

The Mailbag

The Ostomy Support Newsletter Of Jacksonville, Florida

Support group meets the 3rd Sunday of each month 3 p.m. 4836 Victor Street

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Next chapter meeting will take place on
Sunday November 20th
3PM 4836 Victor Street
Speaker TBA
Please join us.



Jacksonville Chapter is now a member of the United Ostomy Association of America. Please take the time and visit their Website <http://www.ostomy.org>.

Public TV Documentary Movie

UOAA entered into a contract for the publication of a five-minute ostomy public awareness movie that will appear on public TV; the National Medical Report as shown on cable; network and international TV as part of Voice of America.

This excellently produced project—coordinated by UOAA President Elect Kristin Knipp—can now be viewed on the UOAA Internet site at www.uoaa.org/uoaa_psa.shtml. One may also view the movie at <http://uoaa.wordpress.com/>.

We encourage you to send one of these links to anyone with an interest in ostomy surgery; i.e., our members, local medical professionals, family and even friends who you might want to have better understanding about our organization.

Ostomy Surgery Saves Lives

By Daniel J. Vance

You can hear the passion in David Rudzin of Vernon Hills, Illinois. He is president of United Ostomy Associations of America (UOAA), which represents 335 affiliated U.S. groups. In short, an ostomy is a surgically created abdominal opening that bypasses a person's diseased or missing digestive or urinary system in order to remove waste from the body.

"I developed ulcerative colitis when I was 19 months old," said 57-year-old Rudzin in a telephone interview. "I'm one of those people that had never known what healthy was like. I suffered from cramps and diarrhea growing up and was told that I couldn't eat certain foods; such as, fruits, vegetables and popcorn." Sometimes, he told me that he needed to visit the bathroom 25 or more times a day.

When he was 18, doctors during an eight-hour surgery removed his entire colon and created an ileostomy, a type of ostomy in which the end of his small intestine was brought to the skin's surface where bodily waste—effluent—could collect into an external pouching system.

"When I awoke from surgery," said Rudzin, "I couldn't look at myself because I was too afraid. When I did look, I nearly passed out. It was between my college freshman and sophomore years. I told my roommates if they breathed a word of it to anyone I'd slit their throats. I was mortified by what I looked like and didn't know how to tell people. I tried dating, but didn't know how to bring up the topic with girls. I thought nobody would ever want someone that looked like this."

For years, he said that he thought of himself as a freak. Then at age 35, he began his personal journey toward self-acceptance by visiting the Chicago office of the Crohn's and Colitis Association of America. He eventually served on its board.

Today, as UOAA president, Rudzin speaks freely and publicly. He said to others with an ostomy, "You are not alone. Come, let us help you. I know it can be

difficult. I can empathize because I have been where you are and can help get you to where I am." UOAA offers bi-annual conventions, educational information, hands-on support and advocacy. Most importantly, there are local support groups affiliated with UOAA having monthly meetings and individuals that may be contacted any time to discuss ostomy issues.

Rudzin said, "We want people to understand a stigma may exist for people with an ostomy. We will be conducting an advertising campaign to defeat this perception and educate the American public that ostomies save lives."

Preventing Blockages and Hernias

By Ellice Feiveson

Blockages may occur when one has an ostomy. That is a fact. However, certain steps can be taken to minimize the risk. Here are some ideas:

When eating, always concentrate on chewing the food. Make sure it is chewed well before swallowing. For instance, if a piece of meat appears too tough and grisly, it might be better to leave it. Do not take the chance of swallowing it and then having it cause a partial or full blockage.

Try new foods in moderation. Do not eat a huge helping of something you have not tried before. This is a good rule to follow whenever you eat anything. As a person with an ostomy, it is better to eat small quantities of food at more times during the day than to eat one big meal. Always follow this rule for better health.

If a particular food has given you problems in the past, try to avoid it until you feel you can do so without a problem. Most of us try very small amounts of problem foods from time to time, and if we chew these well and drink water with them, we find that we are able to tolerate most anything.

Drink plenty of water or other fluids throughout the day. We should drink at least 64 ounces, about two liters, of water a day. Some fluids may

be substituted for water. These include fruit juices and non-caffeine herbal teas. Caffeine drinks, alcohol in any form, soft drinks and beverages do not count for much. In fact, these items actually require you to drink additional water. These drinks are all dehydrating. Always check with your doctor before drinking more water just to make sure you are not one of those rare individuals who needs to limit fluid intake.

Hernia prevention is not under our control all the time. However, there are certain proactive steps that we should do routinely.

Never lift anything heavy. For some people even 10 pounds may be too much. Picking up children and tumbling around with them could cause a hernia. Anytime you strain yourself, there is potential for a hernia. Slow down your actions and be more deliberate.

Try to exercise at least three or four times a week. This means about an hour each time. You should discuss a plan with your doctor. He/she will help advise you what is best for your exact health situation. With this warning stated, all people benefit from exercise. You will build up your abdominal muscles, which will prevent hernias. It is curious to note that every time a muscle is exercised it tears a bit. When it repairs, it builds the muscle. A big tear is a hernia.

Do not push boxes on the floor with your feet. This can definitely put a strain on your back and cause a hernia.

A Glass of Milk

Forwarded By the Fox Valley Ostomy News

One day, a poor boy named Howard Kelly was selling goods from door to door to pay his way through school. At the end of the day, he found that he had only one dime left in his pocket, and he was hungry.

He decided he would ask for a meal at the ext house, however, he lost his nerve when a lovely young woman opened the door. Instead of a meal, he asked for a drink of water. She thought he looked hungry, so she brought him a large glass of milk. He

drank it slowly and then asked her, "How much do I owe you?" She replied, "You do not owe me anything. Mother has taught us never to accept pay for kindness."

As Howard left the house, he not only felt stronger physically, but his faith in God and man was strengthened also. He had been ready to give up on school.

Many years later, that same young woman became very ill. The local doctors were baffled. They finally sent her to a large hospital where they called in specialists to study her rare disease. Dr. Kelly was called in for the consultation. When he heard the name of the town where she came from, a twinkle shown in his eyes.

Immediately, he rose and went down the hall to her room. Dressed in his doctor's gown, he went in to see her. He recognized her at once. He went back to the consultation room determined to do his best to save her life. From that day, he gave special attention to her case. After a long struggle, she was cured.

Dr. Kelly requested the business office to pass the final bill to him for approval. He looks at it and then wrote something on the edge before sending it to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and something caught her attention on the side of the bill, "Paid in full with one glass of milk."

Tears of joy flooded her eyes as her happy heart prayed, "Thank you, God that Your love has spread broadly through human hearts and hands." There is a saying, which goes something like this: "Bread cast on the waters comes back to you." The good deeds you do today may benefit you or someone you love at the least expected time. Even if you never see the deed again, you will have made the world a better place.

The Ostomy Visitor

Published By The Green Bay Ostomy Association

When working with a new ostomy patient, the goal is total rehabilitation so that this person will return to his/her normal activities.

Ostomy nurses (WOCNs) teach the patient all the basics he/she needs to know about his/her new stoma, barrier, pouch and all the other technical requirements necessary for satisfactory ostomy care. However, the WOCN—unless he/she has an ostomy him/herself—cannot understand and share the emotional part of having ostomy surgery. This is where the ostomy visitor steps in . . . as the resource person for the ostomy nurse.

Before there were ostomy nurses, the person with the knowledge of ostomy care was another experienced person with an ostomy—the ostomy visitor. At that time, visitors instructed patients on the equipment they would need as well as daily management.

Today, the role of the ostomy visitor has changed. However, it continues to be an important role. Who can better share with the patient the emotional strain of a new stoma than someone who has been through the adjustment of owning one? Who can better convince a person with a new ostomy that life will go back to normal and be better than ever than another person with an ostomy who has returned to work and recreation? Who can offer people with new ostomies the best advice about the little everyday things that really make life easier?

Yes, the ostomy visitor can do it. The ostomy nurse plays a large part in a patient's rehabilitation, but the ostomy visitor plays an equally important part for most patients.

2012 UOAC Conference in Toronto

"Caring in a Changing World"
August 15 – 18, 2012
Delta Chelsea Hotel
Downtown Toronto

http://www.ostomycanada.ca/events/biennial_conference_of_uoac

View the 2011 Conference Slideshow:
<http://vimeo.com/27670162>



http://www.ostomy.org/conferences_events.shtml

Check Us Out On The Web
www.ostomymcp.com

Other Websites Of Interest:
 United Ostomy Association of America: www.uoaa.org
 Your Ostomy Community Connection Center: www.c3life.com

Ostomy Chat Room Weekly Meetings

Yahoo Peoples with Ostomy2* - Mondays, 8:00 pm US Central time
<http://clubs.yahoo.com/clubs/peopleswithostomy2>

Community Zero (Ostomy) Support* - Wednesdays, 9:00 pm US Eastern time
<http://groups.yahoo.com/group/ostomatessupport/>

Yahoo UK Ostomy Support* - 1st & 3rd Sundays, 8:00 pm UK time / 3:00 pm US Eastern Time
<http://clubs.yahoo.com/clubs/ukostomysupport>

UOAA Chat Sundays 9pm ET / 6pm PT
<http://www.yodaa.org/chat.php>

Use this form to join our chapter! You do not have to be an ostomate to be a member and/or support the work of UOA. All information on this form will be kept confidential.

Name _____

Address _____

City _____ State _____ Zip _____

Phone# Home _____ Work# _____

Email Address _____

Type of intestinal or urinary diversion: Colostomy __, Ileostomy __, Urostomy __, Ileoanal Pull-thru __
 Continent Ileostomy __, Continent Urostomy __, None __, Other __

You may use my name in chapter Newsletter & Directory: Yes __ No __

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