



Join us **May 21st at 3 pm** in person or
on zoom for a presentation by
Beth Peters of **Safe N Simple**.

Medical Care Products, Inc.
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**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 21st**

Also join us by Zoom

[https://us06web.zoom.us/j/
94640600811](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/](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 9th** @ 6 pm

Saddlebrook Rec Center (near Polo Field)

Masks Required

Contact Linda tvostomy@gmail.com

HELPFUL – and FREE! Ostomy Apps to Try.

Learning that you will undergo ostomy surgery can be overwhelming. You may have questions about what to expect before, during, and after surgery. You may wonder where you can turn for additional education and support. While your medical team should always be your first resource, apps can be a useful tool for people wanting to understand more about ostomy surgery and stoma care.

If you own a smartphone, tablet, or computer, you have likely heard of an app. An app is a software program that can be downloaded onto your smartphone or computer. Once the app is downloaded, the resources and services it provides can be accessed from the comfort of your home. In today's article, your trusted ostomy supplies company will share four reputable ostomy apps that provide free education and support to individuals living with a stoma.

Ostomy 101

Ostomy 101 is a non-profit organization dedicated to improving the lives of people with stomas. *Ostomy 101* has released a free, product-neutral app designed to provide access to tools, information, and resources for people living with an ostomy. The *Ostomy 101* app contains multiple ostomy resources in one central location. App users can consult a certified ostomy nurse, connect with a patient coach, and find links to a variety of helpful ostomy resources. The app includes educational videos, articles, and other tools that provide information on living with an ostomy. There is an *Ostomy 101* newsletter and podcast available. Manufacturer samples and exclusive coupons are also featured on the app.

You can learn more about the *Ostomy101* app here:

<https://www.ostomy101.com/>

My Ostomy Life by Coloplast

My Ostomy Life is a free app released by the Coloplast company. *My Ostomy Life* is a customizable, interactive app that provides support to people during all stages of the ostomy experience. The app features inspirational content and product and lifestyle advice for all stages of the ostomy journey, including preparing for surgery, recovering from surgery, and returning home with a stoma. The app allows users to set personalized goals, to-do lists, and reminders for their ostomy care routine. Users can create a digital stoma journal and record pictures of the stoma, log the changing routine, and document skin health and product performance. Your digital stoma journal can be downloaded and shared with your medical team.

The app also provides a platform for users to easily connect with a Coloplast Care Advisor for product and lifestyle help. If problems with leakage and skin irritation are noted in the digital stoma journal, the app will provide an option to connect directly to Care Advisor for free personalized assistance. Even if you do not use Coloplast products, assistance is still available.

You can learn more about the *My Ostomy Life* app here:

<https://www.coloplastcare.com/en-US/ostomy/coloplast/myostomy-app/myostomy/>

My Ostomy Journey by Convatec

My Ostomy Journey is a free app released by the Convatec company. This app allows users to keep track of which ostomy products they have tried or are currently using. Pouch changes can also be tracked on the app. The app also includes a daily fluid intake tracker and a food diary feature. The food diary can be used to help discover the impact of different foods on stoma output. The fluid tracker can help users reach their hydration goals and avoid dehydration, especially important for people with an ileostomy. Users will also receive updates on new Convatec products and have direct access to the Me+ helpline, Convatec's free product assistance program.

You can learn more about the *My Ostomy Journey* app here:

<https://meplus.convatec.com/articles/my-ostomy-journey-app/>

OstoBuddy

OstoBuddy is a free, product-neutral app designed to help individuals with stomas stay organized and manage their supplies. The app allows users to keep track of which supplies they are using and how many supplies they have left. Users can schedule notifications to remind them to reorder supplies, so they do not have to worry about running out. The app has additional features including a pouch change scheduler and ostomy output tracker.

Learn more about *OstoBuddy* here:

<https://www.ostobuddy.com/>

While these apps are not a substitute for medical advice, they provide convenient access to resources and tools that can help users successfully manage stoma care. Please contact ABC Medical if you have any questions about where you can find additional help. To offer additional support, ABC Medical also offers guidance through our on-staff ostomy nurse who is ready to help you navigate life with a stoma and find the resources you need.

Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. For medical advice, please speak with your healthcare provider.



Written by [Amy Landrum, MSN APRN AGNP-C CWOCN](#)

As a nurse practitioner and WOCN specializing in wound, ostomy, and continence care, Amy brings a wealth of clinical experience in hospital, rehabilitation, and home health settings. Amy is passionate about helping patients navigate the healthcare system and obtain the resources they need.

Teen Life with an Ostomy

Via "The Pouch," Ostomy Support Group of Northern Virginia, LLC, July-August 2021

When Paige started seventh grade, she was excited to meet new friends and begin new classes, like most 12-year-olds! Her life quickly changed when she began to experience medical complications. At the beginning of

seventh grade, Paige started having to make frequent visits to the bathroom, as much as 12 times a day. Paige and her family sought out answers and treatment at a nearby hospital, where the doctors found a parasite in her colon called cryptosporidium, which causes diarrheal disease. Due to her Ulcerative Colitis diagnosis at the age of 10, the parasite was life-changing for Paige, as it destroyed her colon. “They told me that with how bad my colon was, I should have died.”

Paige went through a variety of treatments to save her colon. This started with receiving Remicade as an IV treatment...Paige’s body did not respond well. The next step in treatment was to try a j-pouch, again her body did not respond well to this treatment, but a j-pouch was tried one more time with the same outcome. After her two failed j-pouch operations, Paige continued to be sick and only had 8 feet of intestines left. Her mother, Cristy, discussed with her doctors to do something different since the j-pouch was not working, and that’s when Paige had surgery to receive a permanent ileostomy.

After months of hospital stays, her life was saved with her ostomy. Paige’s journey doesn’t stop there. After being discharged from the hospital, Paige had trouble finding a pouching system that helped provide a secure fit to her body. “We left the hospital with an ostomy pouching system that had a 12-hour wear time, at best,” says Cristy. “I went Mama mode and searched for a better product. Luckily, we found a great gal on the other end of the Coloplast Care phone line who answered all our questions and gave us just that!,” she said.

Once Paige found a pouching system that worked for her and started to gain her confidence back, she saw the need to create more resources for teenagers living with an ostomy, because there wasn’t much out there! “I play volleyball, I go to camps that are just like me (Youth Rally), I attend high school dances, I go on dates...I do it all! Coloplast helped me find the best fit for my body. They may be able to help you too. I have used Coloplast for 4 years now and I still feel confident in my pouch.”

According to Paige, living with her ostomy is not always easy. Along with the physical challenges, there are mental challenges from her experiences as well. Paige encourages anyone experiencing mental challenges to speak up and find someone to talk with. To help other teenagers living with an ostomy, Paige and Cristy contacted Coloplast, and they partnered together to create a care guide specifically for teenagers! Throughout this booklet, Paige hopes to share the tips and tricks that worked for her as well and provide answers to common questions. Download a free copy of this teen resource here: <https://www.coloplast.us/landing-ages/teen-booklet/>

*Paige is a Coloplast product user who has received compensation from Coloplast to provide this information. Each person’s situation is unique, so your experience may not be the same. Talk to your healthcare provider about whether this product is right for you. Editor’s Note: This article is from one of our digital sponsors, Coloplast. Sponsor support, along with donations from readers like you help to maintain our website and the free trusted resources of UOAA, a 501(c)(3) nonprofit organization, [https:// www.ostomy.org/category/ostomy-tips/](https://www.ostomy.org/category/ostomy-tips/) Thanks to “Ostomy Life Newsletter,” Tulsa Ostomy Association, May 2021

Fructose May Cause Gas and Stomach Discomfort via preventdisease.com Via “The Pouch,” Ostomy Support Group of Northern Virginia, LLC, July-August 2021

The simple sugar found in honey, fruits, and some soft drinks may be to blame for unexplained stomach ailments such as cramps, gas, and diarrhea. This sugar is the main sweetener used in Western diets, say a group of

researchers at the University of Kansas Medical Center, but some people lack the ability to absorb fructose properly. The researchers believe the dietetic ingredient is responsible for a host of common gastrointestinal complaints, so they are urging doctors to use fructose breath tests as a diagnostic tool for unexplained abdominal maladies. Their study suggests that fructose malabsorption travels down the digestive tract into the colon, where some bacteria use the sugar as a food source and consequently flourish. In the process, hydrogen gas is released and may cause pain, bloating, and diarrhea.

During their research, the investigators fed their subjects 25 grams of fructose, the equivalent of a 2-ounce can of soda sweetened with high fructose corn syrup, and then gathered breath samples. Testing revealed an abnormal level of hydrogen gas in almost half of the participants. On another occasion, after the subjects had dined on 50 grams of fructose, about three quarters of them exhaled high levels of hydrogen. If the sugar was digested normally, the gas would be absent from their breath. "When given levels of fructose commonly consumed in the Western diet, a significant number of our subjects had both objective and subjective evidence of fructose malabsorption, meaning that the breath analysis showed hydrogen in excess of 20 parts per million, and they had symptoms like gas and diarrhea," says Peter Beyer of the University of Kansas Medical Centers' Dietetics and Nutrition Department. He believes physicians should add breath analysis for fructose intolerance to their diagnostic test reservoir. "If a patient is found to be fructose intolerant and symptomatic, the doctor may recommend a low-fructose diet," says Beyer. "But in severe cases, antibiotic therapy may be required to provide relief.

Thanks to "Big Sky Informer." Great Falls. MT Ostomy Association

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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UOAA Discussion Board

<https://www.uoaa.org/forum/index.php>

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