



SenSura Mio Convex Flip is the first product specially designed to fit bulges, hernias and curves. The curved star-shaped barrier fits securely over bulges, hernias and curves. The petals of the star-shaped barrier hug the body without creasing or folding. The stability ring stabilizes the center zone so the stoma gets the necessary support, and guides where to put pressure while fitting. Finally, the

elastic adhesive and fit zones follow the body's movements. Together, all the benefits ensure that there is greater contact between the adhesive barrier and the skin.

Key Benefits

SenSura® Mio Convex Flip is specially designed for people with an outward area. The curved star-shaped barrier fits snugly over bulges, hernias and curves. The petals of the star-shaped barrier hug the body without creasing or folding. The elastic adhesive and fit zones ensure that the product follows body movements and the stability ring ensures stability right around the stoma.

The curved star-shaped barrier is easy to apply because it is inverted, allowing you to better position the barrier accurately. Once positioned, you simply flip the petals over the outward area to get a good fit with less wrinkles and folds.

SenSura® Mio Convex Flip features the unique SenSura Mio full-circle pre-filter which is proven to reduce incidents of ballooning with up to 61%, so you can sleep through the night. And not worry about a visible pouch.

Jacksonville Contact Information:

Patti Langenbach
(800) 741-0110
(904) 733-8500

mcp@ostomymcp.com

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

4836 Victor Street

Next Meeting: **May 19th**

Also join us by Zoom

[https://us06web.zoom.us/j/](https://us06web.zoom.us/j/94640600811)

[94640600811](https://us06web.zoom.us/j/94640600811)

Meeting ID: 946 4060 0811

or call +1 301 715 8592 US

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 14th** @ 6 pm

Saddlebrook Rec Center (near Polo Field)

Masks Required

Contact Linda tvostomy@gmail.com

Visit the Peristomal Skin Assessment Guide for Consumers

<http://psag-consumer.wocn.org/>

[#home](http://psag-consumer.wocn.org/#home)

UOAA Discussion Board

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

Check Out The MailBag Now On Facebook

https://www.facebook.com/JaxUOAA/?ref=aymt_homepage_panel

Find all the past issues of the MailBag at <http://ostomymcp.com/id6.html>

Medical Care Products, Inc.

(904) 733-8500

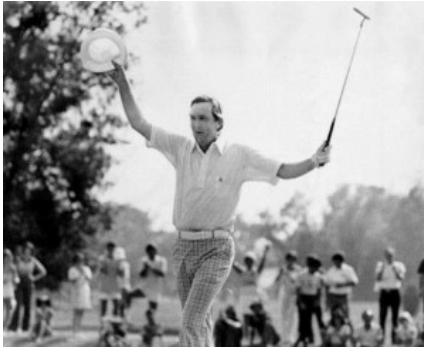
(800) 741-0110

<http://www.ostomymcp.com>

Famous People with Ostomies

Laura Cox Ostomy Lifestyle Specialist | Shield HealthCare

If you have an ostomy, you're in good company! Here are some famous people you may be surprised have an ostomy:



Al Geiberger

Al Geiberger is a former professional golfer who won 11 tournaments on the PGA tour, one of them being the 1966 PGA Championship. In 1980, Al had his colon removed due to his

Inflammatory Bowel Disease, incurring an ileostomy.

*Image of Al Geiberger from [The Commercial Appeal](#).

Dwight "Ike" Eisenhower

Dwight David Eisenhower was the Texas-born 34th president of the United States of America. He was a five-star general who led the Allied invasion of Nazi-occupied Europe during World War II. He was also known for easing cold war tensions, launching the Space Race and creating the federal Interstate Highway System. While many people were aware of his health issues, not many people knew that "Ike" also had an ostomy.

In May 1956 – halfway through his eight year presidency – Eisenhower was diagnosed with Crohn's disease, a disease that causes inflammation along the small and large intestines. In June 1956, his doctor performed a permanent ileotransverse colostomy to remove a bowel obstruction. Five days after surgery, he resumed conducting official business.



Jerry Kramer



Jerry Kramer is a former American football player. He is best remembered for his 11 year career as an offensive lineman for the Green Bay

Packers. In 1964, six years into his career, Jerry underwent nine intestinal surgeries, including formation of a colostomy. He fought for his position on the team and went on to play for another five years.

*Image of Jerry Kramer from [Packers Insider](#).

Marvin Bush

Marvin Bush is the youngest son of George H. W. Bush. In 1985, Marvin was diagnosed with Ulcerative Colitis and dealt with the disease until 1986 when he was given an ostomy after life-saving surgery. Marvin tries to keep a low-profile, but uses his father's name to benefit the National Foundation for Ileitis and Colitis.



Napoleon Bonaparte

Napoleon Bonaparte was a military conqueror, world leader, and an ostomate. Emperor of France from 1804 to 1815, Napoleon is often pictured with his right hand in his shirt, a method he is rumored to have developed to conceal his goat bladder ostomy bag.





Rolf Benirschke

Rolf Benirschke is a former NFL placekicker. Shortly after joining the San Diego Chargers, Rolf's battle with Ulcerative

Colitis took a turn for the worse and the doctors ultimately removed his colon. Waking up with two ostomies, Rolf went on to adjust to life as an ostomate and continued to kick for the Chargers for eight years.

Thomas P. O'Neill Junior (Tip O'Neill)



Tip O'Neill was an American politician, Ambassador to Ireland, and the second longest-serving Speaker of the U.S. House of Representatives in U.S. history. Tip held a seat in the House Rules Committee then rose to the role of Speaker of the House in 1977 until his retirement in 1987. In retirement, Tip developed colon cancer and eventually

underwent a ostomy surgery. This motivated him to make several public service announcements with athletes and stars to promote awareness of colon cancer.

Babe Zaharias



Babe was an extremely athletic woman. In 1932 she won two Olympic Gold Medals and one Olympic Silver Medal for Track and Field. She played basketball, but was always known for Track and Field. She began playing golf in 1935. Although she started the sport much later in life than others, she was successful. She played

in 3 PGA tours.

While still playing golf, Babe was diagnosed with colon cancer in 1953. She underwent colostomy surgery, and made a comeback in 1954, winning the Vane Trophy. Her colon cancer recurred in 1955 and Babe passed away the next year at 45 years of age. She has since been inducted into the Hall of Fame of Women's Golf and was named "10th Greatest North American Athlete of the 20th Century" by ESPN.

Loretta Young

Loretta Young was an American actress who won the Academy Award for Best Actress in 1948 for her role in *The Farmer's Daughter*. She had her own show, *The Loretta Young Show* from 1953 – 1961, for which she received three Emmy Awards. In 1986 she won a Golden Globe for "Christmas Eve." It is confirmed she had an ostomy, although it is not documented *when* she had her ostomy surgery.

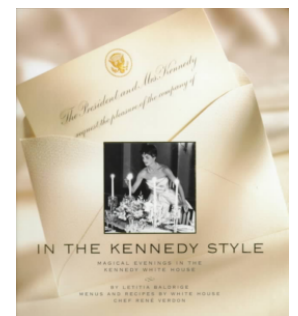


Letitia Baldrige

Letitia was Jacqueline Kennedy's social secretary and head of staff in the White House. She was also an American etiquette expert and public relations executive.

She was diagnosed with colon cancer in 1978 and had ostomy surgery. After recovering, she continued to be President of Letitia Baldrige Enterprises in New York, then went on to open Baldrige & Lewis in Washington DC, which is company that offered coaching in all things proper, portraying a good image, and manners. She passed away in 2012 at the age of 86.

*Image of Baldrige's book, *In the Kennedy Style*, from [Amazon](#).





Ann Sothern

Ann Sothern was a famous actress for six decades. Over her career she was in 64 movies and more than 175 TV episodes, including guest appearances with Lucille Ball on the Lucy Show. She was well known for her “Maisie” character. Ann suffered an injury while working on a stage production

when a prop tree fell on her and fractured her spine and left her with nerve damage. She also contracted Hepatitis from an impure shot. Many years of treatment and surgeries followed these two accidents. It is confirmed she had an ostomy, although it is not documented when or why she had her ostomy surgery.

STOMA SHAPES

Canadian Society of Intestinal Research via Ostomy Association of Greater Chicago’s ‘The New Outlook’

Changes to the size and shape of a new stoma are normal during the postoperative period. Initially, after surgery, stomas are swollen (edematous). The swelling will gradually subside over a period of about 6 weeks after surgery. No one will be able to tell you exactly how large your stoma will be right after surgery, nor how much smaller it will be as the swelling settles. Regular measuring of the base of your stoma is important during this 6-week period so that you can maintain correct sizing of the opening of the flange/appliance that you are using. The opening of a traditional flange/ appliance should be about 1/8th of an inch (3-4 millimeters) larger than the base of your stoma. Correct sizing will help to prevent irritation of the skin around your stoma, as well as prevent irritation (lacerations) to the stoma itself. Moldable flanges do not require this precision.

Changes to the size and shape of an established stoma can also occur over time. Most commonly, these changes result from weight gain. In general, weight gain of ten pounds (4.5 kilograms) or more can cause a stoma to

Nancy LaMott

Nancy was a cabaret singer in New York in the 1990s. She performed at the White House twice during the Clinton administration. Nancy was diagnosed with Crohn's Disease when she was 17 and passed away in 1995 at age 43 from uterine cancer.

*Image of Nancy LaMott from [The Cultural Critic](#).



AIR TRAVEL TIPS FROM UOAA AND THE TSA

<https://www.ostomy.org/ostomy-travel-and-tsa-communication-card/>

“pull-in” and to become more flush with the surrounding skin. Weight gain may also change the contours of the skin surrounding your stoma. Consequently, your “usual” pouching system may no longer be appropriate, particularly if you are experiencing frequent leaks or the usual wear-time has decreased. If your weight has increased by more than 10 pounds since your ostomy surgery, you may benefit from contacting an Enterostomal Therapy Nurse (ET) to reevaluate your pouching system. Equally, dramatic weight loss can impact stoma size and skin contours, also requiring reevaluation of pouching systems.

For women who have stomas and who become pregnant, regular reevaluation of the stoma and pouching system is recommended throughout the pregnancy. The weight gain experienced during pregnancy (particularly in the second and third trimesters) can cause the stoma to become flush, or even retracted during the later stages. Maintaining regular contact with an ET will help to determine appropriate changes to the pouching system as the pregnancy progresses.

A lengthening (or prolapse) of the stoma can occur. While peristalsis will normally cause minor changes to the length

of the stoma, the stoma may also excessively lengthen. You may notice that the stoma lengthens (or prolapses) while standing or after coughing, then may return to normal (reduce) after you lie down. If you notice that your stoma is prolapsing, you should contact an ET for reevaluation of your pouching and management of the prolapse.

Some people may develop hernias around the stoma (peristomal hernias), causing a bulging of the skin. Again, this bulging may cause significant changes to the size and shape of your stoma. An ET will be able to help you

reassess your pouching as well as assist with the evaluation and management of the hernia. Lastly, changes can result simply from aging. As muscle and skin lose strength and tone, changes to the stoma and the contours of the surrounding skin may require alterations to the size and type of pouching used. Generally, it is recommended that people with established stomas have their care re-evaluated annually by an Ostomy Nurse.

Editor's note: An Enterostomal Therapy Nurse (ET) is another term for an Ostomy Nurse.



<https://myadvancedwound.com/>

July 8 - July 13 [2024 YOUTH RALLY](#)

University of Colorado at Boulder 914 Broadway, Boulder, CO, United States
Youth Rally is a one-of-a-kind camp experience for youth living with conditions of the bowel and/or bladder system. This year's Youth Rally will be held at the University of Colorado Boulder in Boulder, Colorado from July 8 -13, 2024. Registration is now open. CLICK HERE <https://youthrally.org/> to learn more and secure your spot today!

UOAA'S 8TH NATIONAL CONFERENCE

Announcement: The 2025 UOAA National Conference will be August 14-16 2025 in Orlando, Florida at the Hyatt Regency Grand Cypress Resort. Check back later for more information on a special hotel rate and program information.

Thank you to all the attendees, sponsors, speakers, exhibitors and volunteers at our 8th National Conference held August 10-12, 2023 in Houston, Texas! UOAA National Conferences are held every two years so details about the next gathering in 2025 will be shared when available. Check out the recap video below for a peak at the conference experience.

https://www.ostomy.org/wp-content/uploads/2023/07/8th-National-UOAA-Conference_Program-Schedule_07182023.pdf

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