



Gel-X is preferred because it is an accurate yet flexible system. Each tablet gels exactly 150 ml (5 ounces) of fluid. Most people empty their pouch when it reaches 300 to 450 ml (10 to 15 ounces). Gel-X gives you the option to use as little or as much product as meets your needs. Gel-X tablets are easy and convenient to use, just place one or more tablets into the pouch after each emptying. This product is frequently used by Ileostomates, Colostomates, Urostomates and Nurses who treat fistula patients.

140 tablets per bottle. Gel-X is Medicare reimbursable.  
call 800-741-0110 for more information



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

**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>

**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: **TBA**

**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  
[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: **TBA**

**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 UF North Campus  
UF Health North 15255 Max Leggett Parkway Jacksonville, FL 32218 (Meeting Room 3-4)  
Free parking  
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

Saddlebrook Recreation Center  
3010 Saddlebrook Lane  
The Villages, Florida  
Linda Manson  
[tvostomy@gmail.com](mailto:tvostomy@gmail.com)  
865-335-6330

Next Meeting: **via Zoom**

**Contact Linda [tvostomy@gmail.com](mailto:tvostomy@gmail.com)**

## Famous People with Ostomies

**Laura Cox** Ostomy Lifestyle Specialist | Shield HealthCare

If you have an ostomy, you're in good company! Here are some famous people you may be surprised have an ostomy:

### Al Geiberger



Al Geiberger is a former professional golfer who won 11 tournaments on the PGA tour, one of them being the 1966 PGA Championship. In 1980, Al had his colon removed due to his Inflammatory Bowel Disease, incurring an ileostomy.

\*Image of Al Geiberger from [The Commercial Appeal](#).

### Dwight “Ike” Eisenhower



Dwight David Eisenhower was the Texas-born 34<sup>th</sup> president of the United States of America. He was a five-star general who led the Allied invasion of Nazi-occupied Europe during World War II. He was also known for easing cold war tensions, launching the Space Race and creating the federal Interstate Highway System. While many people were aware of his health issues, not many people knew that “Ike” also had an ostomy.

In May 1956 – halfway through his eight year presidency – Eisenhower was diagnosed with Crohn’s disease, a disease

that causes inflammation along the small and large intestines. In June 1956, his doctor performed a permanent ileotransverse colostomy to remove a bowel obstruction. Five days after surgery, he resumed conducting official business.

### Jerry Kramer



Jerry Kramer is a former American football player. He is best remembered for his 11 year career as an offensive lineman for the Green Bay Packers. In 1964, six years into his career, Jerry underwent nine intestinal surgeries, including formation of a colostomy. He fought for his position on the team and went on to play for another five years.

\*Image of Jerry Kramer from [Packers Insider](#).

### Marvin Bush



Marvin Bush is the youngest son of George H. W. Bush. In 1985, Marvin was diagnosed with Ulcerative Colitis and dealt with the disease until 1986 when he was given an ostomy after life-saving surgery. Marvin tries to keep a low-profile, but uses his father’s name to benefit the National Foundation for Ileitis and Colitis.

**Continued in the JULY MailBag...**

## EMERGENCY SUPPLIES

UOAA recognizes that you may have a need for emergency supplies. Below are resources that may be of assistance to you on a temporary basis. UOAA does not have ostomy supplies in the national office.

### MANUFACTURERS ASSISTANCE PROGRAMS

Please **call directly** to ask for information and to apply for these programs.

**ConvaTec** or 800-422-8811

**Hollister** or 800-323-4060

**Coloplast** – Coloplast Patient Assistance (C.P.A.): 877-781-2656

### ALTERNATIVE LOCAL RESOURCES

Contact the following types of agencies in your area and ask if they maintain a “Donation Closet”.

- Local hospitals
- Local Visiting Nurse associations
- Local clinics
- Call your state’s 2-1-1 number. Just dial 211 as you would 911.

[UOAA has Affiliated Support Groups](#) who sometimes operate Donation or Supply Closets.

[Kindred Box](#) is a Facebook Group for Ostomy Supplies

### SUPPLIES AVAILABLE WITH S + H

**Osto Group:** 877-678-6690

Offers supplies for the cost of shipping and handling. They have a small all-volunteer staff, but if you call and leave a message, they will respond. Please be patient in awaiting a response.

**Ostomy 211:** [ostomysupplies.ostomy211.org](http://ostomysupplies.ostomy211.org) Emergency supply pantry. Donation requested to help cover expenses.

### LOWER COST SUPPLY OPTIONS

There are several distributors that do not accept insurance, therefore, their supplies may be available at a lower price.

**Best Buy Ostomy Supplies:** 866-940-4555

**Mercy Surgical Dressing Group:** 888-637-2912

**Ostomy4less:** 877-678-6694; contact Patti or Tom at [patti@ostomymcp.com](mailto:patti@ostomymcp.com)

**Parthenon Ostomy Supplies:** 800-453-8898

**Stomabags:** 855-828-1444

## What to Do As an Ostomate with the Flu

Nashville Area Ostomy Association 11/2012

Ostomates must take special care not to take any medications including laxatives without being prescribed by a doctor as they have no effect on viruses and can change the balance of the gut and cause severe diarrhea. For the Colostomate the diet needs to change while recovering from the flu. Eat a fiber free diet and then gradually move towards a regular normal diet.

**DO NOT IRRIGATE WHILE HAVING DIARRHEA AND DO NOT TAKE LAXATIVES.** Some drugs and specific foods can cause constipation in Colostomates. This can be prevented by increasing your fluid intake.

**Ileostomates:** Diarrhea presents a big problem. In addition to causing excessive discharge a person with an ileostomy can risk an electrolyte imbalance. Most importantly POTASSIUM must be kept within safe levels. If vomiting and dehydration becomes an issue the Ileostomates must go to the ER earlier than later. It cannot be stressed how important it is to go to the ER as an Ileostomate cannot hydrate oneself fast enough.

It is recommended to drink Ginger Ale, bouillon and either Gatorade or Pedialyte. Always ensure the symptoms are related to the Flu and not Gastritis.

**Urostomates:** Follow the same special care and make sure to protect the kidneys. Prompt attention of distress from the Flu will make a difference.

**Colostomates:** Always protect the abdominal muscles if coughing or sneezing as a peristomal hernia can develop and a support belt can make a difference.

**General Information:** Authors Note: (I can certainly attest to this suggestion, as it has helped me to keep hydrated, which has cut down my hospital stays.) Always have Lomotil and Imodium plain and Imodium ES (extra strength) available. Imodium is by far the better choice as it does not contain Atropine or Anti-cholinergics which can have ramifications with many medications as well as side effects.

**Pouch options with the Flu:** If you have a closed pouch switch to a drainable one and finally if you do get excoriated or raw peristomal skin use Milk of Magnesia; Mylanta or Maalox and dab it onto the raw skin areas and blow dry on low until a white dry crust is seen. One can pouch on top of the white crust and the raw skin will be healed without 24 hours.

Always try to have a variety of pouches available at all times. Simply contact your vendors and ask for free samples.

**Get your Flu shot – it is worth it!!**

## UOAA's 8th National Conference

AUGUST 5, 2021 - AUGUST 7, 2021

HOUSTON, TEXAS

<https://www.ostomy.org/event/uoaa-8th-national-conference/>



## Who will eat all this food? by Ed Tummers, Metro Halifax (NS) News, Sept 2010; via Winnipeg (MB) Inside/Out

A few years ago, I visited a gentleman in the hospital after his ostomy surgery. He was recovering very well and was excited about going home. As the hospital staff said to him, "John, you are doing great. Just keep on doing what you're doing." Two months later, I called John to invite him to our monthly meeting. His wife answered the phone and said that John had no energy and was too weak to attend. Repeated invitations got the same response. Finally, I convinced John and his wife to attend the Christmas auction and banquet. We greeted John and his wife at the door and introduced them to a few other members. Seeing all the delicious food spread out on the banquet tables immediately caught their attention. But, they asked, where was the food for the ostomates? What would John eat?

We innocently answered that John could eat whatever he wanted. What we heard next totally shocked us. John had been blending all his food since he left the hospital. No wonder he had been too weak to attend meetings. How could this possibly have happened? This is the explanation. When John had left the hospital, he remembered hearing them say: "Just keep on doing what you're doing." And because he had recovered so well in the hospital, they discharged him before he had moved on to solid food. So, John felt that he had to keep on eating mushy food, which he hated. He was slowly starving himself. It was a delight to see John fill his plate with real food and chow down. And his wife was so pleased she no longer had to prepare a special meal for him. Their special Christmas gift was a return to a normal life again. And that is what our ostomy support group is all about.

### 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/>

Visit the Peristomal Skin Assessment Guide for Consumers

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

### Medical Care Products

Now Carrying  
Ostomy Pouch Covers  
TOLL FREE 800-741-0110



### UOAA Discussion Board

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

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

To: