



**Ashley Mann** from Friends of Ostomates Worldwide will be our speaker at Jacksonville **June 19th** meeting in person or Zoom



## Why We Are Needed

Ostomates in developing countries may not be able to get affordable supplies, and may have to manage their ostomy using plastic bags, metal cans, rubber gloves, or rags or towels. Their quality of life is poor, and skin care is a major issue. Ostomates may be rejected by their families, friends, and people in their communities. They may not be able to participate in school or work. With access to proper supplies we are able to help these ostomates improve their health and improve their quality of life.

FOW-USA receives thank you's from around the globe, confirming that our mission of sending ostomy supplies to those in need worldwide is definitely being realized. Read on to see this mission in action.

Medical Care Products, Inc.  
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### 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: **June 19th**

Also join us by Zoom

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

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

#### 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

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 *Has Disbanded*

To find a support group in your area visit:

<https://www.ostomy.org/support-group-finder/>

#### Amelia Island Area Ostomy Support Group

(904) 310-9054

Meets second Monday of each month at 6:30pm

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

Linda Manson

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

865-335-6330

Next meeting - **June 14th @ 6 pm**  
Saddlebrook Rec Center (near Polo Field)

Masks Required

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



## Exercise After Surgery: Back To Basics

No matter what level of physical activity you want to pursue, ostomy surgery shouldn't hold you back. Whether you've had colostomy, ileostomy or urostomy surgery, your abdominal muscles need time to heal and strengthen, and it might seem difficult to be active again. Your muscles may be weaker than usual, due to the time spent in the hospital but these things can be overcome with gradual training and exercises.

As you begin to workout and become active again, take some time to test your current physical state and the limits you might have. Find the distance you can comfortably go when working out, and then push yourself a little further each day. This constant adjusting of goals will allow you to really feel the progress you're making every day.

Learn to place and secure your ostomy pouch. Try using an ostomy belt or wearing an Ostomysecrets® wrap to help keep your pouch secure and supported against your body, which may help increase wear time.

Walk around and get a feel for how your ostomy reacts to different movements.

Move more and more each day, building up towards your wanted level of exercise.

Do anything you feel comfortable doing. Running, jogging, swimming, climbing, skiing; when it comes to working out with an ostomy, you shouldn't be prevented from staying fit the way you want to.

Trust the process to progress. Patience is key and while your muscles may need more time to heal and strengthen, you are making progress with each movement you make.

Exercising after ostomy surgery is about patience and doing what feels right. It's important to take your time and know your limits. When you begin working out again, you may run into some challenges or limitations. Be patient and don't give up. Before long, nothing will stand in your way.

### Optimal Ostomy Exercises

After ostomy surgery, many people may find these activities to be easier than others. But before starting any new exercise, talk to your doctor to make sure you're ready.

#### Core muscle conditioning

People who have an ostomy are at greater risk for having weakened core due to years of digestive or bladder issues, coupled with surgery. Building back core stability and flexibility is important, as it makes exercises and routine activities easier. Here are a few basic exercises to get started:

Hip Extensions

Upper Body Extensions

Arm/Leg Extensions

Pelvic Tilt

Bridging

Swimming

Swimming is great exercise. It works your whole body without putting strain or pressure on your stoma. Most ostomy pouching systems are water resistant, even for swimming. First, ensure that your pouching system is securely in place. Then, cover the vent on your deodorizing filter with a filter cover to prevent water from entering the pouch.

### Walking

Get your steps in. Walking is a simple and energizing way to exercise. When walking, you can build up fitness at your own pace. Walking can also reduce stress and constipation.

Choose an activity you enjoy. Running, jogging, swimming, climbing, skiing; when it comes to working out with an ostomy, you shouldn't be prevented from staying fit the way you want to.

Editor's note: This educational article is from a UOAA digital sponsor, ConvaTec 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.

## What is Hy-Tape

By: Fred Shulak reprinted from RANCHO MIRAGE OSTOMY NEWSLETTER FOR 4/30/22

**This is not an endorsement.** This is a product that I find very useful and maybe you will also. If you are allergic to latex, not only is Hy-Tape latex free, it is also free of adhesives. Hy-Tape is also known as “Pink Tape.”



Hy-Tape is an oxide based adhesive and is soothing to delicate skin and can be removed with minimum trauma. Hy-Tape eliminates the need for skin prep and its thermal adhesion properties provide maximum adhesion at body temperature without becoming more aggressive as acrylic-based adhesive tapes do. Hy-Tape is perfect for extended wear adhering securely to oily or hairy skin. It removes easily without discomfort or irritation, leaving little or no residue. With Hy-Tape, skin stays healthy and intact. It is thin, flexible and elastic and conforms to body contours, easily

accommodating underlying tissue expansion or shrinkage.

It is waterproof and washable and provides complete security even when exposed to external sources or the skin itself. It can adhere to both wet and oily skin without slipping or detaching. It wipes clean with soap and water for increased wear time.

Hy-Tape is UPF 50+ which means it will protect sensitive and post-operative skin from the sun. UPF measures the amount of UV radiation that penetrates a fabric and reaches the skin. SPF stands for Sun Protection Factor and is the rating you're familiar with for sunscreen and other sun-protective products.

Hy-Tape is occlusive and is able to resist soiling from secretions because of its superior occlusive properties. It has the unique quality of providing maximum adhesion when it reaches body temperature, without getting more aggressive or breaking down over time as acrylic based adhesive tapes do.

It is cost effective in as much as it saves time by eliminating the need for skin prep and dramatically reduces the need for multiple dressing changes. Less dressing changes also means less tape over time. Reduced skin tearing and extended wear times promote better healing with less susceptibility to infection.

Free samples are available by contacting Hy-Tape at: [www.hytape.com](http://www.hytape.com)

## Skin Attention

Via: UOAA Update, via Snohomish County (WA) Ostomy Support Group) *Insights*

Some ostomates can use anything on the skin and “get away with it.” Others have to search for just the right combination of products for satisfactory use. New ostomates benefit from the follow-up visits to the WOCN because careful consideration is given to the various products used around the stoma area.

If you are experimenting on your own, consider the following information for using a different product. Patch testing is recommended before proceeding to use the new product. The skin on the inner surface of the arm or leg or the opposite side of the abdominal area from the stoma are good areas to use for a simple test. For example, cut a piece of the washer, tape, disc, etc and affix to a chosen area. Secure with a strip of micropore tape and leave on the area for 48 to 72 hours (editor’s note: Be careful of the tape too; it could be a problem also). Any burning sensation or itching during the testing time could signify sensitivity to the material being used and therefore, should be removed immediately, washed and dried well. After 48 to 72 hours, remove the “patch” and if there is no redness or irritation, it is safe to assume that the product can be used. With some persons, a “delayed reaction” may not occur until a few days later. For more extensive testing than this, contact a dermatologist. V26#3

## ***OMG I'm Bleeding***

from Tulsa (OK) Ostomy Life Newsletter

Don't be alarmed if your stoma bleeds a little bit when you're cleaning it. As long as the bleeding stops after a minute or two, this is actually a good sign. Your doctor wants your stoma to be healthy and have a good blood supply. What you really need to keep an eye on is the peristomal skin...that's the skin directly around your stoma. Just make sure it looks like the rest of the skin on your stomach.

## **Helpful Hints from Here and There**

Ostomy Oracles- Crouse Hospital, Syracuse

Why not empty your pouch each time you urinate? No need to wait until you are full. While in the "Neighborhood" just do it.

Two or three tablespoons of plain baking soda in water when washing around the stoma will not only help heal the skin, but relieve itching too.

Watch your appliance if you are beginning any new medications. Contact your doctor immediately if you suspect the medicine is going straight in and straight out. (Editor's note: I once found undigested iron pills in the toilet bowl. Digestive acids had removed the coating but the rest of the pill still went through.

Carry an extra tail closure with you in case one goes "down the drain" or slides across the public restroom floor. (Or use the pouches with the velcro closures). It could prove critical to your entire program as well as your morale.

Wash reusable plastic pouches in COLD water. Hot water does not get them cleaner, but it does weaken the pouch and can destroy the odor-proofing. Hot water locks color and odor into the pores of the plastic.

## Yes, We've Been There

Via: Snohomish County (WA) Ostomy Support Group (*Insights*); Ostomy Association of North Central OK; *Stoma Life* (Sterling, IN) via Rancho Mirage Ostomy Newsletter April 2022

**This article is especially for those ostomates who haven't yet attended an Ostomy meeting.**

Can you see yourself being happy again due to your ostomy? Please don't turn a deaf ear to us. We're here to give assistance to all ostomates in reaching a complete rehabilitation and adjusting to their new way of life. So come to a meeting; talk your problems over with the other ostomates. Perhaps they can help you to cope because, in most cases, they've been there.

After you meet and talk to other ostomates, you'll be amazed at the progress they've made and how easy it is to make friends with any of their members who have the same (or different) type of ostomy as you have. You'll begin to wonder why you stayed away so long.

So come on out, open your eyes, perk up your ears and think "HAPPINESS" again. Other ostomates and ostomy support groups DO care about you and they are there to share with you! V26#3

### UOAA's 8th National Conference-Postponed

AUGUST 10, 2023 - AUGUST 13, 2023

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

Visit the Peristomal Skin Assessment Guide for Consumers

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

### 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/>



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To: