

The Mailbag



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

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Welcome to a new feature for our monthly newsletter.

Ask the ET nurse!

Each month we will feature questions from ostomates to Kathy Johnson, WOCN, of ET Nursing Services, Inc. The questions and answers will be printed in the newsletter. Please phone, mail or email your questions to Patti at Medical Care Products. (Email: patti@ostomymcp.com). We will use your name only with your express permission. Please take advantage of this valuable service. Many other ostomates can benefit from this information.

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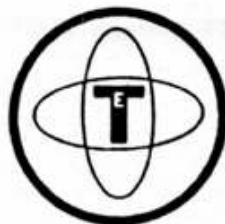
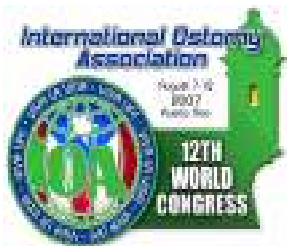
#1 *I have had my bladder removed 3 years ago. I am using two piece pouching system. I seem to always get leaks every night. Any suggestions? (T. Lange)*

People with a urinary diversion should connect at night to a bedside drainage bag. There is a trick to keeping the urine flowing! ALWAYS connect to the bedside drainage bag with urine in your pouch. Therefore you are emptying your pouch into the bedside drainage bag! This creates a vacuum in the tubing to keep the urine flowing!! You may also use a leg strap to keep the tubing from being kinked at night. If you don't want to connect to bedside drainage be prepared to get up a couple of times to Potty!

#2 *I just had my colostomy several months ago. I am an avid swimmer. What can I do to keep the pouch on in the pool? (Anonymous)*

To help maintain a good seal while swimming you may apply a barrier wipe on top of the tape border edges and follow with Pink Take or Hy-Tape, a waterproof tape.

**Please plan
to join us
Sunday Apr
15th**



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Toll Free 800 741-0110
WE ARE ON THE NET
www.ostomymcp.com

Watch this newsletter in the future for valuable coupons for \$\$ off a visit with Kathy the ET Nurse!!!

·OVER 50? LIVE IN THE NORTH? TAKE VITAMIN D THIS WINTER

Boston, Philadelphia, Chicago, Minneapolis, Boise, Seattle. If you're over 50 and live in or near any of these cities, or anywhere else in the northern third of the country, you're probably not getting enough vitamin D this winter. Generally speaking, 90 percent of our vitamin D is made in our skin upon exposure to sunlight. But during the winter months, the sun's rays are not strong enough to initiate vitamin D synthesis in northern climates.

Worse still, hardly anyone middle aged or older takes in the 10 percent of our vitamin D that the diet is supposed to provide. The most convenient food source is fortified milk. But each cup contains only 100 units of D. Granted, the recommended allowance for someone through age 50 is just 200 units. But for someone 51 to 70, it is 400 units; an entire quart worth. Anyone 71 or older should be consuming 600 units daily.

It's a serious problem. Vitamin D is needed for absorption of calcium so that the mineral can take its place in bone and shore up the skeleton against fractures. Hip fractures alone occur in 300,000 people a year, causing complications that end in death for one in five of them.

We suggest that people older than 50 who live where winter feels like winter take a supplement containing vitamin D, at least through February. If you drink a fair amount of milk, a pill with 200 units of D is probably enough. Otherwise, a supplement with 400 to 600 units is in order, certainly for those over 70.
(Tuff University Newsletter)

TAKE A PET NOT A PILL

They're brought into hospitals and nursing homes to comfort and cheer patients.

They're lovable, furry and faithful and according to one study, at least, they may actually be more helpful than a spouse or close friend, especially in relieving stress! The reason - most of our stress results from critical or judgmental behavior. While a pet just loves you.

Research shows that pets not only bring comfort to the lonely but they can lower your heart rate and blood pressure and improve your mood, especially if you're prone to depression.

According to the Animal Health Foundation in Southern California, a non-profit that promotes the animal-human bond, pet ownership offers many of the following health benefits:

Dogs can prevent and help us cope with stress in our everyday lives.

Children respond with less stress to physical examinations in a doctor's office and dental examinations when a therapy dog is present in the room.

AIDS patients who own pets experience fewer episodes of depression and less stress. Pets are a major source of support in one's ability to cope with stress and illness.

People with dogs generally get more exercise and are in better physical shape because of having to walk them.

Dog owners are less afraid of becoming a victim of crime when walking with a dog and feel more protected when living with one.

The elderly who own pets cope better with stressful events, without having to seek medical intervention.

Tanks of brightly colored fish help to reduce the disruptive behavior of those with Alzheimers disease.

Owning a pet helps reduce stress for those who feel isolated socially and lack the ongoing support of friends and family.

So, if emotional stress is a factor in your life, you might want to consider a furry friend who will love you unconditionally...and never question your judgment. Or talk back!

From Marsteller Family Chiropractic newsletter.



www.ostomyinternational.org

UOAA Upcoming Conference

Aug 16-18, 2007 • UOAA National Conference • Chicago, IL

www.uoaa.org

WALK AWAY FROM DIABETES

Overweight, middle-aged people who don't exercise are at high risk for type 2 diabetes, but modest exercise alone can improve their odds.

That's the word from University of Florida researchers who followed 18 previously sedentary, overweight subjects for six months. Researchers say risk factors declined just by adding exercise into their routines and not improving diet. Even though the subjects did not lose weight, their insulin sensitivity improved nearly twofold after being involved in the study.

The better a person's insulin sensitivity, the lower the risk of getting type 2 diabetes, which now affects about 8 percent of U.S. adults. The more insulin-resistant a person is, the higher the risk.

The Florida research follows a study released last year in *The New England Journal of Medicine*, in which more than 3,000 subjects reduced their risk of type 2 diabetes by 58 percent after they adopted intensive lifestyle changes, including a low-fat diet and daily exercise.

The more recent study suggests, however, that exercise alone may be a good start.

(Mission Hospital Newsletter, Mission, Viejo, Jan-Apr 2003)

LAUGHTER - AN ESSENTIAL INGREDIENT OF GOOD HEALTH

For years, *Readers Digest* has featured the column "Laughter, the Best Medicine." It contains jokes, riddles and humorous musings designed to tickle the funny bone. But just how important is laughter to our everyday health?

It turns out that when we laugh we produce natural killer cells which destroy tumors and viruses. Plus there's an increase in the production of Gamma-interferon (a disease-fighting protein), T-cells (important for our immune system) and B-cells (which make disease-fighting antibodies). Besides lowering blood pressure, laughter increase oxygen in the blood, which also facilitates healing.

Laughter helps us to deal with stress, cope with loss, work through tragedy, hide our embarrassment and calm our fears. Laughter helps the body relax. It lowers blood pressure, increases immune system functioning and assists in warding off disease.

In terms of mental health, laughter:

Helps us connect with others - humor is often used as a means to help us collectively cope with grief, fear or loss.

Makes us more productive - happy people have more energy.

Releases, negative emotions such as anger, fear, sadness, resentment, depression - Increases the likelihood that we will feel happy.

Releases endorphins in the brain that help you feel good.

Did you also know that laughter is a form of aerobic exercise? You may even feel fatigued if you laugh continuously for any length of time! Just remind yourself to laugh well and often in order to experience the aerobic benefits of laughter.

What steps can you take to increase the amount of laughter in your life?

Surround yourself with positive upbeat people who laugh a lot - laughter is contagious!

Find out what makes you laugh - is it funny movies, watching the comedy channel, reading funny material? Whatever it is - do it more often.

Don't take yourself, or anyone else, or even life for that matter, so seriously.

Always remember, happiness is your birthright...so laugh and when you do, laugh loud and often! From Marsteller Family Chiropractic newsletter.



News from National UOAA

Here is a list of the members of the

Management Board of Directors of the UOAA:

Ken Aukett - President - Collingswood, NJ
 Krisith Knipp - President Elect - Cleveland, OH
 Bob Baker - Vice President - Waterbury, CT
 Dave Rudzin - Treasurer - Vernon Hills, IL
 Mary Jane Wolfe - Secretary - Mt Prospect, IL
 Charlie Grotevant - Director - Kankakee, IL
 Lynne Kramer - Director - Philadelphia, PA
 LeeAnn Barcus - Director - St. Peters, MO
 Steve Strizic - Director - Tacoma, WA

2007 Election - We will be having an election this Fall for 2 Directors. If you or anyone you know in your local group is interested in participating in the national organization let your group leader know.

Phoenix Renewals - Don't forget to renew your subscription to **The Phoenix**. Remember that ½ of your subscription cost helps to fund the activities of the UOAA and it's tax deductible.

Recognition Awards -

WOC(ET) Nurse of the Year. Is there an outstanding WOC Nurse in your support group that you would like to honor? Forms are due for this on 4/15/07.

ASG Leadership Award. Now is your chance to honor that person in your group that has been volunteering their time and talent to make the world a better place for ostomates in your service area. Forms for this are due 6/1/07.

**For both of these awards see your group leader.

Check out the "New" **Irrigation Discussion Board** on the website: www.uoaa.org. This is a great place to ask irrigation questions and share your expertise.

State Advocates: We'd like to identify one person from each state to serve as an advocate for the UOAA. Please contact Linda Aukett at advocacy@uoaa.org if you or someone you know *is interested in helping fellow ostomates*.



www.koolostomy.com

Greetings to our young friends in IOA:

I would like to welcome the new chair of the 20/40 Focus, Sarah Maill from the United Kingdom. For those of you who have been involved in the 209/40 Focus you will remember Sarah from the Porto Congress. Sarah is the current chair of Young IA, a position she has held for the last five years – I understand that Sarah will relinquish this position in the next few months. Many of you will remember Sarah's articles both in IOA TODAY and in the Ostomy International Yearbook.

Please give Sarah all the support that you can – especially by participating in the 20/40 programme and activities in Puerto Rico.

You will be wondering why there is a new chair at this late stage. You will be concerned to hear that Paula West has had to resign the position for medical reasons.

Quote:

"The past year has been a somewhat turbulent one for me on a personal level and it is with regret that on medical advice I have to advise my resignation as Chair of 20/40 Focus."

I have also resigned my positions on the FNZOS Executive and as Youth Coordinator here in NZ, positions I have held for many years. After 17 years as a practising solicitor, the last 9 of which have been in my own practice; I will be retiring on 1 March."

We all wish Paula well and hope that she will soon be back on her feet.

If you have any questions to ask of Sarah, please do not hesitate to contact her at focuschair@ostomyinternational.org.

It is Sarah's mission to provide a stimulating and interesting programme for the members of the 20/40 in Puerto Rico. She is receptive to any suggestions you have but please let her as soon as possible.

We look forward to meeting you in Puerto Rico. Don't forget to make your reservations soon.
 All the very best.

Di Bracken, President

president@ostomyinternational.org

Visit our chapter Website:

<http://www.ostomymcp.com/chapter/Jaxchapter1.htm>

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 __

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