

# The MailBag

Jacksonville group meets the 3rd Sunday of each month 3 p.m. 4836 Victor Street.  
Ocala support group 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).  
Amelia Island Area Ostomy Support Group meets last Monday of each month at 6pm - Bapt Medical Center Nassau board room.



**World Ostomy Day  
Coming Next Year**  
Saturday October the 3rd 2015.  
The theme for WOD 2015 will be  
**"Many stories, one voice."**

## EZ-Clean™ Stoma Surround Sealant

EZ-Clean™ Stoma Surround Sealant is a lower viscosity paste designed to provide a seal around the stoma leaving little or no residue. Can also be used to seal the wafer on the outside perimeter with a very thin layer. Pectin based.



### Jacksonville Contact Information:

Patti Langenbach  
(800) 741-0110  
(904) 733-8500

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

The Jacksonville UOAA chapter meets the 3rd Sunday of each except when otherwise posted.

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)

Support group meets the 3rd Sunday of each month 3 p.m.  
4836 Victor Street  
**Next Meeting Oct. 19th**

### Ocala Contact Information

Lynn Parsons  
(352)245-3114

[www.ostomyocala.com](http://www.ostomyocala.com)

Ocala support group 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 Oct. 12th**

### Amelia Island Area Ostomy Support Group

meets last Monday of each month at 6pm (except May, June, July & Aug)  
Bapt Medical Center  
Nassau board room.

Free parking (904) 310-9054  
**Next Meeting Oct. 27th**

**Gutsy's Gab:" "Speak Out and Be Heard!"**

By Linda Blumberg AKA "Mrs. Lips"



**September 2014:** dedication to ostomy edification...at our September 21 Jax ASG meeting, ostomates/family gathered...embraced triumphant return of newly svelte ileostomate "Walter," and newbie ileostomate "Stoma"

...ostomy product discussions/usage...touted ConvaTec's 24/7 social media inspirational informational Inspire.com for issues and answers, especially for newbies...Applause for Patti for 40 years with MCP!...caring and sharing...munched on Kimberly's Konfections(!)...briefly mentioned upcoming Ostomy Awareness Day, Saturday October 4, 2014...October... time to "discover" YOUR "new world!"...

**SPOTLIGHT ON:** October 2014: Yom Kippur (Jewish Day of Atonement-3<sup>rd</sup>); Ostomy Awareness Day (4<sup>th</sup>); Columbus Day (13<sup>th</sup>); Halloween (31<sup>st</sup>)..."Gutsy," Linda's ileostomy stoma of 7 5/6 years says: "10-4 (2014) Good Buddies/Buddettes!"...that's "CB-talk"...for the importance of Awareness: 1) Check for Blood in stools/urine;

2) Choose life-saving colonoscopy, with follow up life-affirming ileostomy, colostomy, or urostomy surgery, if needed...time to "discover" your body's needs...denial/avoidance could lead to cancer, and/or premature death...check out UOAA.org for Ostomy Awareness Day activities!...However, Ostomy Awareness should be practiced throughout the entire year!...

Postsurgical Ostomy Acceptance occurs when we CELEBRATE BEING ALIVE, realizing even with a stoma WE are still normal, beautiful, loveable people who can feel EMPOWERED to live well with an ostomy! Your stoma's arrival=YOUR survival!...When YOU accept your stoma, there is greater likelihood that nonostomates will, too! (See Linda's 1<sup>st</sup> Phoenix article/photo, June 2011, p. 30)...

Fall's sense of "renewal and dedication," continues in October as a time to Advocate for Ostomy:

1) Share your ostomy journey: a) at support group meetings, b) on aforementioned Inspire.com, c) by submitting your unique experiences, in writing, to this newsletter, or beyond, and d) by educating general public (family/friends) to dispel their negative preconceived notions;...

2) Drive your loved one to/from colonoscopy, remaining loving/loyal if he/she has ostomy surgery...

3) Advocate for YOUR stoma: a) In "Shocktober," (or anytime), "costume" your stoma in a Koolostomy.com pouch cover...reduces the "mask"/shroud of secrecy, b) Make your stoma a STAR!...Send his/her name, along with your written personal story...A budding stoma author is a new "bud" for Gutsy!...email:

[Patti@ostomymcp.com](mailto:Patti@ostomymcp.com) or Linda: [blumbergl@duvalschoools.org](mailto:blumbergl@duvalschoools.org) for inclusion in future Gutsy's Gab column... For October, Gutsy proudly welcomes newbie "Stoma" (Jax ASG: temp name), and "Rosebud" (Inspire.com) ...cathartic and fun! (See Linda's 2<sup>nd</sup> Phoenix article/photo, December 2013, p. 78)...

**BOTTOMLINE/MARK YOUR CALENDAR:** "Shocktober:" a time that "ghosts" to show you how to "discover" YOUR "new world:" AAA: Awareness, Acceptance, Advocacy...our next Jax ASG meeting is Sunday, October 19, 2014...Join us to CELEBRATE BEING ALIVE!...un"mask" ostomy fears, check out new stomas/products, Kimberly's "gob-lings"...(s)caring and sharing!...You'll be singing: "FANGS for the mumm-er-ies!" (hahaha)...

Be-Witching to See YOU There!!!...

### **Kim's version Apple Pie Parfait**

Recipes served at Jacksonville Ostomy Support Group Meetings

#### **For the Apple Pie filling**

4 1/2 cups chopped apples  
1 Tablespoon lemon juice  
1/2 cup brown sugar  
1/2 cup sugar  
1/4 cup cornstarch  
1 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/4 teaspoon salt  
2 cup water

#### **For the Cream Cheese filling**

1 (8 ounce) package reduced-fat cream cheese, softened  
1 small tub whipped cream  
1 c. sour cream  
2 tablespoons brown sugar  
Cinnamon or apple pie spice (or both) to taste

#### **For the Pie Crust Toppers**

1 sheet refrigerated pie crust  
2 Tablespoons butter  
Sugar & cinnamon or Crumbled graham crackers

#### **Instructions**

For the Apple Pie filling

Combine the sugar, cornstarch, cinnamon, nutmeg & salt in a saucepan. Add the water. Bring to a boil and boil for 2 minutes. Add the apples. Bring back to a boil. Reduce the heat and simmer for 8-10 minutes. Cool at least 30 minutes. Or refrigerate overnight.

For Cream Cheese filling

Combining Softened cream cheese, whipped cream, sour cream and seasoning til well blended

For the Pie Crust Toppers

Spread out the pie crust on a baking sheet. Spread the butter on both sides and sprinkle with the seasoning. Cut into strips and twist. Place on baking sheet and bake at 375\* for 12-14 minutes. Cool.

#### **Assembly**

On bottom of cups crumbled Graham Crackers or pie crust toppers

Cream cheese filling

Crumbled Graham Crackers or pie crust toppers

Apple Pie filling

Whipped cream

## Chemotherapy and Your Ostomy

Edited by B. Brewer

If you are taking chemotherapy, you should be aware of many chemo agents that affect the body differently. Below are listed basic side effects of chemo that an ostomy patient should be aware of.

**Stomatitis** - Is an inflammation that can develop anywhere in the gastrointestinal tract. It may appear as white ulcers in your mouth, on your stoma or elsewhere in your GI tract. You must be very careful in caring for your stoma, using care in gentle removal of the pouch and barrier, and using plain tap water to cleanse the stoma.

**Dermatitis** - Is an inflammation of the skin. Skin reactions are worse when you are on chemo; therefore, if leakage occurs, change your pouching system as soon as possible. Again cleanse your skin with tap water only, making sure to get it clean. You will want to look for areas of increased redness, weeping areas, or a red rash that may have a white head on it. If the skin is open, or you identify a rash, see your doctor or ostomy nurse.

**Diarrhea** - Can be a severe side effect for the ostomy patient, especially the ileostomate. It is necessary for the ostomate to keep track of the amount of fluid he/she is able to drink versus what is expelled.

**Dehydration** - Is a big risk, as well as losing two of the body's minerals-sodium and potassium. If a colostomate develops diarrhea, discontinue irrigations (if you normally irrigate). You will want to eat foods that slow the bowel down, such as bananas, rice, applesauce, tapioca, or yogurt. You should notify your doctor if diarrhea occurs. He or she may prescribe some medications to slow bowel activity.

**Constipation** - On the opposite end of the spectrum, some agents can cause constipation. If this occurs, see your doctor. He or she may want to give you a laxative or stool softener. Remember to increase your fluid and fiber intake if you are constipated. Chemotherapy can be taxing on you. Nutrition and rest are essential. Do your routine stoma care when you are well rested.

### STOMAL PROLAPSE

By Diane Kasner, RN, MS, ET, Baltimore, MD

Prolapse is a relatively frequent stomal complication (affects up to 14 percent of all ostomates) defined as the excessive protruding of the bowel out of the abdomen. The piece of bowel that protrudes may often be as long as six inches in length, up to three inches wide easily.

If your stoma prolapses, you should remove your pouch, so that the bowel has space without being constricted. Apply a cool compress. If this is the first time you have prolapsed, call your physician or WOCN nurse immediately. If you cannot get in touch with a WOCN and especially if your drainage has stopped, it would be wise to go to the emergency room at your local hospital. If your stoma has prolapsed before, you may have been taught by the physician to "reduce" your stoma and you should try to do so



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**Upcoming Events**

Sept 1-6, 2015  
**5th UOAA National Conference,  
St Louis MO**

CHECK UOAA WEBSITE FOR  
MORE INFORMATION  
<http://www.ostomy.org>



[http://www.ostomy.org/ostomy\\_awareness\\_day\\_2014.shtml](http://www.ostomy.org/ostomy_awareness_day_2014.shtml)

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**Sept 1-6, 2015 • Fifth UOAA  
National Conference •  
St Louis MO**

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

Medical Care Products, Inc

**Toll Free 800 741-0110**

WE ARE ON THE NET

[www.ostomymcp.com](http://www.ostomymcp.com)

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To: