

New 2019 Year

Sometimes you see it, sometimes you don't

The skin around your stoma should be intact without irritation, rashes or redness. But itching with otherwise healthy-looking skin can also indicate a problem.

1 out of 3 people who experience itchy skin around the stoma have healthy looking skin.*

Problems with the skin around your stoma can create difficulty with keeping a pouching system in place, which may lead to higher product usage and higher costs. It could also mean less time spent doing things you enjoy with the people who are important to you.

Peristomal skin that looks like this is not normal



Healthy-looking peristomal skin that looks like this but itches is also not normal



* Consumer Survey of Pruritus, Hollister Incorporated, 2016. Data on file.

CeraPlus skin barrier may help itchy, dry skin

Dryness is one cause of itchy skin around the stoma. Ceramide is the skin's natural protection against dryness. The CeraPlus skin barrier is infused with ceramide to help protect against damage and dryness.

Try the CeraPlus skin barrier today!

The CeraPlus skin barrier comes in a range of fit options including one-piece, two-piece, flat, firm convex, soft convex, tape border, and tapeless



Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions. The Hollister logo, CeraPlus, and "Healthy skin. Positive outcomes." are trademarks of Hollister Incorporated. © 2018 Hollister Incorporated.



Ostomy Care
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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: **Jan 20th**

Gainesville Support Group Contact info:

Brinda Watson (352) 373-1266
Jean Haskins (352) 495-2626

Meets the 1st Sunday of each month (except Holidays)

at Hope Lodge 2121 SW 16th St
Gainesville, FL
Next meeting: **Jan 6th**

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: **Jan 13th**

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: **Jan 20th**

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: **Jan 14th**



“Gutsy’s FAB Gab-About: Stories of Ostomy ‘Glories/Gories!’”

“Speak Out and YOUR WORDS WILL Be Heard!”

By Linda Blumberg AKA “Mrs. Lips”

MELISSA/“STEEL MAGNOLIA’S” STORY: [collated by Gutsy from Melissa’s website and update]

The No You Cant’cer Foundation: Melissa Marshall, the founder of The No You Cant’cer Foundation, was inspired to start The No You Cant’cer Foundation after her own battle with colorectal cancer.

Melissa was first diagnosed in September of 2013 while prepping for a hip replacement surgery. A life-long dancer and singer, Melissa assumed the rectal bleeding, fatigue, and weight gain were all a result of thousands of high-energy performances. After months of escalating bleeding, constipation, and irregular bowel movements, she confided in a friend about her struggles. The friend urged Melissa to speak with a colorectal surgeon who, in turn, immediately paused the hip replacement surgery and sent Melissa for a battering of medical tests to determine what was causing all of these irregularities. After a colonoscopy, a tumor the size of a golf ball was found very low near her sphincter. It was cancerous. [Did you mean “battery” of medical tests?!...although, many of them are so uncomfortable that you do feel like you’re being “battered!”]

After being diagnosed with stage III colorectal cancer, Melissa began the arduous wait to see a colorectal specialist that could offer her the care she needed to survive. Melissa ended up receiving a colostomy bag on November 14th, 2013 with little chance of a reversal, that later became a permanent fixture in December of 2017. This meant that, for the rest of her life, she would be living with an ostomy bag. As she began chemotherapy on January 31st, 2014, as well as undergoing radiation from April to March of that same year, Melissa found her body ravaged by their effects. She was frightened that due to the ostomy bag, and the months of chemotherapy, she would never again resume her singing career.

However, Melissa beat cancer on July 17th, 2014, regained her strength, and began performing, once again to rave reviews. From her victory over colorectal cancer, she was inspired to record Cancer’s First Fight Song, “No You Cant’cer.” From that liberating piece of music, The No You Cant’cer Foundation was born in an effort to inspire through song, raise awareness about colorectal cancer, and get rid of the stigmas surrounding the life-saving ostomy bag, and to design her signature butterfly necklace, delicate jewelry. The No You Cant’cer Foundation was born. During her battle against cancer, Melissa found her strength in the love of her friends, family, and other cancer fighters. Along with the second chance at life, Melissa found a way to give back by using her voice to send out a message of hope. Now, as she is free from cancer, Melissa sees it as her opportunity, and duty, to empower those affected by cancer and help them find their voice to say, “No You Cant’cer”! [WOW!]



The official ribbon color for National Cancer Prevention month is lavender, which is the color that represents all cancer. The No You Cant’cer Foundation currently carries a lovely lavender No You Cant’cer butterfly necklace that pays homage to all those who are fighting cancer, those who survived, and those we have lost. When you order a No You Cant’cer butterfly necklace, be comforted in the fact that 100% of all proceeds goes into colo-rectal and ostomy education. You can order in our store [HERE](#) and receive a complementary No You Cant’cer CD.



The focus of this foundation is to not only inspire through song, but to educate through action. Colorectal cancer is not given the same visibility as other cancers, due to its location, and not seen as "glamorous" and the ostomy bag is seen as something to be ashamed about, which makes many people uncomfortable to discuss.

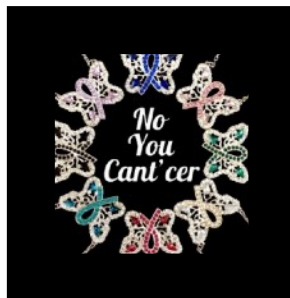
The No You Cant'cer Foundation believes that colorectal cancer deserves the same amount of research and visibility as the more mainstream cancers and that the ostomy bag is a life-saving prosthetic that helps people lead happy, healthy, lives. And the many myths surrounding the ostomy bag shrouds the necessary medical appliance in shame This is why the "It's in the Bag" publications have come into effect. These informational pamphlets are in the process of being nationally distributed in hospitals and doctor's offices. They answer the frequently asked questions, dispel ostomy bag myths, and get readers in touch with some of the best resources available both locally and nationally.

At the annual AONN+ conference, Melissa's contributions to the world of ostomy and colorectal education were acknowledged as Conquer Magazine named her the 2017 Hero of Hope. This has opened new doors and she was even able to attend the 2017 OstoMy Family conference in Oklahoma, hosted by Ostomy 2-1-1, where she was able to receive her Ostomy Visitor Certification. She is now able to attend to the emotional and practical needs of a new ostomate in the process of preoperative, postoperative, and home care.

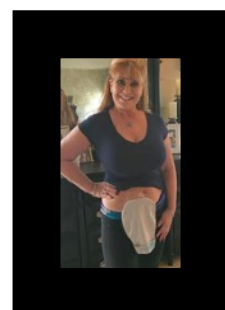
With your help we can raise the quality of life of ostomates, uplift and educate thousands about colorectal cancer and ostomy bags, while giving everyone the power to say, *No You Cant'cer*.

Join the fight against colorectal cancer and ostomy bag stigmas today!

PHOTOS: Melissa receiving award; with musical CD; wearing beautiful butterfly necklace; necklace display



Melissa shares about preventative checking for blood in stools/urine using Cologuard!...[as seen now on tv!] ...[Gutsy's Gab encourages this practice with follow up colonoscopy and ostomy surgery, if needed!...Prevention could lead to extension...OF YOUR LIFE!...WAY TO "GO," MELISSA!]....



Gutsy says: Melissa is: “No slouch just ‘cause she wears a pouch!”... [that’s a Gutsyism!]....

- Melissa Marshall: Noyoucantcerfoundation.org: review of Riksack: YouTube demo of product usage <https://www.youtube.com/watch?v=7wjcUhn4oWo&feature=youtu.be%EF%BB%BF>
- YouTube videos from blog: [Melissa Marshall's Bag of Tricks and Ostomy Tips](#)
- [No You Cant'cer Karaoke Cabaret](#)- photo gallery from an enriched life with singing
- <https://noyoucantcerfoundation.org/it-s-in-the-bag->
Optimistic Ostomy Overview <https://noyoucantcerfoundation.org/store--2>
- Live Songs, Podcasts, Interviews, and Photos: on website!...Phone: (609) 464-4647
Access Melissa’s wonderful website or contact via: Facebook.com/NoYouCantcer
Twitter.com/NoYouCantcer
Instagram @Noyoucantcerfoundation

Melissa’s email: Noyoucantcer.Melissa@aol... Or singmeliss@aol.com
Kelly McKnight, Foundation manager: email: kmmcknight90@gmail.com”



Incidentally...

by Marjorie Kaufman, *Los Ilcos News*, Los Angeles; via Northern Virginia *The Pouch*

No one can tell me at a glance that I have an ostomy. Only those close to me know it for sure. Perhaps that is why it is difficult for me to recognize a curious fact; some people do not realize it's a BLESSING, not a DOOM!

One wonders whether this knowledge might have some value to the human race—at least that part of the human race that tends to look upon an ostomy as a disaster.

Acceptance is part of being happy. People need happiness as much as they need food; without it they're devoured by restlessness and discontent.

How many people who think they resent an ostomy would, if they were truthful, recognize it as the thing they most needed to enjoy life again? How many could, with a simple change in mental outlook, admit it's a BLESSING?

Many people never learn; they never achieve the peace of mind and contentment this knowledge brings. They spend their lives in a prison where an ostomy is the eternal punishment. An ostomy is not DOOM—that's a mental attitude.

Nothing is a joy or a burden; only thinking makes it so. How can we avoid that feeling of compulsion that makes an ostomy a burden? We don't disclaim it. There's no use kidding ourselves about that.

Nevertheless, there are things we can do to take the edge off the feeling of compulsion and make things more pleasant. We need to expend our mental and physical energies.

If these energies are not expended in a constructive fashion, they turn inward and poison our minds and bodies with resentment and dissatisfaction. We need that warm sense of accomplishment, to be needed, wanted and useful. We need it to give balance to our lives.

Contentment depends not so much on the BLESSING as on the attitude of the person who has it.

UOAA's 7th National Conference

Philadelphia

AUGUST 6, 2019 @ 2:00 PM - AUGUST 10, 2019 @ 11:00 PM

REGISTRATION OPEN JANUARY 1, 2019!



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UOAA Discussion Board

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

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