

# The Mailbag

The Ostomy Support Newsletter Of Jacksonville, Florida

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

Contact Information:  
Patti Langenbach  
(800) 741-0110  
(904) 733-8500  
[patti@ostomymcp.com](mailto:patti@ostomymcp.com)



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



Next chapter meeting will take place on  
Sunday Sunday October 21st  
***Come join us!***  
3PM 4836 Victor Street  
Speaker TBA

To help offset the mailing cost  
you may now receive the MailBag Newsletter  
via email.

Please contact:

Patti: [patti@ostomymcp.com](mailto:patti@ostomymcp.com)

(Newsletter will be in PDF format)

## “Gutsy’s Gab”: “Speak Out and Be Heard”

By Linda Blumberg AKA “Mrs. Lips”



Last month, this column premiered. You were introduced to my stoma, “Gutsy.” She is all excited because we just met Sunday, September 16, 2012 in our Jax UOAA Affiliated Support Group (ASG)! In addition to our more typical fanfare sharing of ostomy concerns and experiences, albeit always welcome, we had a more formal meeting. We discussed upcoming “World Ostomy Day and Ostomy Awareness Day” for Saturday, October 6, 2012, voted for UOAA officers, and began planning for August 7-10, 2013 UOAA Conference “Bridge to Acceptance,” to be held right here at Jax Hyatt Regency(!).

•**SPOTLIGHT ON:** “World Ostomy Day and Ostomy Awareness Day.” Saturday, October 6, 2012. It is finally here!! Patti Langenbach, owner of Medical Care Products, Inc. of Jax, FL, penultimate leader of Jax ASG, this MailBag newsletter, and Gutsy’s Guru(!), has planned a media blitz to get the word out to TV, radio, newspapers, etc. about our Wonderful World of Ostomy! Remember “Wonderful World of Disney?” Yeah, we had our own “theme park rollercoaster thrillride” when we had our ostomy surgery! Gutsy speaks “tongue-in-cheek” (her non-existent butt cheek, that is-hahaha!). She adds “Wonderful” because no matter what brought us to ostomy, whether illness (IBD: Crohn’s or Ulcerative Colitis), disease (Cancer: Colorectal, anal, bladder), injury (accident, war), or circumstance (diverticulitis/osis, colon collapse—if that’s possible? that necessitated emergency surgery), we are all UNITED...or at least should be! Hmm...You may be asking yourself: “What’s Gutsy talking about now? Should we rename this column ‘Gutsy’s “Gripe?”” Certainly hope not! Gutsy was borne out of Linda’s longtime chronic Crohn’s Colitis. Linda had life-saving, life-affirming surgery. So did many of you! Always ready/willing to share and invite nonostomates to learn about the Wonderful World of Ostomy. But, alas, how will the general public react to Patti’s tireless efforts? Will they be O-pen to learning about ostomy or O-blivious? For us, the “O” is only for “Ostomy.” The nonostomate “O-outsiders” must decide what their O-pinion is for this upcoming, life-changing/improving day to be fulfilled with special events all over the good O-l’ USA (check UOAA.org website).

•**BOTTOM LINE:** Lots of causes have their advocates, e.g., October is big for Breast Cancer Awareness month, mostly Komen. And, there’s Heart, Alzheimer’s, MS, CCFA, and Autism. Walks and other events occur all through the year. More power to them!

But, what about Ostomy? Ostomates need to first accept/adapt to body/lifestyle changes. (Linda did it by naming her stoma “Gutsy”—bonding for life). No matter the reason for ostomy surgery, our stomas should be celebrated every day! So, how do we convince the “O-outsiders” that “wearing a bag on your leg (or stomach),” as it has been indelicately described, is not disgusting, foreboding, or something to be ridiculed? Seems like the medical community has forsaken us! Our former GI docs, that is. Not the Wondrous Angels of Mercy known as Enterostomal (ET) or WOC nurses, ongoing godsend for Gutsy...and, you, too! And, we cannot even assume medical professionals, e.g., in emergency rooms are familiar with ostomy-SCARRRY! And, there will always be snickering derision by the ignorant about anything bowel or bladder related. Trouble is, these are the very people who just “know” they are exempt—that this will never befall them!

UOAA has a solution, already having designated **Saturday, October 6, 2012**, the aforementioned World Ostomy Day. Gutsy is doing our part to get the word out: 1)Have that colonoscopy at age 50 (or younger if YOUR mother died of colon cancer!); 2)Do not ignore blood in stool or changes in bladder habits. It's not just getting older! Yeah, you might not...if you are O-blivious! Early detection does save lives!...Maybe you could save yours!

3)And, Gutsy is the first to admit that while ostomy surgery is no Walk in the Park, Fun Run, and Virtually no Picnic, either, it ain't half bad...especially, when you consider the grim alternative! You take care of your stoma; and, generally, it takes care of you! It's that simple! And, you might get to do some of those activities you couldn't before ostomy surgery! So, WHY DIE OF EMBARRASSMENT about any of this...like Farah Fawcett did?! So sad. Maybe could have been prevented or at least extended a quality of life, however brief...

World Ostomy Day comes and goes in the blink of an eye. A day to celebrate UOAA's theme "Let's Be Heard." You already know Gutsy is all about "Speak Out and Be Heard." Fun and frolic for a few hours with a serious message. Then, it is all but forgotten! (alas)...or is it?? Gutsy encourages you to commemorate this special day with a WOD bracelet, UOAA pin, or cute red stoma pin. At \$2 each or 3/\$5, it is an inexpensive way to be supportive. Gutsy's nonostomate friend, Kay, couldn't wait to get her bracelet—solidarity!! Call Patti at (904) 733-8500 or order at UOAA.org. WOD, like all causes should be celebrated and advocated for all through the year. Hope you'll join Gutsy in helping ostomy to emerge from its cocoon, like a metamorphosis, to be free of its shroud of secrecy! Reborn like the Phoenix!

•**MARK YOUR CALENDAR:** for **Sunday, October 21, 2012, our next Jax ASG meeting**. Our group is diverse, divine, and definitely delightfully daffy! Do we have you? Looking for this newsletter's readership/Patti's supply clientele to attend. Like Michael Buble's song "...Just Haven't Met YOU Yet!" Give us a chance! You won't be disappointed!

•***We need/want YOU!***

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## **MY DOCTOR SAID I HAVE A HERNIA**

Dr. R.B. Kelleck, Great Britain, Via Snohomish Insights

The new ileostomate may find it difficult to believe that life without a colon can be completely healthy. To understand this, one needs to know what is the normal function of the colon or large bowel which has been removed. This organ is only found in land animals and its major function is to absorb water from the food residue. When animals first moved from the sea to the land they moved from a world where water was plentiful to one where it might be very scarce and they adapted to this by developing the colon as one means of avoiding dehydration. The only other substance that is absorbed from the colon is salt. All the other things we get from our food and which we need for energy and health are absorbed from the small intestine which is unaffected by the usual operations for ulcerative colitis. People with an ileostomy get just as much food - whether carbohydrates, fats or proteins - as anyone else. The other function of the colon is to act as a reservoir for the waste products of the body until there is a convenient moment for disposing of them. This function is simply taken over by the pouch whether external or internal.

**VIRTUAL PICNIC** (<https://www.facebook.com/UOAAinc>)

On October 6, 2012 between the hours of 10 AM and 2 PM in all time zones, the UOAA Facebook page will host a “virtual” picnic for anyone who doesn’t have a local event to attend. Simply sign in during those times and join in the on-line festivities. Bring a “virtual” dish to pass and line up for the “virtual” dunk tank.

**August 7-10, 2013 • Fourth UOAA National Conference • Jacksonville FL**

Jacksonville is where Florida begins—and where the UOAA’s next national conference will gather attendees from across the US (and hopefully beyond). We have secured a great nightly lodging rate for our attendees at the [Hyatt Regency, Jacksonville Riverfront](#) – just \$99 (guaranteed for 2013). Please feel free to take a [virtual tour](#) of the hotel and see what the [Jacksonville area](#) has to offer. Learn some [history and an abundance of other facts](#) as well. And plan to join us in 2013.

Once the hotel has given us a code for the group rate and added it to their reservation system, we will post more information here and announce it to our support groups and in other ways. Program information and other details will be added as well, so check back here occasionally!



[http://www.ostomy.org/conferences\\_events.shtml](http://www.ostomy.org/conferences_events.shtml)

**Check Us Out On The Web**  
[www.ostomymcp.com](http://www.ostomymcp.com)

**Other Websites Of Interest:**  
 United Ostomy Association of America: [www.uoaa.org](http://www.uoaa.org)  
 Your Ostomy Community Connection Center: [www.c3life.com](http://www.c3life.com)



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 \_\_

Mail to: Patti Langenbach, PO Box 10239 Jacksonville, FL 32247-0239

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