



There will be ***no meeting*** for ***Jacksonville*** (in person or zoom) in November. We will look forward to seeing everyone on the 3rd Sunday (***December 18th***) in December at 3 pm.

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

Ostomy Discounts offers ostomy supplies at great prices to uninsured or underinsured ostomates:
<https://ostomydiscounts.com/>

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: **December 18th**

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
*Has Disbanded***

**To find a support group
in your area visit:**

<https://www.ostomy.org/support-group-finder/>

**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 -**November 8th** @ 6 pm
Saddlebrook Rec Center (near Polo Field)

Masks Required

Contact Linda tvostomy@gmail.com

DIET AND DIGESTION WITH AN OSTOMY



Twelve years ago, Sarah had ileostomy surgery after living for years with ulcerative colitis. Ostomy surgery has allowed Sarah to get back to eating foods she loves, and she says “it has been the best thing for me.”

Sarah now eats many of the same things she did before her ileostomy and enjoys them more than ever. Here are some tips that Sarah has learned over the years for eating, digestion and activity.

1. Drink up. Hydration will always be an issue, so drink lots of water. I like to toss in a slice of lemon for a little extra flavor.

2. And chew some more. If it looks the same coming out as it did going in, you need to chew those foods better.

3. Start slow and build up. If you’re right out of surgery, you might be more sensitive to foods than you will be six months down the road. Use trial and error to see how foods work for you and be sure to track the results. If you’ve had ileostomy surgery, add high-fiber foods back into your diet gradually to make sure you can digest them well. These include raw fruits and veggies (especially with skins), nuts, seeds and popcorn.

4. Input always makes output. With an ileostomy, your stoma is going pretty much all the time, so it’s important to track and manage your input and output. For example, if I was going on a job interview, I would not eat a big meal right before, because my stoma may create output and my pouch would fill up – and you don’t want that during an interview!

5. Do what you love! I go on bike rides, I go boogie boarding. It may take a little time and tracking to know what works best for your body, but you can do all those things and keep your stoma safe.

Sarah, with the help of the [My Ostomy Journey App](#), now has the ability to track everything digitally. She can also use the app to contact someone for additional support, or if she has any questions.

Sarah says, “The My Ostomy Journey app makes it easy for us to keep track of whether we’ve had enough water or what foods we eat. I wish I’d had this resource right after surgery, especially when I was first figuring out what does and doesn’t work for my body!”

Editor’s note: This blog is from Convatec.

MEMORY LAPSES

Via Oregon Ostomy Assoc.:UOAA Update September 2015

Part way through a sentence, your mind goes blank. You search frantically for the words, but memory fails. It can be one of the longest moments of your life. If those memory lapses seem to occur more and more often, it probably isn't what you think. Forgetfulness has been associated with mental loss due to Alzheimer's disease. But most people remain alert and able as they grow older. A minor decline in memory in healthy seniors is referred to as age-related memory loss (ARML). It's annoying, but ARML does not entirely disable memory.

How memory works is not a single process. Declarative memory is a source of actual information that includes vocabulary and life events. About one-third of healthy older people have some difficulty with declarative memory. This is ARML. ARML does not interfere with other important mental functions such as reasoning, imagination, insight and abstract thinking. Non-Declarative Memory allows us to recall skills and procedures. A person with dementia will have difficulty with both Non-Declarative and Declarative memory.

People with ARML and those with diseases such as Alzheimer's or other dementias have difference experiences. Normally, aging people may sometimes have trouble remembering words, doing daily activities on their own, remembering important events and conversations, and feeling as comfortable socially as they always have. In contrast, people in the early stages of dementia may have trouble recalling familiar words, neglect their safety, hygiene and nutrition, have difficulty driving and shopping and are unable to follow directions, become lost in familiar places. If you feel that these symptoms apply to you or someone you love, consult a doctor.

The best think you can do for your brain is to use it. A rusty memory can be salvaged. In one study, seniors who did mentally stimulating activities such as practicing music and playing board games reduced their risk of dementia. Evidence also suggests that aerobic exercise sharpens memory skills. Even believing in your ability to remember things may have some effect. When seniors were given a memory performance test, those who believed they would do well on the test did better than those who thought they would do poorly.

Ten (New) Commandments for Ostomates

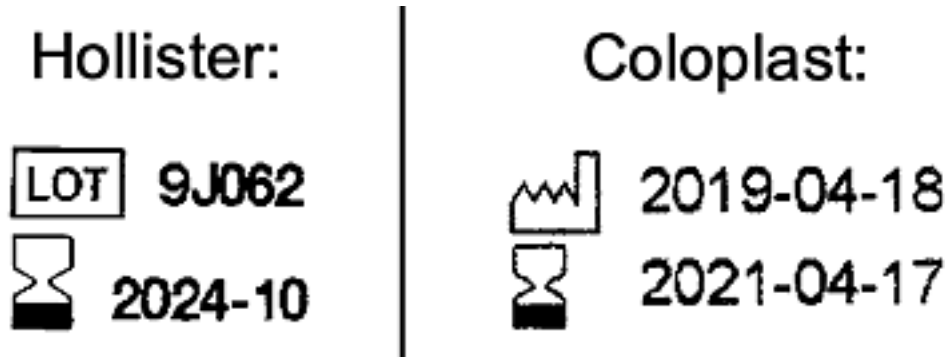
Via: Vancouver Ostomy Highlife & Regina Ostomy News

1. Thou shalt allow thyself to be sad, or angry or depressed on occasion. Who said you always have to have a good attitude.
2. Thou shalt not let the above emotions become a way of life.
3. Thou shalt seek help, education and support if thine unhappy emotions overcome thee.
4. Thou shalt learn to care for thy ostomy. Letting others do it for you if you are physically able is a cop-out.
5. Thou shalt seek out thy ET nurse if thou art notified with thine products.
6. Thou shalt not hide thyself away. Get out and do the things you used to do. You can.
7. Thou shalt not be ashamed.
8. Thou shalt cultivate a sense of humor about thine ostomy. There are worse things. Far worse.
9. Thou shalt set an example to the non-ostomy world. An example of triumph over adversity, courage over pity and pride over embarrassment.
10. Thou shalt help other ostomates. Join your local UOA chapter, donate money and volunteer your time.

Ostomy Product Expiration Dates

by Bob Baumel, North Central OK Ostomy Association

Many ostomy products include materials such as adhesives which degrade over time, and therefore have a limited shelf life. Product boxes usually include codes indicating both the manufacture date and expiration date. Here are examples from Hollister and Coloplast:



In the case of Hollister, the first two characters of the lot number (9J062 in this example) denote the year and month of manufacture. Here, “9” is the last digit of the year, presumably 2019 (It might also be 2009 or 1999 but, seeing this in 2020, we assume we aren’t dealing with product that old). “J” denotes the month of manufacture (where “A” is January, “B” is February, etc.), so this product was manufactured in October 2019. The expiration date in Year-Month format is shown next to an hourglass symbol; in this case, the product expires in October 2024. That’s 5 years after the manufacture date, so this product is marked as having a 5-year shelf life.

Coloplast labels display both the manufacture date and expiration date explicitly in international Year-Month-Day format, showing the manufacture date next to a symbol that represents a factory, and the expiration date next to an hourglass icon. In this case, the product was manufactured on April 18, 2019 and expires on April 17, 2021. Thus, this product is marked as having a 2-year shelf life.

ConvaTec labels may be marked using a variety of encoding schemes. Sometimes, mainly on newer products, the manufacture date and expiration date are both displayed. However, some ConvaTec labels display only a lot number (where the first two characters encode the year and month of manufacture in the same way as Hollister lot numbers). These labels may not display an expiration date at all. In these cases, the working assumption is to assume a 5-year shelf life, so the expiration date is 5 years after the manufacture date.

As an interesting observation, some products with newer skin barrier formulations have shorter shelf lives than earlier products. For example, Coloplast’s “Sensura Mio” skin barrier, used in all their newer pouching systems, has only a 2-year shelf life (the Coloplast label pictured above is from a box of Sensura Mio pouches). Hollister has traditionally had a 5-year shelf life for most products, as in the example pictured above, but I noticed that a box of Hollister pouches containing their newer “CeraPlus” skin barrier was marked as having only a 3-year shelf life.

As consumers, we should be aware of the expiration dates of products we purchase. Legally, a supplier can’t sell products after their expiration dates, but performance of products may deteriorate as they get close to expiration. As a general rule, always use products with the earliest expiration dates first. It sometimes happens that a newly purchased box of products has an earlier expiration date than a previously purchased box that you’re still using. When that happens, use up the newly acquired box before returning to the previously purchased box with the later expiration date.

ABDOMINAL NOISES

from UOAA Update Via Triangle, Pittsburgh Ostomy Society Newsletter &
The Bud, Chippewa Valley Ostomy Association

Abdominal noises happen! As ostomates, we wonder why and we are embarrassed. 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. Add a little bit of food with your beverages. Try some crackers 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. Reduce the amount of carbohydrates that cause you trouble. Mix with proteins and fats.

UOAA's 8th National Conference-Postponed

AUGUST 10, 2023 - AUGUST 13, 2023

<https://www.ostomy.org/event/uoa-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/>



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UOAA Discussion Board

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

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