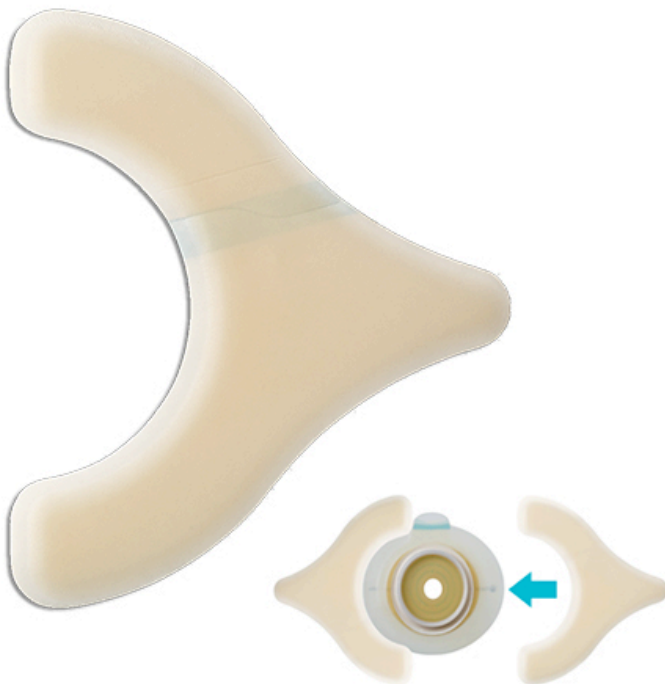


The MailBag

Jacksonville group meets the 3rd Sunday of each month 3 p.m. 4836 Victor Street.
 Ocala support group 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).
 Amelia Island Area Ostomy Support Group meets last Monday of each month at 6:30pm - Bapt Medical Center Nassau board room.
 Gainesville Support Group meets the 1st Sunday of each month (except Holidays) Hope Lodge 2121 SW 16th St Gainesville

Coloplast Brava® Elastic Barrier Strip Y-Shape, Latex-Free

Skin-Friendly Brava® Elastic Barrier Strips are designed to prevent the edges of the barrier from lifting and to keep your barrier securely in place. They are elastic, so they're able to follow your body shape and allow you freedom of movement. This can provide greater security and peace of mind that your barrier will stay in place. Much like tape, the strips are designed to be applied around the edges of the barrier (overlapping onto the skin). You can use either one or two strips, depending on where you need extra security. Secures the position of the barrier, and is elastic so it follows your body movements.



Contact MCP (800) 741-0110 For More Info

Jacksonville Contact Information:
 Patti Langenbach
 (800) 741-0110
 (904) 733-8500
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
 (Newsletter will be in PDF format)

Support group meets the 3rd Sunday of each month 3 p.m. 4836 Victor Street
Next Meeting Apr. 17th

Gainesville Support Group meets the 1st Sunday of each month (except Holidays)
 Next meeting: **May 3rd at 2pm** at Hope Lodge 2121 SW 16th St Gainesville, FL 32608
Contact info:
 Brinda Watson (352) 373-1266
 Nelson Griffiths (352) 376-8703

Ocala support group 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 May 17th (Due to Mother's Day)
 Patti Langenbach Speaking
Contact info:
 Lynn Parsons (352) 245-3114
www.ostomyocala.com

Amelia Island Area Ostomy Support Group meets last Monday of each month at 6:30pm (except May, June, July & Aug) Bapt Medical Center Nassau board room.
 Free parking (904) 310-9054
Next Meeting Apr. 27th
 Patti Langenbach Speaking
 Next Meeting Sept. 28th



“Gutsy’s Gab:” “Speak Out and Be Heard!”

By Linda Blumberg AKA “Mrs. Lips”

April 2015: *Taxing*, but, also *egg-ceptional!*...at our April 19 stress-free Jax ASG meeting, ostomates/family gathered for caring, sharing ostomy concerns, products and experiences, including April *showers raining* down with ideas, e.g., Press N Seal to cover the stoma while showering. We welcomed newbies - no “April Fools” there! We munched on Kimberly’s Konfections. “Gutsy,” Linda’s ileostomy stoma encouraged everyone to “hop” on over to ConvaTec’s 24/7 inspirational and informational social media Inspire.com for issues and answers. It’s almost May and time to CELEBRATE BEING ALIVE by honoring: 1) Mom for OUR birth, 2) our stoma’s “birth” by living well with an ostomy. Make May “memorable”...not “memorial-able!”

SPOTLIGHT ON: May 2015: May Day (1st), Cinco de Mayo (5th), Mother’s Day (10th), prom, Memorial Day (25th)... AAA (Awareness/Acceptance/Advocacy)

Awareness involves *prom-ises* to: 1) check for blood in stools/urine, 2) *prom-pting* yourself to have life-saving colonoscopy, with follow up life-affirming ileostomy, colostomy, or urostomy surgery (if needed). Don’t let premature death from blatant disregard/ignorance of responsibilities make it “memorial-able” for your loved ones...colorectal/bladder cancer diagnosis could sacrifice your time together. Linda wishes her beloved mother, Esther, who died of colon cancer 26 years ago, had been more AWARE and less self-sacrificing. Maybe she could have survived? Esther gave birth to Linda; Gutsy was “born(e)” to/by Linda (a new kind of Mother’s Day!)

Postsurgical Ostomy Acceptance occurs when we realize that even with a stoma; WE are still normal, beautiful, loveable people who can feel EMPOWERED to live well with an ostomy! STOMA ARRIVAL=YOUR SURVIVAL to celebrate being alive for Mexican fiestas, prom, and Mother’s Day (including YOUR stoma’s “birth”). Accept YOUR stoma, and nonostomates likely will, too! True ostomy acceptance is non-judgmental! (See Linda’s 1st Phoenix article/photo, June 2011, p.30).

Prom-ote your stoma’s *prom-inence* by Advocating for Ostomy(!): Gutsy saved Linda’s life; but, humor and a (com)passion for writing/others continue as her salvation!... 1) Share YOUR ostomy journey: a) at support group meetings, b) on Inspire.com, c) by submitting your unique experiences/perceptive perspectives/humor, in writing, to this (or YOUR local) newsletter, or publications, e.g., Phoenix mag, and d) by educating general public to dispel their negative preconceived notions; 2) drive loved ones to/from colonoscopy, remaining loving/loyal if he/she has ostomy surgery; 3) Advocate for YOUR stoma: make May memorable. Lady ostomates, be a good *mom* to your stoma: a) *prom-enade* him/her around in a beautiful pouch cover from Koolostomy.com, b) Make your stoma a STAR! Email his/her name: Patti@ostomymcp.com or Linda: blumbergl@duvalschools.org for inclusion in future Gutsy’s Gab column. This May, Gutsy proudly *prom-otes*: “CatWalter” and “Lola” (Inspire.com)...cathartic and fun! (See Linda’s 2nd Phoenix article/photo, December 2013, p. 78).

BOTTOMLINE/MARK YOUR CALENDAR: Our next Jax ASG meeting is Sunday, May 17, 2015. Hope you will *prom-ptly* join us at Patti’s MCP store to CELEBRATE BEING ALIVE! For contagious camaraderie, prebies and newbies needing nurturing “maternal instincts”...even from the guys! Let’s honor our stomas, but not just for Mother’s Day. It will be an “a-MAY-zing” time! See YOU there!!

**Sept 1-6, 2015 • Fifth UOAA
National Conference •
St Louis MO**



World Ostomy Day
Saturday October the 3rd 2015.
The theme for WOD 2015 will be
“Many stories, one voice.”

Kim's Version "Strawberry Rhubarb Crisp"

Recipes served at Jacksonville Ostomy Support Group Meetings

Recipe courtesy of Ina Garten

Total Time: 1 hr 25 min Prep: 25 min Cook: 1 hr

Yield: 6 servings

Ingredients

4 cups fresh rhubarb, 1-inch diced (4 to 5 stalks)
4 cups fresh strawberries, hulled and halved, if large
1 1/4 cups granulated sugar
1 1/2 teaspoons grated orange zest
1 tablespoon cornstarch
1/2 cup freshly squeezed orange juice
1 cup all-purpose flour
1/2 cup light brown sugar, lightly packed
1/2 teaspoon kosher salt
1 cup quick-cooking (not instant) oatmeal, such as McCann's
12 tablespoons (1 1/2 sticks) cold unsalted butter, diced
Vanilla ice cream, for serving

Directions

Preheat the oven to 350 degrees F.

For the fruit, toss the rhubarb, strawberries, 3/4 cup of the granulated sugar and the orange zest together in a large bowl. In a measuring cup, dissolve the cornstarch in the orange juice and then mix it into the fruit. Pour the mixture into an 8-by-11-inch baking dish and place it on a sheet pan lined with parchment paper.

For the topping, in the bowl of an electric mixer fitted with the paddle attachment, combine the flour, the remaining 1/2 cup granulated sugar, the brown sugar, salt and oatmeal. With the mixer on low speed, add the butter and mix until the dry ingredients are moist and the mixture is incrumbles. Sprinkle the topping over the fruit, covering it completely, and bake for 1 hour, until the fruit is bubbling and the topping is golden brown. Serve warm with ice cream.

Recipe courtesy Barefoot Contessa: How Easy is That? Copyright (c) 2010 by Ina Garten.

Published by Clarkson Potter for Food Network Magazine



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A NEW YEAR...TO EXERCISE?

Was exercise at the top of your New Year's Resolution List only to be replaced with a set of excuses a week later? Well, let's see what those excuses may be:

I Don't Have Time: One less cup of coffee in the morning and a few more minutes in your busy day taken from other less beneficial activities will add up. Say to yourself, "I am worth 30 minutes a day!"

Boring, Boring! : There's lots of different kinds of exercise to choose from. Find something you enjoy and you just might stay with it.

I'm Too Tired: Studies have proven that exercise revs up the bloodstream, which produces energy. A brisk walk in the cool of the evening will relax and revive you - it may even add to romance!

I'm Too Old: Oh, PLEASE!! Have you seen Sophia Loren lately? She may have been born beautiful, but staying there is no gift. But don't have unrealistic expectations. Just go at your own pace. You just might inspire some youth in your life to want to find out how you do it.

Not Enough Space: All you need is enough room to lie down - but avoid drafts, which may cause muscle cramps. Or better yet, go walking outdoors, or in bad weather indoors works well too. Outdoor walking will use all your muscles and you get fresh air to boot! Indoor walking can be enjoyed at a local mall. You can window shop and get your exercise in at the same time.

It's Too Expensive: You don't need fashionable regalia, high-priced equipment, and/or an expensive fitness membership. If you plan on walking, a good, but not necessarily expensive, pair of shoes is all that is required.

On the Short Side

Kathy Ward, UOAA Admin. Asst.

We get a lot of questions here at our national office. I thought I would address some of them from time to time in a short article. So whenever you see On the Short Side, you know it's from our home office.

- 1 My wafer and barrier ring won't stay on. What can I do? I recently found out by accident that the amount of softener in your water can make a difference in the effectiveness of your barrier ring seal because the softener in the water is not being rinsed off. The softener solution remains on the skin, compromising the seal. The dispenser was broken on our water softener, and the result was that we were getting an abundance of softener in our water. When it was fixed, I found that my wafer and barrier ring stayed on my body much longer. It used to get compromised by the second day. So, if you can't determine any other reason, check how much water softener is being dispensed daily.
- 2 My stoma emits so much liquid, I can't keep it dry enough to put a new barrier ring and wafer on. What can I do? Try eating bananas or apples. They will help to absorb the liquids. There is a Diet and Nutrition Guide on our website at ostomy.org that has other suggestions as well. For those of you who get those late-night hunger pangs, try not eating that snack too late, especially if you intend to put on a new ostomy wafer the next morning. On those days, try to avoid all after-dinner snacking.
- 3 For those of you who are short-waisted, try placing your pouch diagonally on your body. This gives your pouch more room to expand. If you find it's still too long, bags with a Velcro seal can be folded-up, once or twice, at the end to give you more comfort.

SORBITOL: THE HIDDEN LAXATIVE

By Lisa Robinson, Pharm. D., via St. Paul (MN) The Pacesetter

Many factors dictate an ostomate's overall health and wellness. Diet, exercise and adequate vitamin/mineral supplementation are essential for a healthy immune system. Excessive and/or chronic diarrhea increases the speed at which food goes through the digestive tract, which leaves less time and surface area for nutrient absorption. In an ostomate, this may be apparent by the speed at which the ostomy bag fills. Medication therapy in an ostomate is individualized, and an oral liquid is generally preferred to tablets or capsules. Many oral solution and suspension formulations contain a sweetening agent called sorbitol.

Sorbitol is a poorly absorbed polyalcohol sugar that is also used therapeutically as a laxative. Therapeutic laxative dosing of sorbitol for an adult is 20-50 grams per day. As little as 10 grams of sorbitol has been shown to cause cramps and diarrhea in patients. Sorbitol is classified as an inert ingredient; therefore, manufacturers do not routinely list the amount of sorbitol. The laxative effects are cumulative based on the total daily dose.

Patients receiving multiple drugs containing sorbitol are more likely to experience adverse reactions. Take a look at the bottles of your liquid medication and see if it lists sorbitol under inactive ingredients. If it is a prescription medication, call your pharmacy and ask them to tell you who the manufacturer is and if sorbitol is listed as an ingredient. If you are taking several sorbitol-containing medications on a daily basis, you may want to call the manufacturers and inquire as to the sorbitol quantity.

Examples of commonly used oral liquid medications that may contain large amounts of sorbitol include: acetaminophen, aluminum hydroxide, calcium carbonate, calcium glubionate, cimetidine, dexamethasone, docusate sodium, digoxin, diphenhydramine, ferrous sulfate, furosemide, ibuprofen, lithium, metoclopramide, propranolol and theophylline.

Safe Travel Tips

by Joseph Rundle, Aurora (IL) Ostomy Group; via Metro Maryland

With the terrorist alert on high and many concerned about safe travel at this difficult time, I thought I would offer you some useful tips:

- Do not ride in an automobile. Autos cause 20% of all fatal accidents.
- Do not stay at home. That is where 17% of all accidents occur.
- Do not walk across the street. Pedestrians are victims of over 14% of all accidents.
- Do not travel by air, rail or water. People have 16% of all accidental deaths because of these activities.

However, only 0.0001% of all fatal accidents occur at our local ostomy support association's meetings. Moreover, virtually none of these happen during the business meetings. Obviously, the safest place to be is at your local ostomy association meeting. You'd better go to the next one, just to play it safe.

Celebrate!
UOAA's 10th Anniversary at
Our National Conference
September 1-6, 2015
in St. Louis, Missouri
http://www.ostomy.org/2015_National_Conference_Page.html

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