



- - **The Ostomy Protector Seatbelt** was designed as an Ostomy seatbelt for use during traveling in any form of transportation where a seatbelt comes into use. Keep one in each vehicle or RV.

- - **The Ostomy Protector Seatbelt** eliminates the stress put on your Ostomy pouch and stoma by offsetting the pressure applied by a vehicle seatbelt. With this, you can stop worrying that the seatbelt friction on the Ostomy will cause the skin barrier or pouch to leak. If you have both an Urostomy and Colostomy bag, you can easily keep two of the O.P.S.'s on your seatbelt.

- - **The Ostomy Protector Seatbelt** is made in the USA, affordable, and easily allows for traveling comfort and protection for anyone with an Ostomy. It can even be used to relieve the seatbelt rub on the belly for post-Cesarean moms, or the pressure or rub that the shoulder belt places on a pacemaker or heart-assist device.



Medical Care Products, Inc.
 (904) 733-8500
 (800) 741-0110

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>

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: **Nov 17th**

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: **Nov 3rd**

Ocala Support Contact info:

Lynn Parsons 252 337-5097
www.ostomyocala.com

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: **Nov 10th**

Citrus County Support Group

Meets third Sunday of each month at
 2:00 PM in the Seven Rivers Regional
 Medical Center, 6201 N. Suncoast
 Blvd., Crystal River, FL 34428, in the
 Community Room of the Medical
 Office Building **Nov 17th**

Amelia Island Area Ostomy Support Group

(904) 310-9054

Meets second Monday of each month
 at 6:30pm UF North Campus
 UF Health North 15255 Max Leggett
 Parkway Jacksonville, FL 32218
 (Meeting Room 3-4)
 Free parking
 Next Meeting: **Nov 11th**

The Villages Ostomy Support

Group We meet on the 2nd Tuesday
 evening of each month at 6:00 PM at
 (except July & August)
 Saddlebrook Recreation Center
 3010 Saddlebrook Lane
 The Villages, Florida
 Linda Manson
 tvostomy@gmail.com
 865-335-6330
 Next Meeting: **Nov 12th**

“Gutsy’s FAB Gab-About: Stories of Ostomy ‘Glories/Gories’!”

“Speak Out and YOUR WORDS WILL Be Heard!”

By Linda Blumberg AKA “Mrs. Lips”



Herein, now Elaine/Ingall’s information, *gleaned and preened* by Gutsy, with permission thereof:

I am a lighthearted spirit but I faced my darkest hours when I was 35 years old. This was when I got my ostomy. I was deathly ill from Crohn’s Disease and my health literally went down the toilet. My body took a swift decline from healthy and active to barely being able to move. I had run out of options and getting an ostomy was the last resort. It was meant to be temporary but ended up being a permanent fixture.

It was a huge ordeal, devastating, and an emotional roller-coaster ride. I felt such despair. In fact I cried every day for least a year. I hated how I looked and thought no-one would ever want to be with me. At first, it can seem like there is so much to learn. Just overcoming the humiliation of leaky appliances is hard enough, never mind feeling self-conscious, not knowing what to wear, what activities are ok to do, or emptying the bag/pouch when out of the house.

Thankfully I’ve gained so much knowledge from 14 years of real-life experience. The mind-body work that I do has been instrumental in helping release fears, restore calm and reclaim my amazing body to optimal health. Even though I couldn’t practice the physical yoga poses while I was really sick, I was able to experience how beneficial all the breathing and mindfulness practices are. The simplicity of focusing on my breath helped me with post surgery recoveries, helped me to stay more centered, helped me to be more aware in general. Once my scars had healed, I incorporated the yoga poses again, but had to move carefully for a while. It didn’t take long to get my strength back and rock it out both in teaching and in my practice.

I live a very active life and do what I wish to do! In fact, I even started surfing last summer and went to Portugal on a surf trip this past April. I lead International Yoga Retreats to destinations such as Italy, Azores, Costa Rica, Panama. Of course I go home to Ireland several times a year too. But over the years, I’ve had to face my fears. By putting myself in the uncomfortable zone is also where I’ve learned resilience.

What would it feel like to be confident with your ostomy and not always worrying about what might happen or what other people think?

What if you were able to reduce your feelings of sadness, anger, loss and frustration, and instead, feel good about your body?

What if you could embrace day to day activities instead of avoiding them because you are afraid of unexpected leaks or embarrassed to empty your bag outside of your home?

These are just some of the challenges and struggles we face when having an ostomy. I know, I’ve been there. But now I thrive and everyday I’m grateful to be alive. With all my personal experience and holistic background I have developed a transformative online program. So if you are not thriving yet, then this is for YOU.

“Surviving to Thriving: Overcoming Ostomy Challenges so you can Live a FulFilling Life” is designed to help people with ostomies who have anxiety, fears of the unknown, who feel insecure about how they look, lack confidence, and unsure how to handle intimate relationships. It guides the ostomate through an accelerated process which helps to overcome the many fears and frustrations about having an ostomy, to feel good about their body, gain confidence to live the life they want, feel attractive (even sexy) in relationships, and so much more.

I am the proof that these methods work through my personal experience of living with an ostomy since 2005. All our stories are different but I know exactly how to help you. We share the hardships, challenges and struggles of having a medical diagnosis and an ostomy. These affect us on many different levels – physically, emotionally and mentally. There are many tools available to help us to deal, evolve and heal. Do you want to get back to living your life to the fullest?

Grab your FREE Guide “3 Simple Ways to Eliminate Fears About Your Ostomy” by visiting www.elaineorourke.com/ostomyprograms/

Elaine is a certified Yoga Therapist & Teacher since 2003, Sound Healer, EFT & Reiki Practitioner, Recording Artist and International Retreat Leader. She is originally from Ireland but is now based in Gloucester, MA, USA! She is also a contributing writer to the Phoenix Magazine, Presenter at the UOAA National Conference and Invited Guest Speaker at the “Girls with Guts” retreat.

Her CD “[Silence of Time](#)” is a collection of 10 entrancing songs and chants of pure love that will connect you to your heart. Perfect music to soothe the soul and to bring you to a place of peaceful relaxation. Her debut CD “No Beginning, No End” is an infusion of mystical folk, pop and rock.

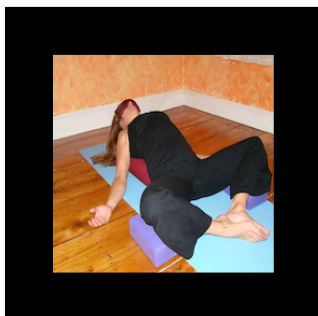
Being an adventurous spirit, Elaine loves new experiences, places and cultures. Stepping into the unknown is thrilling and exciting to her as she finds it the best way to stay open to what life has to offer! She recognizes that the beauty and the challenges of life are there to help us grow, how obstacles can be looked at as opportunities. She has traveled all round the world and is originally from Ireland, but now lives in Gloucester, MA USA.

To contact Elaine: Website: www.elaineorourke.com www.elaineorourke.com/ostomyprograms/

Email: elaine@elaineorourke.com Phone: 978-281-6126



Photos of Elaine O'Rourke...at the work she loves to share, because she cares!... [What?!...YOU just knew Gutsy would find a way to a rhyme that chimes...all the time!...hahaha!]



The Miracle of Crusting. For Skin Issues:

1. Cleanse skin around the stoma with water and pat dry. If there is a residue from stoma paste on the skin you may roll off with a dry washcloth or leave it on the skin. Do not scub this off. This will irritate the skin and may cause further damage. PAT THE SKIN DRY



2. SPRINKLE Stoma Powder directly on the skin to include the open or irritated areas. Powder will not hurt the stoma if it makes contact. Dust off the excess powder.
3. USE a non-alcohol skin prep pad to "blot" or "dab" gently on top of stoma powder. Or use sting-free barrier spray. THIS WILL SEAL THE POWDER INTO THE SKIN. IF USING REGULAR SKIN PREP FAN THE SKIN. Regular skin prep contains alcohol and may burn. Powder will disappear/dissolve. After 10-15 seconds, a "crust" will form on the skin providing protection.
4. After area dries, pouch as usual. If the skin itches and develops an irregular rash that does not improve this may be due to yeast/candidiasis. This will require the use of antifungal powder.

The skin can and does heal with crusting under the appliance. If not - see an WOC nurse.

When to Contact Your Stoma Care Nurse



Your stoma care nurse has the specialized training to help you care for your ostomy and address any issues that arise. These professionals are also known as "WOC" (wound, ostomy, and continence) nurses. Stoma care nurses are there to help you make a smooth transition after surgery, and can give you the training you need to care for your ostomy at home. You should consider them your "go-to" resource for ostomy care education, consultation, and troubleshooting. In honor of WOC Nurse Week, celebrated every year in mid-April, it is important to recognize the ongoing role that stoma care nurses can play in your ostomy care.

When to Contact Your Stoma Care Nurse

Not every ostomy care challenge warrants contacting your stoma care nurse, but certain issues are causes for concern and should be assessed by a trained professional. Connect with your stoma care nurse if you notice any of the following problems.

If you have a colostomy or ileostomy, call your ostomy care nurse if you notice:

- Skin irritation
- Recurrent leaks under your pouching system or skin barrier
- Excessive bleeding of your stoma
- Blood in your stool
- A bulge in the skin around your stoma
- Persistent diarrhea
- Diarrhea with pain and/or vomiting
- A stoma that appears to be getting longer

If you have a urostomy, call your ostomy care nurse if you notice:

- Any sign of urinary tract infection
- Skin irritation
- Urine crystals on or around your stoma
- Recurrent leaks under your pouching system or skin barrier
- Warty, discolored skin around your stoma
- Excessive bleeding of your stoma
- Blood in your urine
- A bulge in the skin around your stoma
- A stoma that appears to be getting longer

Finding a Stoma Care Nurse and Showing Your Support

If you do not have a stoma care nurse, you can search to Find a Nurse using your state or zip code on the WOCN Society website. This feature is also accessible by clicking the "Resources" icon in the Peristomal Skin Assessment Guide for Consumers, a free, easy-to-use, digital tool designed to help teens and adults living with an ostomy identify common skin problems, provide next steps for care or management, and prompt when it is appropriate to seek support from a WOC nurse.

How Hollister Secure Start Services Can Help

Hollister Secure Start services offer free customized ostomy support for as long as you need it, regardless of the brand of products you use, including help using the Peristomal Skin Assessment Guide for Consumers. Call us at 1.888.808.7456.

Incredible WOC nurses make a daily impact in the lives of people living with an ostomy. Show your support for all they do during WOC Nurse Week (April 14-20, 2019) by sharing a story or photo on social media using the hashtag #WOClove.

Editor's note: This educational article is from a UOAA digital sponsor, Hollister. Sponsor support helps to maintain our website www.ostomy.org and the free trusted resources of UOAA, a 501(c)(3) nonprofit organization.

Visit the Peristomal Skin Assessment Guide for Consumers
<http://psag-consumer.wocn.org/#home>



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To: