



KATHY JOHNSON, WOCN will be our guest at the May 15th meeting in Jacksonville and on Zoom!



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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

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

4836 Victor Street

Next Meeting: **May 15th**

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

865-335-6330

Next meeting - **May 10th @ 6 pm**
Saddlebrook Rec Center (near Polo Field)

Masks Required

Contact Linda tvostomy@gmail.com

Ostomies Are Lifesavers

S E H I T F J R A W U O M A W R O S T O M Y E S L
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|---------------|-----------------|------------|------------|
| Ostomy | Stoma | Education | Advocacy |
| Ileostomy | Colostomy | Urostomy | Continent |
| Diversion | J Pouch | WOCN Nurse | Stigma |
| PBOR | Pouch | Adhesive | Lifesaver |
| Awareness | Phoenix Society | Wafer | Barrier |
| Resilience | Collaboration | UOAA | Confidence |
| Support Group | Nutrition | Fitness | Bowel |

The fit is the difference with BodyFit Technology

Mackenzie Bauhs

CWOCN, Coloplast employee and Clinical Consultant

All bodies change over time, and your barrier should adapt to those changes! Body changes might include gaining weight, losing weight, healing after surgery, or simply everyday body movements. BodyFit technology helps bend, move, and adhere to your skin throughout these changes.



Fit

Fit is important to consider when selecting a barrier. Proper sizing of the stoma with these body changes is important to help reduce peristomal complications that may occur.

Flexibility and stretch capability

A flexible barrier with the ability to stretch is needed for everyday movements when the body moves and bends, and it's also needed for when the body changes shape and size over time. With BodyFit technology, the barrier adheres to the skin but allows for movement underneath without constricting the skin or limiting movements.

Adhesion

Of course, it's important to have a barrier that adheres and sticks to the skin surrounding the stoma! If the skin is moist, injured, or unclean, this may impact the barrier's ability to stick. With the flexibility and stretch capability in BodyFit technology, the adhesion continues to support the movements of everyday life and remain adhered to the skin.

The materials are presented for general information purposes only. They do not constitute medical advice and should not be a substitute for consultation with a trained medical professional. Talk to your healthcare professional about what may be right for you. Please refer to product 'Instructions for Use' for intended use and relevant safety information.

Every body is different

Most people with an ostomy experience changes in their body shape over the years, but many do not change their ostomy pouching system despite facing leakage and skin issues due to a poor fit. But how do you know if your pouching system is still right for you? Make sure your pouching system fits your body and your life. It takes just 8 easy steps to complete the BodyCheck assessment, and we'll give you some guidance on ostomy products that may be better suited to your individual body shape. The product should fit you, not the other way around.

www.coloplast.us/bodycheck

Connect to confidence with Coloplast® Care

Having an ostomy can be a life-changer, and it's natural to have many questions. That's why Coloplast has designed Coloplast Care – a program designed specifically to prepare you for situations you may encounter or answer product and lifestyle questions you may have. This program includes personalized support from a team of Coloplast Care Advisors who get to know you and help you through everyday challenges.

Sign up and receive support through Coloplast Care today!

Visit us at ostomy.coloplastcare.us

Call us at 1-877-858-2656

Se habla español!

Information from Coloplast Care is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.

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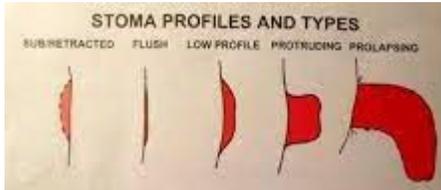
Top Tips to Reduce the Risk of Ostomy Bag Leakage

by Sue Mierau BSN RN CWOCN and Catherine Clarey-Sanford

PhD RN CWOCN; via UOAA Articles to Share, Nov 2021

Tip 1. Get the right type of ostomy skin barrier. THIS IS BASED ON WHAT YOUR STOMA LOOKS LIKE

AND WHAT THE AREA AROUND YOUR STOMA IS LIKE. The best type of skin surface for applying a pouch is one that is flat without creases or crevices. Many times, you have to use products or different wafers to achieve this. **SOOOOOO**... What does your stoma look like?



Here are drawings of what your stoma might look like. Many people have stomas that don't stick out (protrude) very far from their abdomen. This can make pouching more complicated.

Remember: the goal of the correct pouch is for your stoma output to flow into your ostomy pouch and not underneath or around the skin barrier.

With Pictures #1, 2, 3, the stomas do not stick out very far so you have an increased chance of the output going under the wafer. This will degrade the seal and cause leaking and possible skin irritation. These folks will probably use a CONVEX wafer. That is a wafer whose shape has a little bowl in it to press inward on the skin and help the stoma to protrude farther from the abdomen. These come with different amounts of firmness.

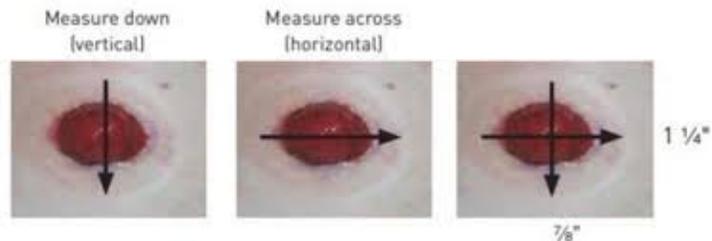
Picture #4 is probably the ideal stoma to have.

Picture #5 is referred to as a prolapsed stoma. We will not spend much time on this stoma. It is distressing to see but contact me if you want more info. Usually happens more with colostomies.

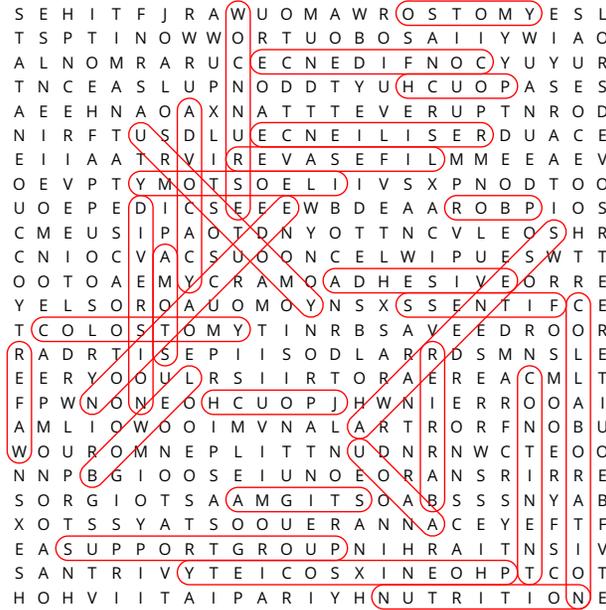
Tip 2. Measure your stoma to get the right size for your skin barrier. When you get your box of wafers, there should be a paper measuring guide. They may look different depending on your manufacturer. But it should look something like the following image.

REMEMBER: Every once in a while, you should re-measure your stoma. They can change in size and shape. This especially true in the first few weeks after creation. There is swelling that will usually subside, making your stoma smaller than when it was first created.

Measure 12-6 and 3-9. Turn your wafer over and mark a spot at 12 and 6 and one for 3-9. Then carefully join the dots together. Sometimes your stoma will be perfectly round. That doesn't always happen. Sometimes your width will be greater than the height. So, your stoma looks more oval. You just need to get measured twice and cut once. Don't worry if you mess up, everyone usually wastes a wafer or two.



Solution



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UOAA's 8th National Conference-Postponed

AUGUST 10, 2023 - AUGUST 13, 2023

<https://www.ostomy.org/event/uoaa-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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