

# The Mailbag



Meetings are held at the Baptist Medical Center  
8th Floor - Meeting Room C - 3rd Sunday of each month 3PM

### OSTOMY SUPPORT GROUP

**Contact:**  
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**(904)733-8500**  
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**Brenda Holloway**  
**282-8181**

Last month we played Ostomy Jeopardy presented by Patti from Medical Care Products along with her niece, Amanda. She created this game using Ostomy answers and you have to guess the questions. It was a surprise and educational experience. I would also like to thank Debbie Saelinger, from ET Nursing Services for coming to speak with us. On a sad note, we are sorry to announce that one of our most faithful members, Donna Goossen passed away recently. Ed and Donna were at most of our meeting and were responsible for filling about 5 gallons of the Ronald McDonald house tab jar! Keep Ed and his family in your prayers.

I look forward to seeing you on November 19, 2006 at 3pm at Baptist Medical Center, 8th Floor Function room C.

We have decided to start having our meetings quarterly beginning next year but I wanted to have a meeting this November 19, 2006 so that we could discuss where we would go for our Christmas Party on December 17, 2006.

This decision was hard to make because I have been going to the meetings for along time every month. Since we have had such a low turnout, we decided that maybe the new people along with everyone else would be able to make it every three months. Patti and I are still here for everyone new and old, problem or no problem who just want to talk. I am going to start getting every one's email address. So if you get this newsletter by mail please email me at [noodleholloway@bellsouth.net](mailto:noodleholloway@bellsouth.net), then I can send out an email reminder about the quarterly meeting. You will still get your newsletter but this will be an extra reminder.

The quarterly meeting will be in the following months at 3pm at Baptist Medical Center, 8th Floor Function Room C.: (Please mark your calendars. This starts in 2007. January, April, June, October.

December, we will have a Christmas party at a local restaurant, which will be decided at November's meeting.

The following are the speakers I have line up for 2006  
**Sept 17 NO MEETING Oct 15 NO MEETING**  
**Nov 19 Hospice on the subject of "The Five Wishes"**  
**Dec 17 Christmas Party at a local restaurant**

We are continuing this year collecting the pop tabs for the Ronald McDonald House. In 2005 we filled a gallon jug. We will collect these at every meeting or you can drop them off at Medical Care Products.

Also, please remember if you have any extra supplies that can be donated to our closet for those less fortunate and or to help individuals during the hard time or in between insurance companies. Either bring to a meeting or take them to Medical Care Products or call Brenda Holloway and she will arrange to pick them up at your home, her number is 422-8165. We appreciate all you do for our closet.

Thank you for your time, Brenda L. Holloway, Support Group Contact

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**Please plan  
to join us  
Sunday Nov  
19th  
starting at  
3 p.m.**

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**Toll Free 800 741-0110**  
**WE ARE ON THE NET**  
[www.ostomymcp.com](http://www.ostomymcp.com)

## COLOSTOMY

**Colostomy:** A surgically created opening in the abdominal wall through which digested food passes.

**Temporary colostomy:** May be required to give a portion of the bowel a chance to rest and heal. When healing has occurred, the colostomy can be reversed and normal bowel function restored.

**Permanent colostomy:** May be required when a disease affects the end part of the colon or rectum.

### Reasons for surgery:

Cancer, diverticulitis, imperforate anus, Hirschsprung's disease, trauma.

### Care of colostomy:

A pouching system is usually worn. Pouches are odor free and different manufacturers have disposable or reusable varieties to fit one's lifestyle. Ostomy supplies are available at drug stores, medical supply stores and through the mail.

Irrigation: Certain people are candidates for learning irrigation techniques that will allow for increased control over the timing of bowel movements.

### Living with a colostomy:

**Work:** With the possible exception of jobs requiring very heavy lifting, a colostomy should not interfere with work. People with colostomies are successful business people, teachers, carpenters, welders, etc.

**Sex and social life:** Physically, the creation of a colostomy usually does not affect sexual function. If there is a problem, it is almost always related to the removal of the rectum. The colostomy itself should not interfere with normal sexual activity or pregnancy. It does not prevent one from dating, marriage or having children.

**Clothing:** Usually one is able to wear the same clothing as before surgery including swimwear.

**Sports and activities:** With a securely attached pouch one can swim, camp out, play baseball and participate in practically all types of sports. Caution is advised in heavy body contact sports. Travel is not restricted in any way. Bathing and showering may be done with or without the pouch in place.

**Diet:** Usually there are no dietary restrictions and foods can be enjoyed as before.

### Resources available:

The physician and medical professionals are the first source of help. Specially trained nurses called Wound, Ostomy Continence Nurses (WOCN) are available for consultation in most major medical centers.



Please visit the International Ostomy Association Website for more information.

[www.ostomyinternational.org](http://www.ostomyinternational.org)

## Ileostomy

### **Ileostomy:**

A surgically created opening in the abdominal wall through which digested food passes. The end of the ileum (the lowest part of the small intestine) is brought through the abdominal wall to form a stoma. An ileostomy may be performed when a disease or injured colon cannot be treated successfully with medicine.

### **Reasons for surgery:**

Ulcerative colitis, Crohn's disease, familial polyposis.

### **Care of ileostomy:**

A pouching system is worn. Pouches are odor free and different manufacturers have disposable or reusable varieties to fit your lifestyle. Ostomy supplies are available at drug stores, ostomy supply houses and through the mail.

### **Living with an ileostomy:**

**Work:** With the possible exception of jobs requiring very heavy lifting, an ileostomy should not interfere with work. People with ileostomies are successful business people, teachers, carpenters, welders, etc.

**Sex and social life:** Physically, the creation of an ileostomy usually does not affect sexual function. If there is a problem, it is almost always related to the removal of the rectum. The ileostomy itself should not interfere with normal sexual activity or pregnancy. It does not prevent one from dating, marriage or having children.

**Clothing:** Usually one is able to wear the same clothing as before surgery including swimwear.

**Sports and activities:** With a securely attached pouch one can swim, camp out, play baseball and participate in practically all types of sports. Caution is advised in heavy body contact sports. Travel is not restricted in any way. Bathing and showering may be done with or without the pouch in place.

**Diet:** Usually there are no dietary restrictions and foods can be enjoyed as before.

### **Resources available:**

The physician and medical professionals are the first source of help. Specially trained nurses called Wound, Ostomy Continence Nurses (WOCN) are available for consultation in most major medical centers.

## Urostomy

### **Urostomy (Urinary Diversion):**

A surgically created opening in the abdominal wall through which urine passes. A urostomy may be performed when the bladder is either not functioning or has to be removed. There are several different types of surgeries, but the most common are ileal conduit and colonic conduit.

### **Reasons for surgery:**

Bladder cancer, spinal cord injuries, malfunction of the bladder and birth defects such as spina bifida.

### **Care of urostomy:**

A pouching system is worn. Pouches are odor free and different manufacturers have disposable or reusable varieties to fit your lifestyle. Ostomy supplies are available at drug stores, medical supply stores and through the mail.

### **Living with a urostomy:**

**Work:** With the possible exception of jobs requiring very heavy lifting, a urostomy should not interfere with work. People with urostomies are successful business people, teachers, carpenters, welders, etc.

**Sex and social life:** Sexual function is influenced by the reasons for which the urostomy is performed. The urostomy itself should not interfere with normal sexual activity or pregnancy. It does not prevent one from dating, marriage or having children.

**Clothing:** Usually one is able to wear the same clothing as before surgery including swimwear.

**Sports and activities:** With a securely attached pouch one can swim, camp out, play baseball and participate in practically all types of sports. Caution is advised in heavy body contact sports. Travel is not restricted in any way. Bathing and showering may be done with or without the pouch in place.

**Diet:** Usually there are no dietary restrictions and foods can be enjoyed as before. It is suggested that 8-10 glasses of fluid per day be consumed to help decrease the chance of kidney infection.

### **Resources available:**

The physician and medical professionals are the first source of help. Specially trained nurses called Wound, Ostomy Continence Nurses (WOCN) are available for consultation in most major medical centers.

## Air Travel *Prohibited Items*

Due to increased security measures, TSA has made changes to the prohibited items list.

All liquids and gels – including shampoo, toothpaste, perfume, hair gel, suntan lotion and all other items with similar consistency ARE PROHIBITED from carry-on baggage and the security checkpoint. Please pack these items in your checked baggage. Carrying liquids of any sort to the screening checkpoint will cause you delays, and will most likely result in the item being confiscated.

Don't let a prohibited item ruin your trip. You are permitted to travel with most items, but you must put them in your luggage and check them with your airline. Certain items are prohibited from carry-on luggage for the overall security of air travelers. Prohibited items obviously include weapons, explosives, and incendiaries, but also items that are seemingly harmless and may be used as weapons like hammers, bats, or mace. You may not bring these items to security checkpoints.

For more information please visit: <http://www.tsa.gov/>



## Koolostomy Pouch Covers

A Koolostomy Pouch Cover is a product that will assist the ostomate with eliminating moisture and heat associated with wearing an ostomy appliance. The Koolostomy Pouch Cover slips over the existing collection bag (pouch). This product will "wick" moisture away from your skin, making the appliance comfortable to wear. Koolostomy Pouch Covers can be worn with most pouches, regardless of the manufacturer. All Koolostomy Pouch Covers are machine washable. The covers are available in Variety, Sport, Customs and Holiday themes. They come in children and adult sizes. Please visit [www.koolostomy.com](http://www.koolostomy.com) or stop by Medical Care Products.



**For more information please visit the  
International Ostomy Association Website**  
<http://www.ostomyinternational.org>

**Visit our chapter Website:**  
<http://www.ostomymcp.com/chapter/Jaxchapter1.htm>

## Ostomy Chat Room Weekly Meetings

**Yahoo Peoples with Ostomy2\*** - Mondays, 8:00 pm US Central time  
<http://clubs.yahoo.com/clubs/peopleswithostomy2>

**StuartOnline Ostomy Chat\*** - Tuesdays, 8:00 pm US Central time  
<http://www.stuartonline.com/id10.html>

**Community Zero (Ostomy) Support\*** - Wednesdays, 9:00 pm US Eastern time  
<http://groups.yahoo.com/group/ostomatessupport/>

**Shaz & Jason's Chat\*** - Saturdays, 8:00 pm UK time / 3:00pm US Eastern Time  
<http://www.ostomy.fsnet.co.uk/chat.html>

**Yahoo UK Ostomy Support\*** - 1st & 3rd Sundays, 8:00 pm UK time / 3:00 pm US Eastern Time  
<http://clubs.yahoo.com/clubs/ukostomysupport>

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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**Toll Free 800 741-0110**

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**Medical Care Products, Inc**  
**PO Box 10239**  
**Jacksonville, FL 32247-0239**

TO:

**Join us**  
**Sunday Nov.**  
**19th starting at**  
**3 PM**  
**Baptist Medical Center**  
**8th Floor**  
**Meeting Room C**

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