



**Ostofresh** is a patented, odorless, anti-bacterial, clear liquid deodorant for ostomates.

**Ostofresh** is designed to eliminate the unpleasant odors many ostomates experience. Unlike other ostomy deodorant products that only mask odors, **Ostofresh** works *instantly to chemically eliminate offensive odors*.

Because self-confidence is important to everyone, **Ostofresh** is affordably priced for daily use. Use **Ostofresh** for a fraction of the cost of many other deodorant products and feel confident you are eliminating the problem, not masking it.

- Rated best deodorant on the market
- Packaged in easy-to-use 8 oz. plastic squeeze bottles
- Approved for Medicare reimbursement (HCPCS code: A4394) and covered by many insurance plans
- Usage may vary, but 8 ounces typically provides a month supply
- Convenient to use – simply add 4 – 12 drops to the pouch each time it is emptied
- For ostomy use only. Do not take internally

US Patent 5,814,312 & 5,580,551 and International Patents

Medical Care Products, Inc.  
(904) 733-8500  
(800) 741-0110

## UOAA Discussion Board

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



### Jacksonville Contact Information:

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

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

Support group meets the 3rd Sunday  
of each month 3 p.m.  
4836 Victor Street  
Next Meeting: **June 16th**

### 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: **June 2nd**

### Ocala Support Contact info:

Lynn Parsons 252 337-5097

[www.ostomyocala.com](http://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: **June 9th**

### 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 **June 16th**

### 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: **June 10th**

**Check Out The MailBag Now On FaceBook**

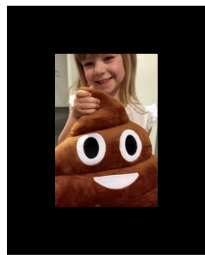
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## "Gutsy's FAB Gab-About: Stories of Ostomy 'Glories/Gories'!"

"Speak Out and YOUR WORDS WILL Be Heard!"

By Linda Blumberg AKA "Mrs. Lips"

### "Tomorrow I get my large intestine removed. My complicated homage..."



Breakups are never pretty  
This one's especially sh\*tty  
Colon, you're leaving me –  
It's cool, I set you free  
With this little ditty

Been a long and winding  
road You're worthy of an  
ode;

You tried your level best,  
With precious little rest,  
Carried a crappy load

Many an up and down,  
Many a laugh and frown,  
And a whole lotta poop  
You introduced me  
To every bathroom in

You made road trips tough  
Gas stations were rough  
Hotels: The best  
Sparkling potties on which to rest;  
Man, we've been through so much

For twenty years  
Clenched fists and tears  
I've known no other way  
Than eight bathroom trips a day;  
Time to face my fears

Embarrassed and alone,  
On my porcelain throne,  
I often cowered and hid  
"You poop a lot," says my kid  
I sure did, with my trusty iPhone

We've battled together,  
But also each other,  
This civil war  
Is no more –  
A truce, estranged brothe

Yearly scopes to check on my gut  
Won't miss tubes up my butt  
Happy to say bye to those  
Weird rectal hoses –  
Glad that 'door' is shut

Says the doc (and the wife):  
I need to save my life,  
Not to save you,  
And I know it's true  
For you caused me strife

Not easy to say goodbye to  
The satisfaction of a good poo  
But let's be real, it was rarely a joy

For you loved to annoy  
Made it hard to love you

Why'd you hafta be such a jerk? Made  
me miss fun stuff (and work) This  
situation we must rectify, For struggle  
to identify A single perk

I take that back, we just need a  
divorce  
Lately our bond's felt a tad forced  
You're Montezuma-level hateful  
But to you, I'm actually grateful –  
Strength out of me, you coerced

Ours was an on-again, off-again thing  
At times a fun little fling –  
But like any couple, we fought  
You showed me I'm stronger than I  
thought; Winter's over, here comes  
spring

Each day, it was hard to know  
Sometimes you were solid and  
slow, Mostly, ya played it fast and  
loose A constant adventure, dropping  
a deuce;  
After all, life's a process of letting go

As a unit, we were rarely great  
I tried to be a team, tried not to  
hate But you made your presence  
felt What was that smell? A fart? Shart?  
I often found out too late

A whore for attention,  
You sucked at digestion;  
And I long ago gave up being  
normal But this all feels so... formal You  
still give me indigestion

You had nicknames galore –  
Colon Powell, Colon the Barbarian,  
and more –  
Humor eased the intensity  
Of your pain-inducing propensity  
Now I show you the door

Together, we've suffered  
And we've run out of buffer;  
Where'd you come from? My guess:  
You manifested youthful stress  
Tested me but made me tougher

We've reached a harsh end  
Sayonara, old friend;  
Or should I call you enemy?  
How about we settle on frenemy  
Without you I now must fend

I could sit around and mope  
But I'll choose hope;  
For it's hope that dies last  
Otherwise the decline is fast  
A steep downward slope

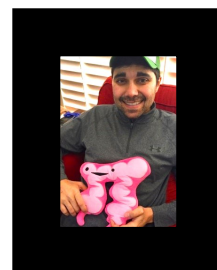
Your ultimate destiny:  
Officially an ostomy;  
Some comfort I'll find,  
Some peace of mind,  
Once you're outta me

Kinda unceremonious,  
Far from glorious,  
To replace you with a bag  
Gonna be a drag  
But I'll be victorious

I'll get off way-too-many meds  
First, a hospital bed;  
Then we'll go our separate ways  
After many rocky days  
During which we cried and bled

In time I'll get relief  
Steadfast in that belief  
But healing can't be rushed  
Floods of feelings can't be hushed –  
For now, I grieve

Focus on my  
healing,  
Don't get all  
touchy-feely,  
But after all  
we've been  
through –  
Gonna miss you  
But not...really."



**\*\*A condensed version appeared in  
US Phoenix ostomy mag: December  
2017, P.80...AKA:**

**"Farewell to My Colon"...**

**Omar/"Lisa's" website: [https://  
medium.com/@socialchanger/ode-to-  
my-colon-b808c47c81b1](https://medium.com/@socialchanger/ode-to-my-colon-b808c47c81b1)**

**Omar's email: [ogarriott@gmail.com](mailto:ogarriott@gmail.com)**

## Ostomies versus False Teeth

from Spacecoast Shuttle Blast, FL; via Seattle (WA) *The Ostomist*

How often have members of ostomy groups said that having an ostomy is no worse than wearing false teeth? Non-ostomates often laugh at this and can't believe that we are being honest.

False teeth? Everyone dreads the day that teeth must go and an expensive set of "false choppers" replaces them. But think of false teeth as the equivalent to that "awful surgery?" Never!

Well, before folks feel so sorry for us ostomates, let's look at the similarities. Everyone would prefer to keep his own teeth—or his own colon or bladder. Wearers of false teeth try to pretend their teeth are real—many ostomates hide their surgery. A big problem is keeping false teeth in place—same way with ostomy appliances. No one wants the "click" of teeth to be heard—ostomies may gurgle audibly. After a few months, false teeth are supposed to feel like a natural part of you—also true of your ostomy appliance. As one grows and changes, a set of false teeth may have to be changed—and appliances may have to be changed due to weight gain/loss or stoma retraction.

False teeth are expensive—but so is ostomy surgery. False teeth must be worn all the time—ostomates wear appliances, or at least tiny pads, all the time. Many products are sold to keep false teeth clean and odor-free—the same is true for ostomy equipment. Let's say that false teeth are a necessary evil, a little nuisance in the mouth—at the opposite end of the tract may be the nuisance of a stoma needing an ostomy appliance or pad.

So the next time a distressed family member says a relative will "have his life ruined" by having an ostomy, ask whether someone who has all his teeth suddenly knocked out has a ruined life. If we could think of ostomies with the same calm humor with which we view false teeth, wouldn't everybody see them for what they really are? Not really worse than false teeth.

My name is **Leslie Miller** and I am a doctoral student at the University of Oklahoma in Norman, OK in the Department of Sociology (an equal opportunity institution). I am a former ostomate and I am interested in the experiences of ostomy patients today, especially as it relates to perceptions and experiences.

I am seeking participants to fill out my survey. This research is for my dissertation.

Participants may also enter a drawing for the chance to win one of fifteen Amazon gift Bcards.

**Survey link:** <http://bit.ly/pewpstudy>

**Study website for more information:** [www.pewpstudy.oucreate.com](http://www.pewpstudy.oucreate.com)

Best wishes,

Leslie A. Miller, M.A.  
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The University of Oklahoma is an Equal Opportunity Institution.



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## 5 Things No One Tells You About Having an Ostomy

Having a surgery that results in an ostomy is a huge, life-changing event. It can feel scary and there are so many 'unknowns'. Asking questions, and gathering as much information as possible before your surgery will help to prepare you for your new life and routine.

Based on others who have had surgery before you, we have put together a list of 'five things no one tells you before your ostomy'. These are 5 things many ostomates wish they had known before adapting to life as an ostomate. We hope this list helps to prepare you even more, and encourages you with moving forward into your new lifestyle and routine.

### 1.) You are Not Alone

You may feel like your ostomy alienates you from your world, but you are not alone in this. There are many people who have had surgery before you and there is an extensive and supportive ostomy community available to you. Your adjustment process may take time, and if you are experiencing discouragement, talking about it with someone who understands can be helpful. There are also numerous ostomy blogs and websites dedicated to sharing stories and experiences, as well as tips on living with your ostomy and how to avoid common mishaps. Once you have settled into the routine that works best for you, consider adding to these resources or reaching out to someone you may know who is struggling with their new ostomy.

### 2.) Your Quality of Life May Improve

Most ostomates are happy to find out that they are able to do everything they were already able to do before their surgery, and often, even more. There's a chance that your illness leading up to your surgery was debilitating and left you with little to no control over your own life. If this was the case, having an ostomy will be a profoundly new experience in which you have more control and less limits. You will be able to check items off of your bucket list that seemed impossible before.

### 3.) There are Amazing Products Available to You

In the first few months to a year after your ostomy, you may take some time getting used to your appliance and how to change it out and clean the skin around your stoma. In addition to helpful information and tips online, you can also find an array of different products to help you manage your ostomy on a daily basis. It's amazing how far science and technology have come, and companies such as Coloplast, are continuing to develop new products with you in mind.

### 4.) It Takes Time to Adjust - And That's Ok

While your ostomy should not hold you back from seeing and doing new things, it also is a big adjustment and there is no timetable on how and when you do this. Be patient with yourself and take the time you need to feel confident with caring for your new stoma. Use the information that is available to you, but do so without comparing your progress with that of others. Every body is different, so don't rush your recovery with unrealistic expectations and goals. Be kind to yourself.

### 5.) Diet - Most of the Same Rules Still Apply

As far as diet and exercise, they are just as important after your ostomy as they were before. If you were a healthy person before your ostomy, continue to treat your body well with what you put in it and how you use it. Keep in mind that the foods that were good and healthy for your body before your operation are still good for you. Hydration is key. It is important to drink lots of liquids with an ostomy.

When you are in the hospital, chances are you will be given a list of what foods to avoid. Eating simple and bland soft foods directly after your surgery will be easier to digest, and will help your recovery. As you heal, it's okay to incorporate other foods into your regular diet, but it is recommended that you try them slowly and possibly even one at a time. Again, every body is different, and what affects someone else may not affect you in the same way. Keeping a journal or diary of how your body responds to different foods can be helpful.

For more information, visit [www.coloplast.us](http://www.coloplast.us)

Editor's note: This educational article is from one of our digital sponsors, Coloplast. Sponsor support helps to maintain our website [www.ostomy.org](http://www.ostomy.org) and the free trusted resources of UOAA, a 501(c)(3) nonprofit organization.

# Philadelphia Freedom

Celebrate Your Independence at UOAA's National Conference



Visit [www.ostomy.org](http://www.ostomy.org)  
for more information

**August 6-10, 2019** Philadelphia is home to the 7th UOAA National Conference. It's a not to be missed event for the ostomy community and your chance to connect and learn from medical experts and people living with an ostomy from all around the country. Gather at Philadelphia 201 Hotel, a great vacation destination right in the heart of this historic city (Special UOAA rate available).

Please join us and prepare to make new life-long friends, to laugh, shed a tear, celebrate, and learn. You've earned it.

## Conference Highlights

Free Stoma Clinic with WOC Nurses

Ostomy Product Exhibit Hall

Sessions for New and Experienced Ostomates

The Active Lifestyle Panel Discussion with ostomates of all ages will feature a race car driver, runner, an active grandmother and young professionals

Caregivers Track - Caring for Female and Male Ostomates and Caregiver Stress

Pediatrics Track

Young Adults Track with a number of networking opportunities

Medicinal Marijuana, Pain Management and Alternative Practices



\*Keynote addresses by  
Dr. Richard L. Rood and  
Dr. Judith Trudel

## Social Events

Fashion Show Saturday Night

Roaring 20's Casino Night

Free Improv Comedy Show

21+ Meetups

City Excursions Available

ASG Leader Networking

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

To: