



## Alcohol Free Adhesive Removers



### Features

- Alcohol Free - Does Not Hurt When Used on Broken Skin
- Large Wipe and Easy to Handle
- No Rinse Formula - Saves Time and Hassle
- Cleans Skin - Improves Pouch Adherence
- Several Packaging Options and Sizes - 50 ct Packs or Individually Wrapped
- Low Cost

Our Peri-Stoma and Adhesive Removers are alcohol free and do not sting! These products are very gentle on the skin and are designed for easily irritated skin. These wipes are large in size, 5" x 7" in measurement. The formula is a no-rinse design, water is not needed to remove adhesive. Our adhesive removers improve pouch adherence to the skin and cleans the skin. This product comes in variations of sizes and is very cost effective.

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: **March 20th**

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 - **March 8th @ 6 pm**  
 Saddlebrook Rec Center (near Polo Field)

Masks Required

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

## HAVING THE GUTS TO GET A BLACK BELT

CASSANDRA KOTTMAN'S STORY from Ostomy.org patient stories



*Kottman earning her 2nd degree blackbelt after a recent all -day test.*

I started Shaolin Kempo Karate back in 2012. I had trained in Shotokan Karate in high school and really wanted to get back into martial arts. I've struggled with [ulcerative colitis](#) since I was 12 and staying active always seemed to help. My UC was still severe and I was in and out of the hospital quite often, so training was still a struggle. Eventually, my colon ruptured in 2016, and I was rushed to the ER and had to have an emergency colectomy. I was in pretty bad shape, and almost didn't make it, even after the procedure. I was bedridden for about 9-months and on TPN for almost half of that dealing with the symptoms of pancreatitis.

I slowly got back on my feet. The whole time nurses were telling me that I wasn't going to be able to live a normal life, and that I couldn't do martial arts or many other kinds of activities. It was a very depressing time. Fortunately, I thought to ask my surgeon what kind of limitations I was going to have. She was so positive and let me know of another one of her patients who was a professional water skier, and the precautions he took to get back into his sport. That same day I went and ordered an ostomy guard, foam to make a belly pad, and texted my karate instructor to let him know I was coming back in.



My first class was absolutely horrible. All my muscles had atrophied. I did 3 stationary "jumping jacks." Basically, I lifted my arms over my head three times and that was all I could manage. I almost passed out and ended up laying on the floor watching everyone else for the rest of class. I kept going back and pushed myself a little more every week. It took a good year and a half to get back to "normal." Because of the trauma I had gone through and my passion to continue training, I was inducted into the U.S. Martial Arts Hall of Fame as 2017's Woman of the Year. Happy to say I am the first ostomate to ever be inducted. It's a little weird to say, but I actually inspired myself, knowing everything I had gone through, and that I pushed myself to be my best. So, I continued to push my training to where I was able to train 3-4 hours 5 times a week. In 2018, I was invited to perform for the Abbot and test for my black belt at the Shaolin Temple in Dengfeng, China, which was a tremendous honor.

So, on November 6th, I took the test. Six intense hours of high-intensity drills, sparring and defense maneuvers against fists, knives, and clubs. I could barely move the next day, but it was all worth it because I passed. It really is a good feeling, and I've impressed myself with how hard I can push myself.

I still deal with day-to-day issues like hydration, or general fatigue, but overall, everything is manageable. **If I have learned anything it's that you need to listen to your body, and if there is something you really want to do, you can find a way to make it happen. It might not be the way everyone else is doing it, but all that matters is that it works for you.**

## A To Your Q: I feel overwhelmed with an ostomy — what can I do to feel better?

**Expert advice for ostomates when it's all too much.** STEPHANIE BRENNER, LCSW OCT 10, 2019

The experience of managing life with an ostomy can be a lot to handle. Add in the demands of our busy lives and it can all feel overwhelming. Nowadays, "stress" appears to be a normal part of life. It might seem like there's nothing you can do about it, but you have a lot more control than you might think.

Here are eight tactics to help you deal with ostomy overwhelm.

### 1. Know how long things take

I'm notorious for assuming tasks take much less time than they actually do. For instance, I'll block out 15 minutes for a pouch change and then my stoma decides it's going to take 30 minutes. I've learned this simple rule: whatever time you think a task will take, double it. That way, when your stoma suddenly acts out, you'll feel prepared because you know there's extra time to apply the wafer properly. We all know that rushing a pouch change = leaks = more stress!

### 2. Simplify your life

Is your life too complicated? Take a few minutes and look at everything you do in a day and ask yourself if there's a better, easier way. This may involve saying "no" to things you've planned. Your to-do list is probably making you anxious and stressed and overwhelmed. Technology can help us organize our lives when it comes to ordering ostomy supplies. Many [medical suppliers](#) offer automated reordering which sends alerts when you're running low on ostomy supplies.

### 3. Create daily self-care habits

One of the most important things you can do for yourself is self-care. As soon as I wake up, I start each morning with a hydration routine. Next, I take vitamin supplements. Then, I'll pack healthy snacks for the day and always carry my water bottle. I change my pouch before eating breakfast and make sure I carry extra supplies in my purse. These daily habits help me feel prepared for the day. If you're not a morning person, you can plan these things the night before.

### 4. Allow for Murphy's Law

No week is complete without something going wrong, just plan on it. Take for instance that terrifying feeling of your ostomy appliance coming loose and the [bag splashing onto the floor](#), or a very inconvenient [leak at the shopping mall](#). Allow time in your schedule to prepare an emergency kit with extra clothes and ostomy supplies — always carry it with you! You're better off knowing these things are readily available just in case you need them.

### 5. Be kind to yourself

If you're having ongoing issues with your ostomy, this kind of overwhelm can lead to feelings of depression and anxiety. This is not the time to beat yourself up. It's extra important to pay attention to your mental radio and turn down the volume on your inner critic station. Practice self-compassion by giving yourself some credit for everything you've been through. Read [inspiring stories](#) about ostomates who've been through similar things. Self-love is so important.

## 6. Lean on others for support

The first step is being honest. If you're living with chronic illness or an ostomy, and it's a lifelong condition, then you need help. Brene Brown found through her research that people tend to feel shame around the idea of "never being enough" ... at home, at work, never smart enough, never good enough ... it's no wonder so many of us don't bother to ask. Do not feel guilty about asking for help. When you ask in a considerate way and understand they may need to say no (see #2), there are no hurt feelings. It can be something as simple as a friend bringing a meal over if you're tired, or [help with ostomy supplies](#) if you're paying out of pocket. Never let your pride get in the way of asking for help when in desperate need.

## 7. Dump all your feelings onto paper

When you're fed up with your ostomy, sometimes taking time to write down your frustrations can help. I give my patients journals to help with this. One of my favorite assignments is having them [write a letter to their ostomy](#), expressing all their truest emotions and thoughts — the good and the bad. [Ranting](#) is welcome but including gratitude and appreciation is the key to acceptance.

## 8. Connect with others who understand ostomy life

There are many ostomates who have gone before you, and many are yet to come. It's very helpful to connect with others going through similar experiences because we can all learn from each other. If you want a pen pal friend, [Girls With Guts has a program](#). Plus, the UOAA has over 300 local groups that meet in person. There's a lot of help for ostomates, don't underestimate the power of peer support.

THE RULES: Just pick ONE (maybe two) of these tips to try today. I don't want you to become overwhelmed using them all!

[A TO YOUR QHEALTH](#) BY STEPHANIE BRENNER, LCSW

Stephanie is a Licensed Clinical Social Worker in Evanston, Illinois.

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## Colostomy Hints

Via Rosebud Monthly, Chico, CA & THE POUCH February 2022 Volume 43, Issue 1

**Diet** — There is no such thing as a colostomy diet. A colostomy is not an illness, so try to eat the same foods you have eaten and enjoyed in the past. If you are on a diet for a condition such as diabetes or high blood pressure, of course, you should stay on this diet. Foods can be acidic or alkaline, bland or spicy, laxative like or constipating. Individuals react differently to food. Try to return to your formal normal diet; those foods which disagreed with you in the past may still do so. Chew well and see the effect of each food on your colostomy output.

To maintain good health, the body requires carbohydrates, proteins, fat, minerals, and vitamins. Water is not nutritious but is absolutely necessary. Having a balanced diet is a fitting way for people to maintain good nutrition and keep bowel activity normal. Every day your body needs meats or fish, dairy foods, vegetables and fruits, cereals and bread and liquids.

If you wear a pouch all the time, you will suffer no embarrassment if something you eat produces an unexpected discharge. You will soon learn which foods produce gas or odor, which cause diarrhea and which are constipating. With this knowledge, you can regulate the bowel's behavior to a certain extent. You cannot prevent intestinal



activity by not eating. An empty intestine produces gas. No matter what your plans might be, eat regularly, several times a day, with perhaps a small meal before going to bed at night. Your colostomy will function better for it.

**Daily Life** — Once you have recovered your health, you may continue a normal day's routine, as you did before surgery. A colostomy is not an impediment to most activity. When its care has been properly determined, it will not interfere with your daily schedule.

**Work** — Colostomates can do most jobs; however, lifting can cause the stoma to herniate or prolapse, especially soon after surgery. A sudden blow in the appliance area could cause the faceplate to shift and cut the stoma. Still, there are some colostomates who do heavy lifting, such as firefighters, mechanics and truck drivers. Check with your doctor about your type of work. As with all surgery, it will take time for you to regain strength after the operation. A letter from your doctor to your employer may be helpful should your employer have doubts about what you can do. Sometimes colostomates find that their employers think that the colostomy will keep them from doing their jobs. This also happens to some colostomates who are applying for new jobs. You should know your right to work is protected by parts of the US Rehabilitation Act of 1973 and the Americans with disabilities Act of 1990 as well as by sections of your state laws. If you feel you are being unfairly treated because of your colostomy, call the UOAA office at 800/826-0826.

## UOAA's 8th National Conference-Postponed

AUGUST 10, 2023 - AUGUST 13, 2023

Due to the continued concerns with COVID-19 and its variants, and for the health and safety of our conference attendees, **UOAA's 8th National Conference has been postponed until August of 2023.**

More information regarding our plans will be provided at a later date.

<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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