



Stoma Seal Ring by Schena Ostomy Technologies, Inc. This Hydrocolloid product allows formulation of convexity on the EZ-Clean Flow-Thru Pouch or can be used with any pouch to achieve a seal to the abdomen around the stoma. The Seal Ring can be formed to fit the stoma size and applied to the wafer or directly to the abdomen. This skin friendly Hydrocolloid barrier seal helps to secure the wafer and prevent leakage.



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: **November 21st**

Also join us by Zoom

<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

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: **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: **via Zoom**

Contact Linda tvostomy@gmail.com

Exciting give away! Ken Schena from Shena Ostomy Technologies will be presenting at our November 21st zoom/in-person meeting!!! He has generously offered to give away an EZ-Clean Pouch system (10 pouches) **WITH** the Fixed Feed Water System (www.ostomyezclean.com). If you wish to be entered into the drawing please contact me or Kim at 800-741-0110 or patti@ostonymcp.com. This is an excellent opportunity to try his amazing system for FREE! This gift is worth over \$320.00! These pouches are covered by Medicare and insurance going forward. You do not have to attend the meeting to win but you will not want to miss his presentation!!

Topic: Ostomy Support Group - Presentation by Shena Ostomy Technologies
Time: Nov 21, 2021 03:00 PM Eastern Time (US and Canada)

Join Zoom Meeting
<https://us06web.zoom.us/j/94640600811>

Meeting ID: 946 4060 0811

Or join us by phone...

+1 301 715 8592 US (Washington DC)

Meeting ID: 946 4060 0811



Be Featured in an Ostomate Photoshoot

Hollister is looking for ostomates to participate in a photoshoot for a product campaign that will feature real people successfully living their life with an ostomy.

The campaign and photoshoot will seek to inspire ostomates through the experiences, passions and interests of their peers.

Potential participants will:

- use a Hollister CeraPlus skin barrier
- have availability from mid-November to December for a 1-2 day photoshoot
- can travel to the studio location for the photoshoot
- Photoshoot will be in either Chicago, Los Angeles or New York.
- Travel expenses will be covered by Hollister

If interested in participating, please send an email to USMarketing@hollister.com to learn more.



HMMMMMM...???

1. Why do we park in driveways and drive on parkways?
2. Do Lipton employees take coffee breaks?
3. Can I yell "movie" in a crowded firehouse?
4. Can you be a closet claustrophobic?
5. How do a fool and his money GET together?
6. Why does Hawaii have interstate highways?
7. How is it that a building burns up as it burns down?
8. If a train station is where the train stops, what is a workstation?
9. If nothing ever sticks to Teflon, how do they make Teflon stick to the pan?
10. If the pen is mightier than the sword, and a picture is worth a thousand words, how dangerous is a fax?
11. If the police arrest a mime, do they tell him he has the right to remain silent?
12. What hair color do they put on the driver's licenses of bald men?
13. What was the best thing before sliced bread?
14. Why do banks charge you a "nonsufficient funds" fee on money they already know you don't have?
15. Why do they put Braille on the drive through bank machines?

ABDOMINAL NOISES

Abdominal noises happen! However, as ostomates, we are embarrassed and wonder if something is wrong. It is usually "sound and fury", signifying nothing important. Any of the following may be the cause:

1. You are hungry. Peristalsis goes on whether there is anything to move through or not. Empty guts growl. Eat a snack between meals. Or consider four small meals a day.
2. You are nervous, so peristalsis is increased. Try to slow down. Try to eliminate some stress (especially at meal times).

3. Coffee and tea, cola and beer--all stimulate peristalsis. Beverages consumed on an empty stomach will produce gurgles as peristalsis redoubles its movements. Add a little bit of food with your beverages. Try some crackers and/ or bread.
4. Eating a high-fiber diet produces gas, so rumbles increase. Mix with other foods. Reduce amount of insoluble fiber. Switch to more soluble fiber.
5. Intestines do not digest starches and sugars as easily as proteins and fats.

SOURCE: Vancouver Ostomy High Life via "The Mailbag", Jacksonville, Florida; GAOA & Chattanooga Ostomy Association; Northern Pouchvine VIA: Ostomy Halifax Gazette May 2021

WHAT'S THE BEST ROOM DEODORIZER?

The winner is...Unscented candles! Believe me, I've tried everything - incense, Febreze, eucalyptus leaves, Lysol spray, burnt cinnamon, perfumery candles, etc. etc. and always wound up disliking all those scents. Invariably, I came to associate otherwise pleasant fragrances with ostomy waste. The best and least obnoxious way to clear the air (and least likely to trigger an allergic reaction) is to light a plain candle. Candles have a remarkable ability to neutralize bad smells in the bathroom. Get the kind that doesn't drip if you can and pinch them out rather than blowing or snuffing (less smoke will linger). Oh yeah, and don't burn your house down.

Source: Vancouver Ostomy HighLife May/June via Ottawa Ostomy News April 2021 via: Inside-Out-Winnipeg Ostomy Association April-May 2021

FRUCTOSE MAY CAUSE GAS AND STOMACH DISCOMFORT

From PreventDisease.com. January 7, 2013 (HealthScoutNews)

Fructose, 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 affects a significant number of healthy adults. Gastric woes arise when the fructose 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 12-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 (Continued from page 8-Fructose) 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.”

Source: *The Triangle*, Pittsburgh Ostomy Society via *The Pouch* Nov. 2013. Reprinted from Winnipeg Ostomy Association’s *Inside/Out* 2017.-- VIA: *Inside-Out* Winnipeg Ostomy Association April-May 2021

UOAA’s 8th National Conference AUGUST 11, 2022 - AUGUST 13, 2022



<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/>



Medical Care Products
Now Carrying
Ostomy Pouch Covers
TOLL FREE 800-741-0110

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

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To: