

# The Mailbag



Meetings are held at the Baptist Medical Center  
8th Floor - Meeting Room C - 3rd Sunday of each month 3PM

**Contact:**  
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**Please plan  
to join us  
Sunday Mar.  
19th  
starting at  
3 p.m.**

## **OSTOMY SUPPORT GROUP**

*We will be having a meeting on March 19, 2006 at 3:00 p.m. at Baptist Medical Center, 8<sup>th</sup> Floor, and Function Room C.*

***OUR GUEST SPEAKER WILL BE THE NEW REP. FROM CONVATEC.***

***I LOOK FORWARD TO SEEING ALL OF YOU ON THIS DAY.***

***The following are the speakers I have line up so far:***

***March 19 Michael Doan from Convatec***

***April 23 Workday at Medical Care Products to do packets***

***May 21 Paul Capitano from Hollister***

***June 25 Steve C. Senay from Coloplast***

***July 16 Patti w/Medical Care Products to play Ostomy Jeopardy***

*We are going to continue this year collecting the pop tabs for the Ronald McDonald House. We are going to see if we can fill a gallon jug by the end of the year again. In 2005 we filled a gallon jug up. We will collect these at every meeting or you can drop them off at Medical Care Products*

*Also, please remember if you have any extra supplies that can be donated to our closet for those less fortunate and or to help individuals during the hard time or in between insurance companies. Either bring to a meeting or take them to Medical Care Products or call Brenda Holloway and she will arrange to pick them up at your home, her number is 422-8165. We appreciate all you do for our closet.*

Only meetings that are changed this year due to holidays are the following: April = April 23, 2006 due to Easter\*\*\*\*\* June = June 25, 06 due to Father's Day

Thank you for your time,

*Brenda L. Holloway, Support Group Contact*

**Medical Care Products, Inc**  
**Toll Free 800 741-0110**  
**WE ARE ON THE NET**  
[www.ostomymcp.com](http://www.ostomymcp.com)



## The 2006 World Ostomy Day Photo Contest

Get out your camera and participate! Hollister Incorporated [www.hollister.com](http://www.hollister.com) is announcing a world wide photo contest open to every Ostomy Association around the globe.

**Here's why:** World Ostomy Day, October 7, 2006, is a very special day, so we're sponsoring a very special contest **The 2006 World Ostomy Day Photo Contest**. The Contest is a unique way to showcase talents and people, and to create lasting memories in conjunction with World Ostomy Day.

**Theme:** The 2006 World Ostomy Day theme is "Living Life to the Full."

We know there are thousands of you who live that way each day--and in every way. You live life to the full in your families or on vacation, during work and with grandchildren, while volunteering or tending to pets. We know you're out there "living" and that's the type of image we want you to capture.

**Winners:** 20 photos will be chosen by the judges: Stuart Schaefer, IOA Webmaster / professional photographer and Hollister.

- All winning photographers will receive a certificate of recognition
- Each Ostomy Association / chapter / group, represented by the photographer, will receive \$250.
- All IOA member countries will receive a CD-ROM of the winning photos to show how persons with ostomies "live life to the full" around the world

Entries from individuals not affiliated with an association will be disqualified.

### Rules:

Photographers: must be people with ostomies.

Images: must be of people with ostomies "Living Life to the Full"

Photos: may be digital or processed film

Size: doesn't matter

Color: use color or black and white, it's your choice

Deadline: August 1, 2006

Description: submit photos with the photographer's name, association name and location, the occasion, place, date and names of people in the photo

**Please be aware:** Submitted photographs will not be returned. Also, the photographs will become the property of the sponsoring organization, Hollister Incorporated, and may be shown publicly.

**Please submit your entries by August 1, 2006 to:**

### WOD 2006 Photo Contest

Al Maslov, Global Marketing

Hollister Incorporated

2000 Hollister Drive

Libertyville, IL 60048

e-mail: [wod2006pc@hollister.com](mailto:wod2006pc@hollister.com)

Tel. 847-680-2140

Fax: 847-918-3981

## IOA Today Newsletter

A Quarterly Ostomy Related Electronic Newsletter  
from the International Ostomy Association.  
<http://www.ostomyinternational.org>

This is a FREE Newsletter

"Bringing You Ostomy Related Information From Around the World".

Current issue First Quarter 2006

Reports in the First Quarter 2006 issue are:

1. President's Message
2. News from Hong Kong
3. Meet the OI Magazine Team
4. Call for Associate Editor
5. World Ostomy Day Report
6. Hollister Photographic Competition Announcement
7. Coloplast Criteria for Award
8. Time Line for Events
9. Report from Vice President
10. Irrigation & Twinning
11. Russian Bureaucracy
12. News from Brazil
13. News from Canada
14. News from Cuba
15. News from Mexico
16. News from Serbia
17. News from Spain
18. News from India
19. World Congress promotion
20. Coloplast World Ostomy Day

**Sign up today:** <http://www.ostomyinternational.org/back.htm>

Past issues of IOA Today may also be found using the above link.

## ***EMPLOYMENT ISSUES***

### ***Quick Tips for the Workplace***

Back to work having a stoma has little bearing on your employment. Most people with ostomies return to their jobs after surgery. Though absence of work can be frustrating and isolating, you must allow sufficient time (usually 3-6 months) to recover fully from your operation. Deciding when to return to work should be determined by you, your doctor, surgeon, and ET nurse. You may tire more easily upon returning to work. If so, ask your employer if you can work part-time for the first few weeks back on the job.

**On the Job:** You will need good toilet and washing facilities at your work site, with privacy available for changing your pouch. Keep spare wafers, pouches and accessory products—plus another set of clothing—at work, just in case. If using closed-end pouches, put the used pouch in a plastic resealable baggie before disposing of it. After draining an open-end pouch in the toilet, spray some air freshener.

**Job Performance:** People with ostomies perform nearly every kind of job. However, some occupations, in which the work is physically uncomfortable or inconvenient, may require some precautions. If your occupation involves strenuous or repetitive physical work such as stooping, bending, or heavy lifting, be extra careful as you move about.

If your work involves handling food, there is no reason why you cannot continue to do so, providing you exercise good personal hygiene. The risk of spreading germs is the same for those with ostomies as for those without.

**Work Rights and Responsibilities:** Under the Americans With Disabilities Act, some employers may be required to make certain accommodations for you. Inquire about this with your human resources specialist. Individuals may, however, be required to undergo a pre-employment physical. Before accepting a position with a new employer, find out the name of their health insurance company and contact it directly to find out whether the plan covers your ostomy-related needs. (Better Together Newsletter)

## SPORTS AND EXERCISE

### An Ostomate Looks at Sports: Practical Advice for All

Sporting activities are some of the most exciting things for any ostomate to participate in. Good muscle tone and increased strength are important for anyone who has suffered a prolonged illness, but for ostomates, there is the added pleasure of doing something which, because it is a challenge, adds to our emotional strength.

When I was ill, I had no desire to do any kind of vigorous physical activity. After my operation, while I felt better, I was still worried about taking part in any activities, especially athletic ones. I was afraid that my appliance would fall off, that I would strain my abdomen, and that I would feel inhibited from really throwing myself into a sport. But, by starting to do various exercises, and by taking a certain number of precautions, I not only have enjoyed vigorous activity, but have also found myself doing many sports I had never done even before my illness. This successful activity has in turn increased my courage and made it easier for me to accept my ileostomy. It has certainly brightened my outlook many times over.

Swimming is one of the first sports an ileostomate should try. It is a gentle form of exercise that uses all your muscles and should get your body into good enough shape to start any other sport. I would suggest to ostomates to wear waterproof tape around the appliance. No water will seep under it to loosen the appliance. (I have worn a temporary appliance to the beach and found this perfectly satisfactory.) I also suggest wearing some sort of reinforcer (a stretch panty, the panty part of pantyhose, or a gentle support belt) under your bathing suit. This will keep your appliance from moving around, loosening or causing discomfort.

*(Barbara Hurewitz)*

### Swimming Undercover

Are you a beach bum afraid to go in the water this summer? No Fear. Here are some ways to cover-up so no one has to know you are wearing a pouch.

First off, select disposable child-size or closed-end mini pouches. This eliminates the bulkiness and line of a clip.

A patterned suit hides lines much better than a solid color swimsuit. Swimsuits tend to run small so choose a size 1-2 times bigger than you normally wear. It's easy for a man to select swim trunks. A women's suit with more Lycra than nylon will be more slimming and keep a pouch in place.

A two-piece is not out of the question. Women may benefit from a tank style that fits loosely over the abdomen. Make sure the bottom has a high waist. Beware of suits with high cut legs that may not adequately cover a mini pouch.

Boy leg short suits may hide more but it takes a slim figure to pull it off. Scars lighten months and years after surgery. It's up to you how comfortable you feel bearing your abdomen.

If a two-piece is not your style, try swimsuits with skirts, or matching shorts. No one said you couldn't go swimming in shorts! Sarongs are great cover-ups while not in the water.

Don't let a day at the beach or pool pass you by. Swimming is great for toning all muscles of the body

### Tips For Swimming With An Ostomy

Allow considerable time after changing a flange before swimming (overnight is best, but at least several hours). Flanges with waterproof tape built into the flange (flexible ostomy system) work best. If not using a flexible flange, "picture frame" the flange with waterproof tape (that is, put tape around all four sides of the flange, as if you were putting it in a picture frame). Some say the pink tape is most effective. Micropore and similar paper-like tapes can be made more waterproof by covering them with Skin Prep after they are in place. Cloth belts stretch in water, so wear a rubber belt if you wear one at all.

Swimsuits, with "busy" patterns camouflage the pouch; solid colors reveal the pouch. Skirts, bows, sashes, ties, drapes on a swimsuit can camouflage the pouch. Boxer-style trunks work well for men. A tight garment under your swimsuit can help hold the pouch in place. Try a lightweight two-way stretch panty girdle, the top part of old panty hose, biking shorts, or sew a pocket in the lining of your swimsuit to support the pouch. These are "unisex" ideas! Men can also try a pair of jockey shorts for similar support. Mini, non-drainable pouches may be more comfortable and have a lower profile under swimsuits than your usual pouching system. They may be used over and over if you rinse them out and air dry after every use. Avoid pouches with built-in filters for swimming. Water can get in, and water mixed with stool can soil your clothing.

Plan ahead for swimming. Try to calculate your transit time (how long it takes food to get from mouth to pouch), and eat your meals at a time that will allow you to have the least amount of output when you plan to swim. For most people, the first few hours after getting up in the morning will be the time of least output.

## Ostomy Chat Room Weekly Meetings

**Yahoo Peoples with Ostomy2\*** - Mondays, 8:00 pm US Central time

<http://clubs.yahoo.com/clubs/peopleswithostomy2>

**StuartOnline Ostomy Chat\*** - Tuesdays, 8:00 pm US Central time

<http://www.stuartonline.com/id10.html>

**Community Zero (Ostomy) Support\*** - Wednesdays, 9:00 pm US Eastern time

<http://groups.yahoo.com/group/ostomatessupport/>

**Shaz & Jason's Chat\*** - Saturdays, 8:00 pm UK time / 3:00pm US Eastern Time

<http://www.ostomy.fsnet.co.uk/chat.html>

**Yahoo UK Ostomy Support\*** - 1st & 3rd Sundays, 8:00 pm UK time / 3:00 pm US Eastern Time

<http://clubs.yahoo.com/clubs/ukostomysupport>

Use this form to join our chapter! **You do not have to be an ostomate to be a member and/or support the work of UOA. All information on this form will be kept confidential.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone# Home \_\_\_\_\_ Work# \_\_\_\_\_

Email Address \_\_\_\_\_

Type of intestinal or urinary diversion: Colostomy \_\_, Ileostomy \_\_, Urostomy \_\_, Ileoanal Pull-thru \_\_  
Continent Ileostomy \_\_, Continent Urostomy \_\_, None \_\_, Other \_\_

You may use my name in chapter Newsletter & Directory: Yes \_\_ No \_\_

Mail to: Patti Langenbach, PO Box 10239 Jacksonville, FL 32247-0239

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**Toll Free 800 741-0110**

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**Medical Care Products, Inc  
PO Box 10239  
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TO:

**Join us  
Sunday Mar.  
19th starting at  
3 PM  
Baptist Medical Center  
8th Floor  
Meeting Room C**

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