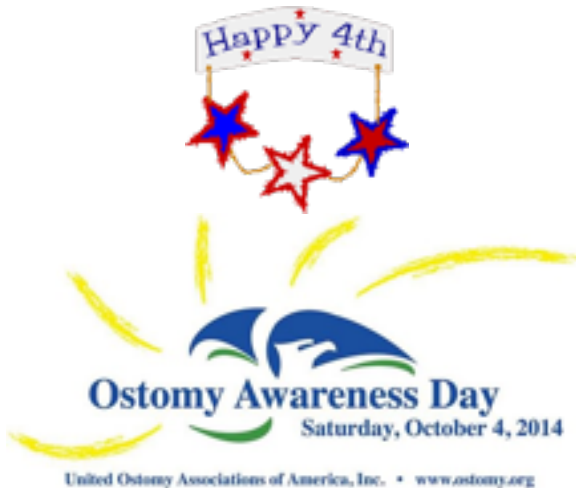


The MailBag

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 6pm - Bapt Medical Center Nassau board room.



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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 July 20th

Ocala Contact Information

Lynn Parsons
(352)245-3114

www.ostomyocala.com

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 Sept. 14th

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 Sept. 29th



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

By Linda Blumberg AKA “Mrs. Lips”

June 2014: school’s ended, pool time extended!...celebrated Dads, grads...at our June 22 Jax ASG meeting, ostomates/family gathered, including: 1 newbie since April, and 2 prebies anxiously anticipating July surgery...Questions were answered with helpful suggestions, trying to quell their fears, wishing them well... Linda and Joe encouraged everyone to check out “Inspire.com,” ConvaTec’s social media inspirational informational “24/7” website...compassionate good humor...

Speaking of humor, “Gutsy,” Linda’s ileostomy stoma suggested watching A & E’s “Shipping Wars” episode: “Giant Pains in the Ass” (Comcast cable On Demand/online): “CoCo the 40’ Colossal Colon’s” journey from IL to Jax, FL, a star attraction of August 2013 UOAA conference...but, the show was aptly titled for the “independent” contractor ***hole who transported her! (hahaha)...Well, it’s almost July...feeling YOUR “independence?”...

SPOTLIGHT ON: July 2014: Independence Day (4th)...summer vacation sensations, fun in the sun...Fourth of July: freedom, independence, parades, fireworks, patriotic red/white/blue...time to go “forth” to: 1) check for “red” blood in stools/urine, and “freedom” to: 2) choose life-saving colonoscopy, with follow up life-affirming ileostomy, colostomy, or urostomy surgery, if needed, rather than risking cancer...or premature death(!)...Regardless of what surgically brings “US” to ostomy (Crohn’s Colitis, like Linda, or cancer, or emergency), we’re all part of the “United States” of “white”-knuckle fear of altered body image(!)...which Gutsy says begins Ostomy Awareness!

Ostomy Acceptance occurs when we no longer feel “blue” and CELEBRATE BEING ALIVE(!), realizing even with a stoma, we are still normal, loveable, beautiful people who can feel EMPOWERED to live well with an ostomy! (See Linda’s 1st Phoenix article/photo, June 2011, p. 30)...That’s Ostomy “Independence!!!”...Ostomy “US+AA”...

And, for the 3rd “A,” Advocacy?...Becoming active in United Ostomy Association of America (UOAA) could be ostomy “patriotism!”...OK, not a “joiner?”...want to keep it local and personal?...1) Advocate for your loved one’s health by driving him/her to/from colonoscopy and remaining loving and loyal if he/she follows in your “ostomy footsteps!”...2) Advocate for YOUR stoma: a) Dress him/her up in a (patriotic) pouch cover from Koolostomy.com...Together, you could “parade” around in matching “outfits!”...Linda will strut Gutsy’s stuff!...b) Honor your stoma with its own name: email: Patti@ostomymcp.com or Linda: blumbergl@duvalschools.org for inclusion in future Gutsy’s Gab column...July proudly features “Boop” and “Vesuvio” (Jax ASG); “Mr. Giggles” and “Winnie the Poo” (Inspire.com)...cathartic and fun! (See Linda’s 2nd Phoenix article/photo, December 2013, p. 78)...Ostomy “US+AAA”...

BOTTOMLINE/MARK YOUR CALENDAR: Speaking of CELEBRATING FREEDOM and CHOOSING to LIVE: our next Jax ASG meeting is Sunday, July 20, 2014...feel “free” to exercise your “independence” and join “US!”...no fancy fireworks...just good old-fashioned camaraderie, hospitality, sharing/caring...what the good ol’ “US+AAA” is all about!...Ostomy surgery may have “added years to your life”...It’s up to YOU to “add LIFE to your years!”...See YOU there!!

In honor of Ostomy Awareness Day October 4, 2014

We are asking for your story!!

Please share your story. **Email** your story to Patti: patti@ostomymcp.com or **Mail**: MCP PO Box 10239 Jacksonville, FL 32247-0239. I will add a column to the newsletter that contains all the submissions. It is up to you whether you share your name. Here is the first.... This young lady has been with the MCP family since early 2001. I am always impressed with her positive attitude...

My name is Doris Forshaw, I'm writing in response to the ostomy awareness day 2014. I would like to share my story:

In 1997 I went to Dr. Diamond to have polyps removed. He said, "Doris, there's a big one here in the lower bowel. You will have to see a specialist." I went to the specialist and he said I have to have a colostomy. I was scared! I got four separate opinions. Each one of them said I needed the operation. I went to Dr. Herman and he said there was only a 1% chance that a year of chemo would stop it from spreading to my other organs. Well, after four qualified opinions and a dim prognosis I opted for the operation. I spent a week in the hospital, which I didn't mind at all because the cancer was completely eliminated! It is now 2014, 17 years later, and I'm very active at my ripe age of 87. I still work and my colostomy doesn't affect me at all. I am now going into my 18th year and it just feels like part of the routine.

Kimberly's Korner

Recipes served at Jacksonville Ostomy Support Group Meetings

Strawberry – Orange Fool

1 LG box of Sugar Free Strawberry Jello made with 2 cups hot water and 1 cup cold

1 SM box Orange Sugar Free Jello (reduce cold water by ½ cup)

1 cup fat-free gluten-free sour cream

2 Tablespoon powdered sugar

2 teaspoon grated orange peel

Juice from one orange

3 cups frozen (thawed) fat-free whipped topping

6 cups sliced fresh strawberries

Orange peel twists, if desired

In a medium bowl, mix sour cream, powdered sugar, orange peel and orange juice until well blended. Fold in whipped topping.

After Jello sets break it up and mix together with whisk.

To serve, in each of 18 - 4oz clear cups, layer Jello mixture, orange whipped topping, strawberries then topped with more whipped topping. Garnish with orange peel. Serve or refrigerate until serving time.

POWDER YOUR STOMA?

M. Schwankweiler, RN, ET
UOAA UPDATE 6/2014

Powder is normally not required during the routine maintenance of a stoma. As a matter of fact, most modern disposable barriers are designed to adhere to the skin themselves. Powder is used to treat irritated skin or a fungal infection. Yeast (fungus, Candida) infections are very common, especially during the summer or when one perspires during regular exercise. Micro granulated anti-fungal powder is used only when there are signs of a yeast infection: i.e. an itchy rash and raised red bumps. Use the powder until the infection clears, then discontinue.

Pectin-based powders, such as Hollister's Stoma Powder, ConvaTec's Stomahesive, or Karaya type powders, are used to treat irritated skin. To apply any kind of powder, clean the peristomal skin well with plain water and then dry. The skin should be completely dry before applying the powder. Dust the skin with the powder, gently rub it around and then brush off the excess. The barrier can be applied directly over the powder. You may also seal in the powder by applying a skin sealant over the powder and allowing it to dry.

Be careful. Skin sealants retard the adhesion of the new extended wear barriers and are not recommended. If you use a standard wear barrier, then the barrier is applied over the sealant covering the powder.

WHY DO I BRUISE SO EASILY?

UOAA UPDATE 6/2014

Bruising can occur for a number of reasons. Most of them are benign; some may be serious. Some people simply bruise more than others. Certainly older people bruise much more easily than younger folks. This may have something to do with the friability of the tiny blood vessels and the thickness and structure of the skin, which change as we age. Certain medicines such as aspirin increase the likelihood of bruising.

There are illnesses that may lead to serious bruising, as well. Scurvy, which is an almost complete lack of vitamin C, can lead to bruising. But scurvy is virtually unheard of in this country. There's no proof that taking vitamin C will get rid of bruising if you don't have scurvy. Bottom line: If you have started to bruise easily for the first time, get it checked out. A simple examination and blood tests can determine whether or not it's anything to worry about.

STOMAL PROLAPSE

By Diane Kasner, RN, MS, ET, Baltimore, MD
UOAA UPDATE 6/2014

Prolapse is a relatively frequent stomal complication (affects up to 14 percent of all ostomates) defined as the excessive protruding of the bowel out of the abdomen. The piece of bowel that protrudes may often be as long as six inches in length, up to three inches wide easily.

If your stoma prolapses, you should remove your pouch, so that the bowel has space without being constricted. Apply a cool compress. If this is the first time you have prolapsed, call your physician or WOCN nurse immediately. If you cannot get in touch with a WOCN and especially if your drainage has stopped, it would be wise to go to the emergency room at your local hospital. If your stoma has prolapsed before, you may have been taught by the physician to "reduce" your stoma and you should try to do so.



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Upcoming Events

Sept 1-6, 2015
**5th UOAA National Conference,
St Louis MO**

CHECK UOAA WEBSITE FOR
MORE INFORMATION

<http://www.ostomy.org>



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



[http://ostomycanada.ca/events/
biennial_conference_of_uoac](http://ostomycanada.ca/events/biennial_conference_of_uoac)

Use this form to join our chapter! You do not have to be an ostomate to be a member and/or support the work of UOA. All information on this form will be kept confidential.

Name _____

Address _____

City _____ State _____ Zip _____

Phone# Home _____ Work# _____

Email Address _____

Type of intestinal or urinary diversion: Colostomy __, Ileostomy __, Urostomy __, Ileoanal Pull-thru __
Continent Ileostomy __, Continent Urostomy __, None __, Other __

You may use my name in chapter Newsletter & Directory: Yes __ No __

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