

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 6:30pm - Bapt Medical Center Nassau board room.
 Gainesville Support Group meets the 1st Sunday of each month (except Holidays) Hope Lodge 2121 SW 16th St Gainesville

Kathy Johnson, WOCN will be at the Jacksonville July 19th meeting.

Every day should be cool. But that's not always true for people with a pouch who have active lifestyles or love long, hot summer days. Hot temps and perspiration can greatly shorten the wear time of your ostomy wafers. Leaking bags, skin irritations and infections ... these are signs that you need a new way to keep cool.

coolWafer is the world's first ostomy cooling pack. Designed to keep you cool, comfortable and confident, the coolWafer flexible design fits most ostomy wafers. Pop the coolWafer in the freezer, then simply slip it between your wafer and ostomy pouch. coolWafer will keep your ostomy and skin cool ... and it's reusable!

With coolWafer, you can enjoy an active lifestyle without limits. **Freedom never felt so cool!**



Contact MCP (800) 741-0110 For More Info

Jacksonville Contact Information:
 Patti Langenbach
 (800) 741-0110
 (904) 733-8500
patti@ostonymcp.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@ostonymcp.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 19th

Gainesville Support Group meets the 1st Sunday of each month (except Holidays)
 Next meeting: **July 5th at 2pm** at Hope Lodge 2121 SW 16th St Gainesville, FL 32608
Contact info:
 Brinda Watson (352) 373-1266
 Nelson Griffiths (352) 376-8703

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 13th
Contact info:
 Lynn Parsons (352) 245-3114
www.ostomyocala.com

Amelia Island Area Ostomy Support Group meets last Monday of each month at 6:30pm (except May, June, July & Aug) Bapt Medical Center Nassau board room.
 Free parking (904) 310-9054
Next Meeting Sept. 28th



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

By Linda Blumberg AKA “Mrs. Lips”

June 2015: honored Dads and grads...at our June 21, 2015 (Father’s Day!) Jax ASG meeting, ostomates and family gathered...*cooled* off with *hot* ostomy topics: caring/sharing ostomy concerns/experiences, e.g., original tv anti-smoking colostomy campaign caused much disdain! We munched on Kimberly’s Konfections...”Gutsy,” Linda’s 8 ½+ year old ileostomy stoma, encouraged everyone to *graduate* to checking out ConvaTec’s 24/7 inspirational/informational social media Inspire.com...for issues/answers: for prebies poised to have ostomy surgery, recovering newbies’ needs, or well-wishers vested in virtual hugs/humor...it’s almost July...time to CELEBRATE BEING ALIVE...but, can you be *independent* enough to live well with an ostomy?

SPOTLIGHT ON: July 2015: Independence Day (4th): “Fourth of July:” “freedom, independence, parades, fireworks, patriotic red/white/blue”...AAA (Awareness/Acceptance/Advocacy)...

Awareness involves: time to go *forth* to: 1) check for *red* blood in stools/urine, and *freedom* to choose between: 2) life-saving colonoscopy, with follow up life-affirming ileostomy, colostomy, or urostomy surgery, if needed...or risk cancer...or premature death from *white* knuckle fear/blatant disregard/ignorance.

Postsurgical Ostomy Acceptance occurs when we realize that even with a stoma, WE are still normal, beautiful, loveable people who can feel EMPOWERED to live well with an ostomy! STOMA ARRIVAL= YOUR SURVIVAL to CELEBRATE BEING ALIVE...Why *sing the blue(s)*?...Regardless of whatever surgically brings “US” to ostomy, we are all part of the *United States*. That’s Ostomy Independence and Patriotism!. Accept YOUR stoma, and nonostomates likely will, too! True ostomy acceptance is non-judgemental! (See Linda’s 1st Phoenix article/photo, June 2011, p.30).

Set off your own personal *fireworks* by Advocating for Ostomy(!): Gutsy saved Linda’s life; but, humor and a (com)passion for writing/others continue as her salvation!... 1) Share YOUR ostomy journey: a) at support group meetings, b) on Inspire.com, c) by submitting your unique experiences/perceptive perspectives/humor, in writing, to this (or YOUR local) newsletter, or publications, e.g., Phoenix Ostomy mag, and d) by educating general public to dispel their negative preconceived notions; 2) drive loved ones to/from colonoscopy, remaining loving/loyal if he/she has ostomy surgery; 3) Advocate for YOUR stoma: a) Gutsy will proudly “parade” around in a beautiful pouch cover from Koolostomy.com, b) Make your stoma a STAR!...email his/her name: Patti@ostomymcp.com or Linda: blumbergl@duvalschools.org for inclusion in future Gutsy’s Gab column...in July, Gutsy “freely” goes “forth” with: “Queen B,” “Tommy Tulip,” and “Dudley Poo Right: RIP REVERSAL” (Inspire.com)...cathartic and fun! (See Linda’s 2nd Phoenix article/photo, December 2013, p. 78)...

BOTTOMLINE/MARK YOUR CALENDAR:...Speaking of CELEBRATING FREEDOM and CHOOSING TO LIVE, our next Jax ASG meeting is Sunday, July 19, 2015...to CELEBRATE BEING ALIVE!...for contagious camaraderie... prebies/newbies seeking answers from ostomy nurse speaker...enjoy Kimberly’s Konfections...and each other...show your “patriotism” and join “US” at Patti’s MCP store!...See YOU there!...

Kim's Version "Cucumber Salad"

Recipes served at Jacksonville Ostomy Support Group Meetings

Cucumber Salad

Ingredients:

- 3 Cucumbers
- 1 Red Pepper (or any color you want)
- 1 Red Onion (or any onion you like)
- Mayonnaise to taste

Directions:

Peel cucumbers (optional) and deseed them. (seeds will make this salad too watery) & cut into bit size pieces. Also cut the pepper and onion into bit size pieces. Mix with the mayo at last moment the salt in the mayo draws out the fluid of the veggies and makes it too watery.

World Ostomy Day
Saturday October the 3rd 2015.
The theme for WOD 2015 will be *"Many stories, one voice."*



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**ENGAGING! LEARNING! CARING!
INSIGHT!.....SHARING! RELAXING!.....
FUN!...CELEBRATIONS!**

- When?*
...September 1-6, 2015
- What?*
...UOAA's 5th National Conference
Celebrating UOAA's 10th Anniversary
- Where?*
...St. Louis, Missouri
Hyatt Regency at the Arch

Inside the Hotel Amenities =
"Red Kitchen Restaurant"
"Ruth's Chris Steakhouse"
"Brewhouse Sports Bar"
"Starbuck's"

May 15th ~ 105 days to go
[Reserve your Hotel room and Register NOW!](http://www.ostomy.org/2015_National_Conference_page.html)
www.ostomy.org/2015_National_Conference_page.html

On the Short Side

Kathy Ward, UOAA Admin. Asst.

We get a lot of questions here at our national office. I thought I would address some of them from time to time in a short article. So whenever you see On the Short Side, you know it's from our home office.

My wafer and barrier ring won't stay on. What can I do? I recently found out by accident that the amount of softener in your water can make a difference in the effectiveness of your barrier ring seal because the softener in the water is not being rinsed off. The softener solution remains on the skin, compromising the seal. The dispenser was broken on our water softener, and the result was that we were getting an abundance of softener in our water. When it was fixed, I found that my wafer and barrier ring stayed on my body much longer. It used to get compromised by the second day. So, if you can't determine any other reason, check how much water softener is being dispensed daily.

My stoma emits so much liquid, I can't keep it dry enough to put a new barrier ring and wafer on. What can I do? Try eating bananas or apples. They will help to absorb the liquids. There is a Diet and Nutrition Guide on our website at ostomy.org that has other suggestions as well. For those of you who get those late-night hunger pangs, try not eating that snack too late, especially if you intend to put on a new ostomy wafer the next morning. On those days, try to avoid all after-dinner snacking.

•For those of you who are short-waisted, try placing your pouch diagonally on your body. This gives your pouch more room to expand. If you find it's still too long, bags with a Velcro seal can be folded-up, once or twice, at the end to give you more comfort.

Seeking Medical Assistance

via San Diego Newsletter

The most common problem after any ostomy surgery is the development of a hernia around the stoma site. This is manifested as a bulge in the skin around the stoma, irrigation difficulty, and partial obstruction.

Heavy lifting should be avoided immediately after surgery. Also, you should call the doctor or ostomy nurse if any of the following occur:

- Severe cramps lasting more than 2 or 3 hours.
- Unusual odor lasting more than a week.
- Unusual change in stoma size and appearance.
- Obstruction at the stoma and/or prolapse of the stoma (that is, it has fallen out of place).
- Excessive bleeding from the stoma opening or a moderate amount in the pouch.
- Severe injury or cut to the stoma.
- Continuous bleeding at the junction between the stoma and skin.
- Watery discharge lasting more than five or six hours.
- Chronic skin irritation.
- Stenosis (narrowing) of the stoma.

Your ostomy nurse (WOCN) is helpful in managing complications, should they arise.

Coping With Infection...Facts and Fallacies

via Reno Ostomy Association Truckee Meadows Informer
UOAA Update, October 2014

It is true that our bodies contain many normal bacteria; we do not live in a sterile world. We humans have a natural immunity to many of these organisms; some are even helpful in keeping down growth of more harmful bacteria.

Infection occurs when the number or organisms exceed the body's ability to handle them. Some of the first signs of infection in the area of a wound are redness, swelling, pain on touch, and often fever.

It is important to report such symptoms to your doctor before it becomes serious. He or she may want to culture the drainage to determine what organisms are present. Besides local cleaning of a wound, an antibiotic is often prescribed to treat any infection that might be in your system.

The same thing does not work for everything. The good news is that with today's drugs, infections are more easily cured. Many ostomy patients worry about bacteria.

Those with colostomies and ileostomies ask if their stomas will become infected from the discharge of stool. THIS IS A MYTH!

The stoma is accustomed to the normal bacteria in the intestine.

- Keep the skin around the area clean and be careful of adjacent wounds.
- Keep the fecal drainage away from the incision.
- Don't worry about the ostomy becoming infected from the normal discharge...our bodies are accustomed to certain bacteria.

Celebrate!

UOAA's 10th Anniversary at

Our National Conference

September 1-6, 2015

in St. Louis, Missouri

http://www.ostomy.org/2015_National_Conference_Page.html

Medical Care Products, Inc
PO Box 10239
Jacksonville, FL 32247-0239

To: