

Hollister Barrier Extenders are now infused with ceramide to protect the skin and provide an added sense of security by framing the skin barrier with a thin, flexible, hydrocolloid adhesive. Use three individual pieces to surround your ostomy barrier, or use the strips in areas which you feel necessary to create a personalized fit.

CeraPlus™ Barrier Extenders help prevent leakage by holding the skin barrier in place and reducing barrier edge lifting. They conform easily to the natural folds and movement of the body, helping to increase

barrier wear time and deliver an extra boost of confidence throughout the day.

CeraPlus™ Ostomy Products are infused with ceramide, a natural element found in skin. The ceramide-infused formula helps form a protective, waterproof barrier that helps keep skin healthy from Day 1.

### Features

- Infused with ceramide
- Thin, flexible, hydrocolloid adhesive
- Three-piece configuration
- Wide design for easier handling and application
- Not made with natural rubber latex

## July 8 - July 13 2024 YOUTH RALLY

University of Colorado at Boulder 914 Broadway, Boulder, CO, United States

Youth Rally is a one-of-a-kind camp experience for youth living with conditions of the bowel and/or bladder system. This year's Youth Rally will be held at the University of Colorado Boulder in Boulder, Colorado from July 8 -13, 2024. Registration is now open. CLICK HERE <https://youthrally.org/> to learn more and secure your spot today!

### Jacksonville Contact Information:

Patti Langenbach  
(800) 741-0110  
(904) 733-8500

[mcp@ostomymcp.com](mailto:mcp@ostomymcp.com)

Support group meets the 3rd Sunday of each month 3 p.m.

4836 Victor Street

Next Meeting: **July 21st**

Also join us by Zoom

<https://us06web.zoom.us/j/94640600811>

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

### 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](mailto:tvostomy@gmail.com)

865-335-6330

Next meeting **Sept. 10th @ 6 pm**  
Saddlebrook Rec Center (near Polo Field)

Masks Required

**Contact Linda**

[tvostomy@gmail.com](mailto:tvostomy@gmail.com)

Visit the Peristomal Skin  
Assessment Guide for  
Consumers

<http://psag-consumer.wocn.org/#home>

### UOAA Discussion Board

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

### Check Out The MailBag Now On FaceBook

[https://www.facebook.com/JaxUOAA/?ref=aymt\\_homepage\\_panel](https://www.facebook.com/JaxUOAA/?ref=aymt_homepage_panel)

Find all the past issues of the MailBag at <http://ostomymcp.com/id6.html>

### Medical Care Products, Inc.

(904) 733-8500

(800) 741-0110

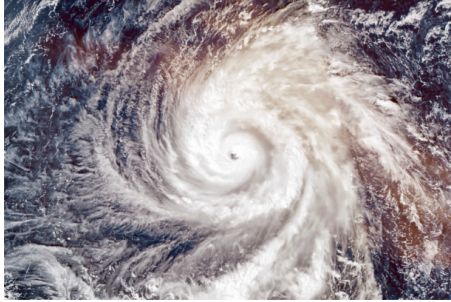
<http://www.ostomymcp.com>

## Natural Disaster Preparation when Living with an Ostomy



**Laura Cox, LPC**

Ostomy Lifestyle Specialist | Shield HealthCare



Natural disasters are part of life for many people living in the United States. Being prepared to evacuate your home without much notice is important for everyone, but especially those with specific medical needs. Here are some tips for natural disasters preparation and living with an ostomy.

### **1. Always have extra ostomy supplies available**

○ Even if you still have unused supplies when you are able to order more ostomy supplies, I would encourage you to order more and have a “just-in-case” stock of ostomy supplies in your home.

### **2. Have an emergency kit with one to three month’s worth of supplies in a bag you can easily grab**

○ If you do have to evacuate, it may be impossible for your supplier to get supplies to you. It’s important to have a good amount of extra supplies so you don’t have to worry about running out before you’re able to receive more ostomy supplies.

### **3. Put the number of your supplier in your phone and written in your emergency kit, as well as the reference numbers for the supplies you use, and contact information for the local ostomy support group in the area you are planning to evacuate to.**

○ This way, you’ll be able to contact people who can help you get the supplies you need if necessary.  
○ You can find a directory of support groups at [ostomy.org](https://ostomy.org).

### **4. In your kit, write a short paragraph that can inform someone about your medical condition, in case you are unable to do so.**

○ This precautionary measure will help inform healthcare professionals of your unique care needs if you are unable to communicate them at the time.

### **5. Keep updated copies of any medication and supply prescriptions in this emergency kit, as well as a written document of your doctor’s name and contact information.**

○ Keeping all of this information with you will allow you to receive refills of prescriptions wherever you are.

### **6. Let your friends and family know you are evacuating and what your plan is.**

○ It’s always a good idea to have loved ones aware of where you are so they can help in any way they can. Ideally, if you have family or close friends living in the area, you should make an evacuation plan in advance, and let others know about your planned evacuation area. When disasters occur, the phone lines are often overloaded, making it difficult to keep people updated with your specific plan

## 8 Ways to Reduce Your Risk of Developing a Parastomal Hernia

- [Michigan Hernia Surgery](#)
- [December 19, 2019](#)

Within two years of surgery to create a stoma, 50% to 78% of people will develop a parastomal hernia, making it the most frequent complication after a colostomy or other types of stomas. If you are planning to have surgery or have recently had a colostomy or ileostomy, pay close attention to these 8 ways you can reduce your risk of developing a parastomal hernia.

### What Causes a Parastomal Hernia?

A stoma is an opening created on the abdomen, colon, or small bowel that allows a person to pass natural waste into a bag attached to the outside of their body. Having a stoma weakens the abdominal muscles and causes them to pull away from the stoma site, which encourages a bulging hernia to form around the stoma.

The early symptoms of a [parastomal hernia](#) can include trouble keeping the stoma appliance in place, bulging around the stoma especially when coughing, and pain. The hernia usually grows slowly, but eventually will become large enough to affect the individual's quality of life. There can be pain, leakage, skin irritations, and overall discomfort as the parastomal hernia progressively worsens, which may require surgery to correct.

### High Risk Factors for Developing a Parastomal Hernia

Certain factors can heighten a person's chances to develop a parastomal hernia, including:

- Being of an older age
- Being overweight or obese with excess weight that is carried around the waist, hips, and stomach
- Having a chronic health condition such as diabetes or high blood pressure
- A prior diagnosis of cancer
- Struggling with a respiratory disease, especially one that causes a chronic cough

### Ways to Reduce Your Risk of Developing a Parastomal Hernia

Even though you may be facing higher risk factors as noted above, there are still ways to overcome those risks by focusing on making a few positive changes to your lifestyle.

#### Drop Some Pounds

This is a wise decision regardless, but especially after the creation of a stoma. The extra weight will put additional pressure on the abdominal wall that can lead to unnecessary strain on the body during regular activities. Over time, this strain can take its toll by significantly weakening the abdominal wall and making it prone to injury.

#### Wear Light Support Garments

Support garments can help you to not only camouflage the pouch connected by your stoma, but will also help to provide added support to the surrounding tissues. Be sure to discuss various garments and braces with Michigan Hernia Surgery to ensure that it will be a benefit to your particular case, as not every supportive device will be a perfect fit for each individual.

#### Strengthen Your Core

Weak muscles contribute greatly to the development of all hernias. Speak with the specialists at Michigan Hernia Surgery before beginning a new workout regimen or changing daily activities, and be sure to start out slowly in your exercises to avoid overexertion.

#### Stop Smoking

This factor is particularly important in preventing the development of a parastomal hernia. Smoking leads to a chronic cough, which in turn causes repeated strain on the abdominal muscles. As these tissues become overworked, damage can occur, and a parastomal hernia becomes more likely to form. Plus, eliminating smoking will help to improve any person's life expectancy.

## Be Careful When Lifting Heavy Items

If your profession necessitates frequent instances of heavy lifting, you may need to make some adjustments at work to avoid suffering a hernia. The first step is to practice the correct way to handle large objects, though excellent technique may not always be enough. Try to utilize machinery or tools such as a forklift to do the heavy lifting for you, and do not be afraid to ask your employer if it may be possible to be transferred to another department, as they will certainly not want you to risk an injury while on the job.

## Stay Active

Just because you live with a stoma, does not mean you are unable to enjoy normal activities. Continue with regular tasks and hobbies around the home or community, or explore new options that you have been wanting to try. Getting up and moving around more frequently can also help accomplish the goal of maintaining a healthy weight.

## Adjust Your Current Workout Routine

You may need to adjust your normal workout in order to adapt to your stoma. Consult with Michigan Hernia Surgery to determine what particular activities or exercises you should and should not do to prevent a parastomal hernia.

## Improve Your Upper Body Strength

Working to keep your arm muscles strong will compensate for the weaker areas of the abdomen that have been affected by the placement of your stoma. Toning the arms can also help you to lift items more safely and avoid unnecessary pressure on the stomach muscles.

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## Summertime...and the Living is Easy

by Bobbie Brewer, Greater Atlanta Ostomy Association, July 2011

Summertime fun may include many outdoor activities and travel, but may also lead to some concerns about ostomy management. Let's review:

**Swimming** is an excellent exercise and activity you can enjoy with family and friends. So, why are so many of us afraid to get back into the water? Check out these tips:

- Don't go swimming immediately after you have put on a new pouching system.
- Make sure your pouch is empty and has a secure seal.
- Picture framing your wafer with water-proof tape isn't necessary, but may give you the extra confidence you need.
- Take precautions against sunburn. Besides being bad for your skin; a bad sunburn can result in diarrhea and sometimes vomiting, thus depleting electrolytes.
- When sitting and soaking up the sun, protect/shade your pouching system by placing some covering across the outside area (e.g., hat, towel, magazine).
- Monilia is a common summer problem. This raised, itchy, red rash on the peristomal skin is uncomfortable and keeps the pouches from holding well. If you suspect a monilia rash, consult an ostomy nurse.

**Fluids and More Fluids** are needed during the hot summer months. Review the following:

- Water is an essential nutrient needed by each and every body cell. Up to 75% of the body's mass is made up of water. Water controls body temperature, serves as building material and solvent, and transports nutrients. Thirst is a signal that the body needs fluids. Daily losses must be replaced. Encourage fluid intake of eight to ten (8 oz) glasses of liquids each day.
- Any liquid containing water (soda, milk, juice, etc.) helps to meet your daily requirement. You can also get water from the food you eat (e.g., tomatoes have a total of 94% water content). [North Central OK Ed. note: And don't worry if liquids contain some caffeine. ***It's a myth that caffeinated drinks are dehydrating.***]
- Water is an excellent natural beverage; however, over-consumption of water can wash away electrolytes in the body. Drink a combination of water and electrolyte beverages. The glucose ingredient in electrolyte drinks aids in the absorption of electrolytes. [North Central OK Ed. note: To emphasize this point, runners in marathon races have collapsed, and sometimes even died, due to ***hyponatremia—low blood sodium caused by drinking too much plain water.***]

## Summer Diets

- Remember the fiber content of those fresh fruits and vegetables—enjoy but chew, chew [ileostomates, especially].
- Add only one new food at a time to determine the effect (if any) on your output.

## Tips for Traveling with Medications and/or Ostomy Supplies

- Keep your medicines (and emergency pouches) with you—not in the checked luggage.
- Bring more than enough medicine and/or ostomy supplies for your trip.
- Keep a list of all your medicines and/or ostomy supplies with you.
- Do not store ostomy supplies in your car, especially under the hot summer sun.



<https://myadvancedwound.com/>

### **AIR TRAVEL TIPS FROM UOAA AND THE TSA**

<https://www.ostomy.org/ostomy-travel-and-tsa-communication-card/>

## **UOAA'S 8TH NATIONAL CONFERENCE**

Announcement: The 2025 UOAA National Conference will be August 14-16 2025 in Orlando, Florida at the Hyatt Regency Grand Cypress Resort. Check back later for more information on a special hotel rate and program information.

Thank you to all the attendees, sponsors, speakers, exhibitors and volunteers at our 8th National Conference held August 10-12, 2023 in Houston, Texas! UOAA National Conferences are held every two years so details about the next gathering in 2025 will be shared when available. Check out the recap video below for a peak at the conference experience.

[https://www.ostomy.org/wp-content/uploads/2023/07/8th-National-UOAA-Conference\\_Program-Schedule\\_07182023.pdf](https://www.ostomy.org/wp-content/uploads/2023/07/8th-National-UOAA-Conference_Program-Schedule_07182023.pdf)

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