



Features Common to All Marlen Urostomy Pouches

For Urostomies

- Choose from Flat, Shallow or Deep Convexity in either Pre-Cut or Cut-To-Fit Flanges (most products)
- The softest, most flexible and comfortable convexity available
- Features Marlen's "Free-Flow" stem which allows unobstructed flow of urine flow into leg or night bags, even if pouch twists
- "Push-Pull" E-Z Drain valve is permanently sealed to the pouch — no wet fingers when emptying pouch
- Non-return flux valve
- Includes AquaTack™ Hydrocolloid Barrier that covers entire flange for maximum skin protection, absorbs skin moisture, adheres to moist skin, yet removes easily and securely seals
- "Flo-Thru™" Charcoal Filter systems continuously filters odors from both sides of the filter thanks to its patented central suspension design
- Ease of a disposable system
- Odor-proof pouch material
- Quiet, built-in comfort cover facing the body
- Leak-proof for added protection and security

Includes AquaTack™ Hydrocolloid Barrier that covers entire flange for maximum skin protection, absorbs skin moisture, adheres to moist skin, yet removes easily and securely seals

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.
 Next Meeting: **via Zoom**

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: **November 8th**

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
 Next Meeting: **TBA**

Amelia Island Area Ostomy Support Group

(904) 310-9054
 Meets second Monday of each month at 6:30pm
 Next Meeting: **via Zoom**

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: **via Zoom**

Contact Linda tvostomy@gmail.com



Finding Confidence With an Ostomy

If you are struggling to come to terms with the idea of having an ostomy, you are not alone. Whether you are deciding to have a surgery or have just gone through one, adapting to this change can take time. Have patience with yourself and with your body. Like all new things, there is much to learn, and trial and error can feel discouraging. One of the ways to gain some control of the situation is to gather information. While you are in the hospital, ask as many questions as possible of your doctor or healthcare professional. The more you know and understand about your body – and your stoma! – the easier it will be to adapt to your new routine.

Learning to love your body, stoma and all, might take time. It's possible that, before your surgery, you were living with a debilitating illness that prevented you from living life to the fullest. Many people with an ostomy have said that this is the reason they have learned to love their stoma – it has given them a new lease on life and they are able to live freer. The sooner you are able to accept and appreciate yours, the sooner your confidence can grow.

Confidence Begins With Finding the Right Solution for You

After your surgery, you will already be wearing an ostomy pouching system. Your nurse or other healthcare professional will demonstrate how to empty and change it. As you figure out what your daily routine will look like, you will become more and more familiar with your stoma and how to use your ostomy pouching system. One of the most important things is figuring out what system works best for you. There are different styles and systems to choose from depending on body type and specific needs, and the better the fit, the more confident you will be wearing it.

There are also many other products to aid in your daily routine. If you are an active person, you will be happy to know that you can resume your active lifestyle. If you are worried about making sure your pouching system stays put, you might want to look into an ostomy support band or belt. If you are noticing leaks in your system, there are protective seals and pastes to help keep your skin healthy and dry. Having access to all of these different products will help you feel at ease in your daily life.

If finding the unique combination of products (pouching system and supporting products) to fit your body profile and lifestyle seems daunting, it's okay! It may be helpful to discuss your lifestyle goals and activity level with a healthcare professional or Care Advisor to help you find the right fit for your body.

Feeling Confident in What You Wear

What will you be able to wear with an ostomy? The answer: Anything you want! It's normal to initially feel self-conscious about wearing your pouching system, but the reality is that others won't even notice it. When it comes to pants or skirts, you may notice that certain waistbands or particular styles and fits might not be as comfortable depending on your stoma placement. Finding comfortable styles that you like is one way to boost your confidence and help you feel comfortable in your skin.

While no one will most likely notice your pouching system underneath your clothing, there are some tips and tricks should you feel you need more discretion. Layering can be a helpful tool for both keeping things in place as well as hiding your pouching system. Camisoles or tight-fitting tank tops work well for women, and t-shirts or undershirts for men can give that extra protection. High-waisted elastic underwear or shorts will help hold your pouch in place close to your body. Most active wear already has elastic waistbands to give you the support you need for times when you are active. If you are playing a contact sport like basketball, you may want to consider wearing a stoma guard to keep your pouch protected from impact.

Stories of How Others Found Their Confidence

Feeling alone and isolated can stir up feelings of inadequacy and doubt. While it is very important to have the support of family and close friends, there may be times where you need to feel even more understood. Joining a group or network of other ostomates is a good way to feel connected to others who share a similar story. If you're not quite ready to do that yet, there are many inspiring stories online of ostomates who are overcoming fears and living life to the fullest.

Confidence comes from within and is built on positive thoughts and energy. Be patient with yourself as you go through this transition. Be proactive in finding the right pouching system, supporting products, and clothing that make you feel comfortable in your daily life. And remember that others have gone through this before and you are not alone.

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

UOAA's 8th National Conference

AUGUST 5, 2021 - AUGUST 7, 2021

HOUSTON, TEXAS

CANCELED

<https://www.ostomy.org/event/uoa-8th-national-conference/>

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/>

Maintaining Your Skin's Moisture

The right product can help your skin stay healthy and hydrated.



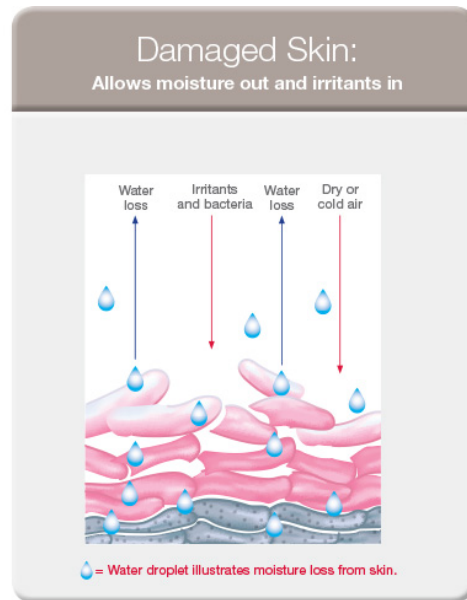
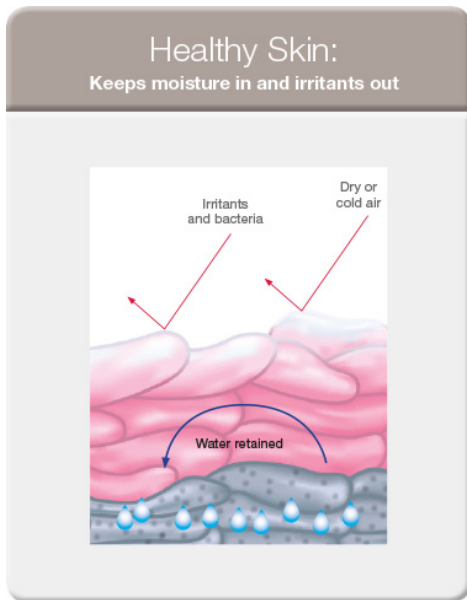
Hydration is an essential part of skin health.

As the largest organ in the body, our skin is layered and complex. Each of the layers has a very specific function. The primary job of the outermost skin layer, the epidermis, is to provide protection. When healthy and hydrated, it acts as a waterproof barrier to maintain the skin's moisture inside your body and minimize the risk of bacteria and infection from the outside elements.

The health of the skin around your stoma can directly impact your quality of life. While regular barrier changes are necessary for stoma care, the skin cells on the top layer of skin can be removed along with your skin barrier. Repeated barrier removal can make it more difficult

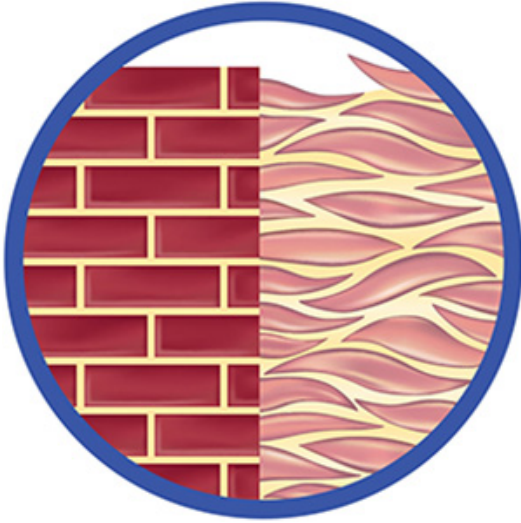
for your skin to maintain optimal moisture levels, which can lead to skin that is dry and prone to injury.

A certain amount of moisture loss is always happening and is totally natural. We all perspire when we are hot or when exercising. Sweat or no sweat, water passes through the epidermis and evaporates from the skin's surface throughout the day. This is known as **transepidermal water loss**, or TEWL. Higher rates of TEWL, however, are associated with irritated skin which also leaves the skin more vulnerable to damage. Both your barrier choice and your skin care routine can positively impact the moisture levels in your skin.



The role of ceramide in maintaining moisture.

Ceramide is a natural component of human skin. Made up of waxy, lipid molecules that link cells together, ceramide helps to form a waterproof, protective barrier to help prevent water loss that can lead to skin damage and dryness.



Mature cells are like bricks, and ceramide is the mortar.

Just like a brick wall needs mortar to keep it strong and firm, the skin needs ceramide to bond the cells of the top layer of skin. The relationship between ceramide and skin health has been well established. Ceramide levels are abundant in healthy skin. When ceramide is depleted, skin may become dry, damaged and inflamed.

The CeraPlus™ skin barrier (by Hollister, Inc.) is infused with ceramide to help:

- The skin retain moisture
 - Hold skin cells together
- Replenish the skin's natural barrier

How you apply and remove your skin barrier also matters.

- Make sure the skin around the stoma is dry and intact before applying the skin barrier.
- When removing your skin barrier, start at the top of the barrier and gently lift the edge of the adhesive with one hand. With the other hand, gently push the skin away from the adhesive.
- Always use warm water to clean the area around the ostomy. Avoid routine use of soap or baby wipes which may make barrier adhesion more difficult or dry out your skin.

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



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To: