



EZ-Clean™ Stoma Surround Sealant by Schena Ostomy Technologies

EZ-Clean™ Stoma Surround Sealant is a lower viscosity paste designed to provide a seal around the stoma leaving little or no residue. Can also be used to seal the wafer on the outside perimeter with a very thin layer. Pectin based.



Medical Care Products, Inc.
(904) 733-8500
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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.
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: **January 10th**

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: **via Zoom**

Contact Linda tvostomy@gmail.com

HOLIDAYS WITH AN OSTOMY by Molly Atwater



Ah, November... the leaves are changing colors and falling from the trees, the jack-o-lanterns have been put away and exchanged for candy canes, and the Black Friday sales emails have started trickling into our inboxes. That can only mean one thing: the holiday season is upon us! It's safe to say that our celebrations in 2020 will be a little different than what we're used to. A non-traditional Thanksgiving or holiday gathering can be hard on all of us now that the CDC is suggesting limiting gatherings to just those in your household. (They've got some suggestions on safer alternatives to consider [here.](#)) Regardless of how we'll celebrate, there are still lots of cookies to bake, memories to make, and laughs to share. But what does that mean for those of us with ostomies? The holiday

season is inherently stressful, but adding medical issues on top can feel overwhelming. But fear not – with a little extra planning and mindfulness, you can handle the next few weeks like a pro. Here are a few tips and tricks to make sure you have a HAPPY holiday!

Travel Prepared



If you must travel during this time, make sure you pack *more than* enough supplies. Odds are you won't need all of them, but it's always better to be safe than sorry. My rule is to figure out how many bag changes I expect to perform while I am away, and then pack double that amount of supplies. That way, even if I have to do extra bag changes, I never have to worry about running out of my necessities. I also pack in-bag odor reducers and a small bathroom aerosol spray so I don't have to feel self-conscious about any expected or unexpected ostomy smells.

If your holiday plans include traveling by airplane, pack your supplies in your carry-on. Airlines are notorious for misplacing luggage, so keeping your supplies with you at all times can save you a lot of worrying. Also, go ahead and download one of the [UOAA TSA advocacy cards](#) to make your security checkpoint

experience easier. For even more peace of mind contact [TSA Cares](#) 72 hours before your flight for additional assistance. Don't forget to throw an empty water bottle in your carry-on to fill up once you're at your gate to prevent dehydration.

Enjoy Meals with Peace of Mind

When it comes to eating, everyone's [post-ostomy diets](#) are different. For some, ostomy surgery can open up foods that were previously off-limits, while for others, options might be more limited. Regardless of your digestive system's abilities, take the opportunity to make your meals a little more festive! If you can eat things you've missed for a while, go for it! But if you're dealing with more restrictions, all is not lost. Maybe you could make macaroni and cheese with turkey-shaped pasta or try your hand at some homemade applesauce.

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/>

Chew, chew, chew! A lot of the foods we eat over the holidays are out of our normal diet, so give your body some help with digesting. It's not a ton of fun to step away from the festivities to deal with a [blockage](#)! If at all possible, it's also helpful to stay on your normal eating schedule. With all of the uncertainties that come with the holidays, having one steady touchstone can really help.

Alcohol is a staple for some families' celebrations, but it can be very dehydrating. That's an issue for everyone, but it's crucial for those of us with ostomies. Try to alternate your cocktails with a glass of water or your electrolyte beverage of choice. Don't forget that with the weather cooling down, warm drinks like tea also count as hydration!

Trust Your Emotions

The holidays can be emotionally challenging for everyone, but for those dealing with chronic conditions, things may feel a little tougher. If you are feeling blue, that is ok! All emotions are valid, so give yourself the time and space to feel sad or angry and to grieve what was. But it's also a great time of year to reflect on the things that you are grateful for, whether that's your support system, your health, or even just for making it through this crazy year.



Some people don't mind talking about their medical conditions, but if you'd rather not focus on your ostomy this holiday season, think of some ways to steer the conversation in a different direction. The questions people ask typically come from a good place, but you are fully entitled to a few hours without thinking about your health. Brainstorming quick responses or coming up with other topics to bring up instead can help you feel more prepared if you do find yourself in a situation where you want a quick "out."

Listen to Your Body

Dealing with chronic health conditions is exhausting, and putting on a smile when you aren't feeling great makes it that much harder. Finding others who can accept and acknowledge that things are hard instead of offering common and well-meaning phrases like "it will get better" and "stay strong" can be extremely helpful and validating. Nobody wants to be a Scrooge during this time of year, but having a safe space where you can feel seen and heard can bring you back into the celebration faster than wallowing alone.

Find an outfit that makes you feel AMAZING with your ostomy! Since a lot of us have spent more time in sweatpants than ever before thanks to quarantine, take the opportunity to wear something that makes you feel confident. It doesn't have to be fancy – maybe just your favorite pair of pajamas or an extra-festive mask!

Get Creative

If you can't participate in some of your favorite holiday traditions, now is the time to get creative! There might be ways to augment some existing traditions, like making different cookies without hard-to-digest ingredients, or you can create brand-new ones. Maybe it's time to introduce a holiday movie marathon or invite your friends to join you on a wintery walk through the woods! Whatever you choose to do, I encourage you to find an activity that brings you joy.

The holidays might feel tricky to navigate, but with a little extra preparation, you can remove ostomy stress from your list of worries. Whether you're a new ostomate or a seasoned pro, I encourage you to find your own tricks for making this time of year as merry as possible. From all of us here at UOAA, we wish you a happy and healthy holiday season!

Molly Atwater is UOAA's Director of Young Adult Outreach. After struggling with chronic constipation for decades caused by a collagen deficiency disorder, she underwent ileostomy surgery in June 2016. In addition to serving with the UOAA, Molly runs a social media account ("MollyOllyOstomy") that aims to teach her more than 20,000 followers about life with an ostomy and other chronic illnesses. She lives in Northern Virginia with her fiancé, Thomas.

Improvising or Fixing a Leak in a Hurry

Via: Niagara Frontier Ostomy Association, via The Right Connection & Southern Nevada's Town Karaya, Greater Cincinnati Chapter

If you do spring a leak, especially when away from home, it can be a cause of panic. Being prepared can help you keep your cool. Wearing an appliance cover provides extra protection. One person noted that when they had a leak near the seal he was able to stuff several folded tissues between the pouch and cover. This absorbed the leakage and kept him going for 90 minutes until he was able to get back home and change.

A pouch cover has the advantage of soaking up perspiration on a hot day. Perspiration can quickly undermine the best adhesives. A good ostomy powder can help soak up moisture too. Lacking this, corn starch or baby powder is equally effective.

Some people always carry Band-Aids with them. They say they use the tape to mend a small tear in the pouch. It worked so well that one ostomate forgot about the makeshift repair until their regular time to change pouches.

One ileostomate told about his pouch filling with gas while he was hurrying to catch a plane and he didn't have time to stop in the restroom. He used a pin to prick a hole in the top of his pouch. By pressing his arm against his body, he was able to avoid an emergency until he could safely use the restroom on the plane. Another ileostomate told about using a disposable diaper to wrap around her appliance. It kept her safe until she could get home and change.

Individually packaged alcohol wipes or towelettes are easily carried and are great helpers in cleaning up an emergency.

Best of all though, take precautions to try to avoid having an emergency.

Keeping Weight Down

Via Lane county Ostomy Support Group, via Ostomy News Review, Green Bay, WI & Philadelphia UOA Chapter

Keeping weight down is especially important for ostomates. Even a few extra pounds can affect the fit of our appliance and cause the stoma to recess. For new ostomates, extra weight may put pressure on healing tissues. Here are a few ways to drop or maintain weight. Eat your biggest meal at noon and then have a very light dinner by 6 p.m. Eat an apple, or two bread slices, or other fiber-type food 20-30 minutes before dinner. It will help curb your appetite at the table. These foods, combined with a glass of water, will expand in your stomach and reduce your capacity to eat. Chew well and eat slowly. It takes up to 20- minutes for the brain to receive the messages of fullness from the stomach. Don't eat after 6p.m. Resist snacking late at night, and your body will reward you with more restful sleep and lots more energy in the morning. Food eaten in late hours will generally go directly into fat production because the body's energy needs are low at night. Remember that vegetables are considered free of calories when not covered with dip, butter, or other extras - so you can have these healthier snacks without guilt. Finally, instead of plunking down in front of the TV until bedtime, how about a relaxing evening stroll. You'll sleep better and feel better in the morning.

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

Get Your Flu Shot – It’s really important this year!

by Bob Baumel, North Central OK Ostomy Association, Sept 7, 2020

You’re probably accustomed to seeing messages every year around this time urging you to get a flu shot. This year, it’s more important than ever. The reason is the likely “double whammy” of seasonal flu while the COVID-19 pandemic is still raging.

Given the likelihood of two serious illnesses propagating at the same time, both of which may present similar symptoms, we should do all we can to reduce the chance of getting the disease that already has a vaccine (seasonal flu), thereby preserving healthcare resources for patients who need to be treated for COVID-19.

You may be wondering whether getting a flu shot would increase your chance of getting COVID-19. No, the diseases are totally separate. Being immunized for one does not make you more susceptible to the other.

Flu shots are available now at pharmacies, doctor’s offices and health departments. So let’s all get vaccinated to avoid the preventable half of the “double whammy.”

Once you’ve had your flu shot, the next step will be to get vaccinated for Covid-19 when a vaccine is available. Unfortunately, recent news stories have made this a lot more complicated.

Early in the pandemic, experts predicted that a vaccine for Covid-19 won’t be available until at least the beginning of 2021, and possibly a lot later. We were also assured that once a vaccine is released in the U.S., it will have been tested thoroughly to be sure it’s safe and effective.

Now, motivated by political concerns, there seems to be a big push to release a vaccine by November 2020. This may require releasing a vaccine before completion of Phase 3 trials showing it to be safe and effective.

The situation may be changing rapidly. Watch the news carefully and wait until there’s a vaccine that trusted experts assure us is actually safe and effective. Once such a vaccine is available then, by all means, get vaccinated. Ending the pandemic will require vaccinating enough people to develop sufficient immunity in the population.

The Ostomates Prayer

Via the UOA Library

Oh Lord, as we have been reborn, let us multiply our good fortune and share it with those ostomates who do not know how good the life you have given us can be. Let us vow in the years ahead to renew the work of our group, as you have renewed our lives. We thank you for our lives, for the mutual support of each other and for the chance you have given us to help other. Amen



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