

# The MailBag

Support group meets the 3rd Sunday of each month 3 p.m. 4836 Victor Street

Please take the time and visit their Website <http://www.ostomy.org>.

## GUTSY'S GAB: "SPEAK OUT and BE HEARD!"

March 2013 issue Mailbag-Jax, FL

By Linda Blumberg AKA "Mrs. Lips"



**February 2013:** we shared the L-O-V-E...at our February 17 Jax ASG meeting...a lovely gathering of ostomates/spouses, both long-established and newbies. We kicked back with a rousing round of Ostomy Bingo, a fun activity. Fun and informative! Not only did we learn ostomy terminology, but also the realization that regardless of our professional or personal backgrounds, we were all united by both our (surprising) knowledge and (not-so-surprising) ignorance about ostomy! Gutsy just could not resist "showing what she knows," and had a blast!

**SPOTLIGHT ON:** March 2013: Daylight Savings Time. St. Patrick's Day, Passover...Linda reminds you to change your clocks ahead 1 hour to *Spring Forward*, and change your smoke alarm batteries. Gutsy says this should also signal the alarm in you, maybe scare the *daylights* out of you to change your attitude as well. Make *time* to check for changes in bowel/bladder habits, have life-saving colonoscopy, and advocate for ostomy awareness and acceptance. Remember- ignorance is not bliss, and could be fatal!

Then, there's St. Patrick's Day, when we wear green, hope we have *luck of the Irish*, and eat corned beef and cabbage. As for luck, you make it yourself through vigilance of your digestive/bladder health. *Lucky* to be alive...to thrive...to strive to be a *saint* to help others accept and advocate for ostomy. And, that corned beef...Gutsy, with her inimitable wry sense of humor, likes it on *rye!*...but, not if it is fatty...for non-ostomates, combine it with that cabbage, a necessary roughage...but, ostomates be wary! Gutsy says this could be too fibrous and cause a much unwanted food blockage...so, don't be a "blockhead."

### Contact Information:

Patti Langenbach

(800) 741-0110

(904) 733-8500

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

The Jacksonville UOAA chapter meets the 3rd Sunday of each except when otherwise posted.

To help offset the mailing cost you may now receive the MailBag Newsletter via email.

Please contact:

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

(Newsletter will be in PDF format)

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### NEXT MEETING

**Sunday, March 17, 2013**

**August 7-10,  
2013 Fourth  
UOAA National  
Conference  
Jacksonville FL**

As for Passover, the Jewish celebration from the Bible that commemorates how God helped the Children of Israel escape slavery in ancient Egypt by inflicting 10 plagues on the Egyptians, worst of which was death to their firstborn sons. The Israelites were instructed by God to mark their doorposts with blood of Spring lamb so that He would *pass over* their homes sparing their children. Will you “pass over” the opportunity to free yourself of the enslavement bondage of ignorance about your body’s bowel/bladder (mal)functions? Will your blatant denial/disregard of acceptance of having life-saving/affirming ostomy surgery be the *plague* that eventuates in your *passing over*...to early, preventable death? They say “March comes in like a lion, and goes out like a lamb.” Will you be the sacrificial Spring lamb that spills some blood when you make the ultimate decision that results in your ileostomy, colostomy, or urostomy, regardless of etiology (IBD, like Gutsy’s Linda,...or cancer, war, injury, or emergency circumstances) and allows you to live?...or will you succumb to “March Madness” or “march to a different drummer”...and do nothing? The choice is yours, as are the consequences!

**BOTTOMLINE/MARK YOUR CALENDAR:** Speaking of March events, Gutsy hopes you will march right over to Patti’s MCP store for our next Jax ASG meeting, Sunday, March 17, 2013! Just happens to fall on St. Patrick’s Day!...your lucky day to mingle with other ostomates/spouses and celebrate living with an ostomy or an ostomate...Gutsy just learned it is “Colorectal Cancer Awareness Month” Join us to meet new friends, renew old friendships, and maybe learn something. We need YOU! And, that’s no “blarney!” See you there!!

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## **WHAT OSTOMATES SHOULD KNOW ABOUT DRUGS** Via St. Paul Pacesetter

Liquids are faster acting than pills or gel caps. The degree of compression of a tablet determines the rate that medicine is dissolved in one's system. Vitamins should be taken on a full stomach or else they will irritate the lining of the stomach and produce the sensation of feeling hungry. The amount of absorption is based on the amount of intestines still intact; therefore, the type of drugs taken must be in accordance with how much absorption "power" you have. Time-release capsules are NOT for the ileostomate. Time release medicine will completely dissolve at once if alcohol is consumed with it or shortly afterwards. Most medication is available in a variety of forms. Be sure to tell your pharmacist that you have an ostomy so he or she can provide the right form of prescribed medication. The following precautions are offered to avoid food and drug interactions that can reduce the effectiveness of prescription drugs.

- . Don't mix medicine into hot beverages. Heat can destroy or alter drug ingredients.
- . Don't stir medications into food which can destroy the release mechanism of certain drugs.
- . Read all directions, warnings and precautions about your medication.

## UOAA Area Support Groups

I have been getting calls from my customers that have received the MailBag in their orders asking about our meetings or meetings in their area. Please see the list below with the uoaa.org Area Support Group contact information. Please consider attending a meeting. There is nothing like it! - Patti Langenbach

### Florida

<u>Broward County</u>	#019	<u>Wendy Lueder</u>	954-537-0662
<u>Charlotte County</u>	#155	<u>Gloria Patmore</u>	941-627-9077
Citrus County	#055	<u>Steven Spielman</u>	352-465-7290
<u>Clearwater</u>	#004	<u>Marilyn Bossard</u>	727-391-5682
<u>Collier County (Naples)</u>	#112	<u>Joan McInerney MSN,CWOCN</u>	239-436-5000x2358
Coral Springs Hosp (Caring & Sharing)	#264	<u>Patty Paxton-Alan CWOCN</u>	954-344-3094
Fort Myers (Southwest FL)	#325	<u>Howard Weisberg</u>	239-482-8433
Gainesville	#100	<u>Ernie Bliss</u>	386-462-1496
<u>Hernando County</u>	#331	<u>Robert Barnard</u>	352-442-9787
Indian River County	#234	<u>Peggy Pfalzgraf</u>	772-567-4311x4032
<u>Jacksonville</u>	#298	<u>Patti Langenbach</u>	904-733-8500
Jupiter	#245	<u>Judy Bower</u>	561-626-0659
Lake County	#277	<u>Sheila Allan</u>	352-750-1352
New Port Richey (Morton Plant Hosp)	#341	<u>Debra Crum RN,MA,CWOCN</u>	727-871-0543
<u>Ocala/Marion County</u>	#151	<u>Lynn Parsons</u>	352-245-3114
<u>Orlando/Central FL</u>	#040	<u>Patrick Gessel</u>	407-748-0119
Ormond & Daytona Beach	#305	<u>Roger K Murray</u>	386-405-9536
<u>Pensacola</u>	#290	<u>William Jenkins</u>	850-623-6081
Polk County	#008	<u>Bill Schmidt</u>	863-858-7583
<u>Sarasota/Manatee</u>	#132	<u>Bonnie Coker</u>	941-423-8542
South Bay Hosp (near Tampa)	#188	<u>Heath Staiger, WOCN</u>	813-634-3301x1733
South Brevard County	#169	<u>Nancy Walle</u>	321-254-3976
South Miami (Baptist Hosp)	#356	<u>Donna Byfield</u>	786-596-1642
South Palm Beach County	#113	<u>Arthur Kravitz</u>	561-447-6977
<u>St Petersburg</u>	#251	<u>David Kuperman</u>	727-546-1920
Tampa (James A. Haley V.A.)	#314	<u>Jane Nichols</u>	813-972-2000x6602
<u>Tampa (Tampa General Hosp)</u>	#318	<u>Molly Holt</u>	813-844-7160
Tarpon Springs (Helen Ellis Memorial)	#267	<u>Rhonda Jackson</u>	813-340-5499
Venice	#021	<u>Ann Favreau</u>	941-408-0528
<b>Georgia</b>			
Atlanta	#142	<u>Bobbie Brewer</u>	770-952-4906
<u>Macon (Middle Georgia)</u>	#233	<u>Sam Wilson</u>	478-477-8337
Savannah	#294	<u>Howard Taylor</u>	912-225-4174
South Georgia	#301	<u>Joy Hooper</u>	229-402-0782

## TEMPORARY OSTOMIES

by Nancy Brede, RN, ET, Via The Pouch, The New Outlook, Chicago

Temporary ostomies are surgically created with the intent of reconnecting in the future. The anatomy of the gastroin-testinal system or urinary system is left intact.

Permanent ostomies are created with the intent that the ostomy surgery will not be reversed - usually the anatomy in the gastrointestinal or urinary system has been removed. Permanent ostomy surgery is usually performed when dis-ease or injury prevents maintaining the anatomical struc-tures needed for reversal.

A large number of temporary ostomies involving the colon are done on an emergency basis. The colon becomes obstructed or blocked, and stool cannot pass through. Because of the emergency nature of the surgery, the bowel cannot be cleaned and prepared ahead of time. Reversals - re-anastomosis or hooking the normal anatomy backup - then can be done later, when infection is not as likely and proper healing can take place. The most common situations and diseases requiring a temporary colostomy are:

Cancer of the colon with obstruction - or other abdomi-nal cancer affecting the colon. Hirschsprung's disease, a disorder or malfunction in infants that prevents the passage of stool. Due to a lack of nerve cells in certain areas of the large intestine, stool is not moved through and an ostomy is necessary. Diverticulitis, a small out-pouching in the wall of the intestine, called diverticula, become infected. The diverticula may rupture or cause obstruction. Crohn's Disease may necessitate a temporary ostomy to allow the diseased bowel to heal.

Persons with temporary ostomies face many of the same problems permanent ostomates have. It's just as important for them to have support, reassurance, and teaching as it is for persons with permanent ostomies. They must learn proper skin care, stoma care, and pouching techniques. Often, stomas are not ideally situated on the abdomen, because of the urgency of the surgery. Thus, pouching and skin care can post difficult problems.

Following temporary surgery, measures need to be taken to improve the patient's health. He /she must be in the best condition physically. to undergo the major surgery for reconnection. There is also a time for the patient to deal psychologically with past surgery, upcoming surgery, and possibly a newly-diagnosed disease. It may be a difficult time with all the changes and new challenges. Often, there are many fears and unanswered questions. Other people with ostomies and ostomy nurses may provide reassurance and the answers to these questions.

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## Cholesterol

--Metro Halifax News, Nova Scotia

People with ileostomies often have lower cholesterol than people in the general population do. That is because the last part of the small intestine, the terminal ileum, is where the bile acids are absorbed. Bile acids are made in the liver and help in the digestion of fatty foods. After the terminal ileum is removed during surgery, the body is unable to absorb the bile acids. Consequently, fatty foods, rich in cholesterol, are not broken down and used by the body, resulting in lower levels of cholesterol.

**JOIN US IN JACKSONVILLE IN 2013**  
**Fourth UOAA National Conference**  
**August 7-10, 2013**  
**Hyatt Regency, Jacksonville Riverfront**



Welcome to the history and charm of downtown Jacksonville, situated on a four-mile riverfront boardwalk close to area attractions in the center of Florida life. Plan to arrive by **Tuesday, August 6**. Registration begins at noon on Tuesday, August 6. Programming begins Wednesday morning August 7 and continues through Saturday, August 10. Come and see what the [Jacksonville area has to offer](#) and join us as we build the "Bridge To Acceptance!"

**Featured events include:**

- **7<sup>th</sup>** – 1<sup>st</sup> Timers Orientation and Reception
- **7<sup>th</sup>** – 1<sup>st</sup> Night Ceremonies and Welcoming Ice Cream Social; Guest Speaker Brenda Elsagher
- **7<sup>th</sup> thru 9<sup>th</sup>** – Stoma Clinic
- **7<sup>th</sup> thru 10<sup>th</sup>** – Educational Workshops of special interest to: All attendees; 30+; Young Adults; those with Continent Diversions; Gay and Lesbian ostomates; Affiliated Support Group leaders
- **8<sup>th</sup>** – Basic ileostomy, colostomy and urostomy panel
- **8<sup>th</sup> & 9<sup>th</sup>** – Exhibition Hall on Thursday (8<sup>th</sup>) & Friday (9<sup>th</sup>) with breakfast in the Hall on the 9<sup>th</sup>
- **9<sup>th</sup>** – Brenda Elsagher, "It's in the Bag and Under the Covers"
- **10<sup>th</sup>** – Closing Ceremonies and Awards "Bridge to Acceptance"
- **10<sup>th</sup>** – Closing Banquet with Entertainment

**Registration:** [Register online](#) now, or [print form](#) and mail to UOAA office. Costs are:

- **\$125** individual
- **\$75** spouse/companion
- **\$25** children 5-17 and children under 5 free
- **\$50** Saturday night Banquet Only

**Hotel:**

- **\$99** per night, plus tax (rate guaranteed only until July 12, 2013)
- Special rate includes 3 shoulder days on each side. [Reserve your room now](#) or call 888.421.1442
- Mention "**United Ostomy Associations of America**"

**Parking:** **\$10** for self park and **\$20** for valet

**Airport Transportation:**

- Taxi Cab flat rate \$29.00 – Checker Cab provides service in the baggage claim area of Jacksonville International Airport (904.493.5229)
- [GO Shuttle](#)
- [SuperShuttle](#)

**Walk to nearby restaurants & shops**, many of them at [Jacksonville Landing](#), a short distance west of the hotel, or travel across the St. Johns River by [Water Taxi](#) to experience area nightlife.

We will continue to post more information here, such as the C.A.R.E.S. Program. If you have any questions, contact the office at **800.826.0826**.

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

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

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To: