Good adhesive security is obtained by gentle warmth using the body heat of your hands, and a nice gentle pressure with application from the inside (near the stoma) all the way to the edges of the barrier. This helps activate the adhesive into those small nooks and crannies that our skin has even if we can't see them with the naked eye.

Essentially, there are many questions that may come up when deciding on the best barrier fit for you. Let's go back to the original question that was posed: What is more important: fit, flexibility, stretch capability, or adhesion? The answer can be any of the above, and it all depends on your own lifestyle and personal needs. Things to keep in mind when you are considering your barrier options are, "Does this barrier have a good fit to my body?", "Does the barrier allow me to stretch without compromising the seal?", and lastly, "Does this barrier give me the security to enjoy my activities?". There are options available for many body types and challenges. Reach out to your WOC nurse so they can help you answer the questions that are important to you!

Sports After Surgery from Metro MD Ostomy Association; via Northern Virginia The Pouch

- There is no reason to reduce sports activity just because one has had ostomy surgery, although there are commonsense considerations that should be utilized:
- A tight and strongly sticking pouch is absolutely necessary. There is no need to do anything extraordinary.
- Try to keep your pouch reasonably empty.
- Consider the physical shape you are in, plus the day-to-day ostomy management.
- Avoid sports with high risk of injury, such as boxing. If you insist on contact sports, and some still do, protect yourself with special stoma guards which permit you to do just about anything.
- Do not allow the stoma to keep you from doing any activities you wish. (Of course, if you are 120 years old, you may want to limit your sports activities to those your body would ordinarily tolerate without a stoma!)
- Avoid any sport that stresses your abdominal muscles too much unless you have slowly and deliberately, under the guidance of a knowledgeable professional, built up these muscles to where you can easily perform the sport without undue exertion.
- When playing ball games such as tennis, you may want to cover or in some way protect your stoma. There are vendors advertising in the Phoenix that sell stoma caps and stoma guards.
- Check your pouch after any strong physical effort. A change of pouch may be necessary due to perspiration and movement. We all get less wear time due to any kind of physical activity. It is better to change the pouch after an exciting, active day, yet not putting a strain on your equipment.
- Before swimming, make sure your pouch is secure and empty. Having an ostomy should not keep you from swimming. However, some people may need to take extra steps. If your skin is oily, tape your pouch with pink tape, rather than taking a chance. Specialty stores have specific swimming wear for ostomates, which are higher cut, with a pocket for the pouch.
- Many ostomates water and snow ski. They take only normal, commonsense steps when active. The newer ostomy equipment with advanced adhesives works pretty well on its own.

In summary, have fun — do the sports you like. Use some common sense, protect your stoma from injury, then go out and do it.

Ostomy Pearls Zoe Bishop RN, BSN, CWOCN from FOW Fall 2021 newsletter

In my job, I advise patients before and after ostomy surgery to help prepare them for this change in their body. When talking to my patients before and after their surgeries, I often clarify information they have heard from their next door neighbor or the parishioner that sits beside them in church. One detail for example, is if you are going to be an ostomate with a diversion on your abdomen that releases stool, it should not have any effect on your urinary system. It is amazing the sign of relief on some of their faces! They may have also been misinformed. “I heard that they leak at least once a day; what do I do then?” I share information about customizing product fit and the help an ostomy nurse provides. Many ostomates have very good wear times and seals with their wafers, so can be assured

that they can get back to their usual routines. It is always good to point out resources that are available after a patient leaves the health care setting. They should develop a relationship with their WOC nurse and the clinic where they can make an appointment for any issues that they have.

Their surgeon may be able to help them, and they would always need to know how to contact them for other issues that may arise as well. They also can use the manufacturer's 1-800 number to talk with a clinician that may be able to offer suggestions over the phone. Manufacturers will often send a sample or two if they recommend a different pouch. Another resource is a support group...yes, a support group, where people can talk with and share some of their anxieties with other people who also wear a pouch! New ostomy patients need to know where their resources are, and how to contact them before they leave the hospital. And lastly, "where do I pick up these bags?" is a common question. There is not a store in the mall. Can they buy them from Amazon? The answer is yes they can, but it would be an expense straight from the billfold with no reimbursement. I give them a list of product distributors and coordinating insurance benefits before they leave the hospital. The patient should have a schedule that the WOC nurse suggests and works out with the patient on the best schedule of changing the pouching system that will make good use of the number of pouches they can receive in a month. As clinicians, we never know everything and have learned a lot of what we do know from the patients we care for. Making them feel ready to manage their ostomies themselves is a challenge, but each day at a time is an important way to look at the effective management. FOW-USA is always thankful for individuals and groups who donate their extra ostomy supplies. It is a gift to these patients to get supplies, and a gift to those less fortunate to have that box delivered to their door. Remember that when you have extra pouches, DO NOT throw them away. Send them to FOW-USA in Louisville so we can connect with those less fortunate with your gift. I can assure you, the availability of ostomy products changes lives.

Ostomies versus False Teeth from Spacecoast Shuttle Blast, FL; via Seattle (WA) The Ostomist

How often have members of ostomy groups said that having an ostomy is no worse than wearing false teeth? Non-ostomates often laugh at this and can't believe that we are being honest.

False teeth? Everyone dreads the day that teeth must go and an expensive set of "false choppers" replaces them. But think of false teeth as the equivalent to that "awful surgery?" Never!

Well, before folks feel so sorry for us ostomates, let's look at the similarities. Everyone would prefer to keep his own teeth—or his own colon or bladder. Wearers of false teeth try to pretend their teeth are real—many ostomates hide their surgery. A big problem is keeping false teeth in place—same way with ostomy appliances. No one wants the "click" of teeth to be heard—ostomies may gurgle audibly.

After a few months, false teeth are supposed to feel like a natural part of you—also true of your ostomy appliance. As one grows and changes, a set of false teeth may have to be changed—and appliances may have to be changed due to weight gain/loss or stoma retraction.

False teeth are expensive—but so is ostomy surgery. False teeth must be worn all the time—ostomates wear appliances, or at least tiny pads, all the time. Many products are sold to keep false teeth clean and odor-free—the same is true for ostomy equipment. Let's say that false teeth are a necessary evil, a little nuisance in the mouth—at the opposite end of the tract may be the nuisance of a stoma needing an ostomy appliance or pad.

So the next time a distressed family member says a relative will "have his life ruined" by having an ostomy, ask whether someone who has all his teeth suddenly knocked out has a ruined life. If we could think of ostomies with the same calm humor with which we view false teeth, wouldn't everybody see them for what they really are? Not really worse than false teeth.

UOAA's 8th National Conference-Postponed

AUGUST 10, 2023 - AUGUST 13, 2023

Due to the continued concerns with COVID-19 and its variants, and for the health and safety of our conference attendees, **UOAA's 8th National Conference has been postponed until August of 2023.** More information regarding our plans will be provided at a later date. Here are just few reasons why you should plan to attend in 2023:

- Ask Questions of Top Ostomy Experts
- Inspirational Speakers
- Free Stoma Clinic
- Product Exhibit Hall with 35+ Vendors
- Surgery Specific Meet & Greet
- Young Adult and Pediatric Workshops
- Fun Social Events and Activities
- Dedicated Sessions for Caregivers
- IBD & Crohn's Disease Program

The Conference will take place at the Royal Sonesta Houston Galleria, one of the few AAA Four Diamond rated hotels in Houston. The hotel is located within walking distance to the Houston Galleria mall and Uptown neighborhood.

Please visit our website for updates on the Conference as we continue our plans to help you **"Discover Your People!"**

<https://www.ostomy.org/event/uoa-8th-national-conference/>

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

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/>



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<https://www.uoaa.org/forum/index.php>

Medical Care Products, Inc
PO Box 10239
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To: