

SHORT CIRCUIT

Cedar Rapids / Iowa City Area Ostomy Support Group #171, Inc. — an affiliate of UOAA, Inc.

www.iowaostomy.org

Serving Ostomates of Eastern Iowa since 1972

APRIL 2010

Welcome!

The Cedar Rapids / Iowa City Area Ostomy Support Group is dedicated to providing information, advocacy and service to our members, their caregivers, and to the intestinal and urinary diversion community at large.

Our local chapter

We meet regularly to share experiences, provide mutual support and learn about the latest products and information for ostomy, urostomy and intestinal diversions.

Meetings are held at area hospitals, and involve informal round-table discussions on topics of interest, new product demonstrations, occasional guest speakers, and a question and answer session with one of the local WOC nurses. Families and friends of ostomy and intestinal diversion patients are always welcome to attend.

For more information about the local chapter, contact us at 319-530-6749, at www.iowaostomy.org, or look for us on **Facebook!**

The U.O.A.A.

The United Ostomy Associations of America is a 501(c)(3) non-profit organization incorporated in New Jersey. The UOAA serves to unify and strengthen ostomy support groups in America.

UOAA services include: Advocacy • Non-profit Status • Conferences • The Phoenix magazine • Toll-free Help and Referral Line • Special Interest Groups • Ostomy Community Liaison

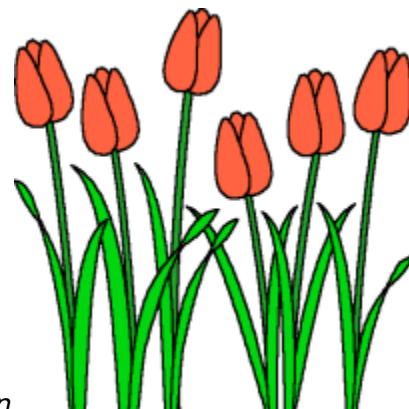
For more information the national organization, contact the UOAA at 800-826-0826, or at www.uoaa.org.

“Seize the Opportunity”

A Message from the Group Coordinator....

Happy Spring!

Even though technically this winter was slightly warmer than the previous one, it sure didn't feel like it at my house! I am glad that winter is gone and the flowers are once again blooming. Longer days help me to feel more energetic and ready to tackle spring and summer projects.



*First up is the 2nd Annual Ostomy Education Day at Mercy Medical Center in Des Moines on **Saturday, April 10th**. This event is free and is sponsored by the Iowa Affiliate of the Wound, Ostomy and Continence Nurses Society. See page 6 for details.*

I am planning to attend and will be spending time at the UOAA table in the exhibit room, chatting with the conference attendees and helping to spread the word about the UOAA and our CR/IC support group. If you're available to help out at the table, please let me know—I'd really appreciate it.

*The following **Saturday, April 17th**, is the Inflammatory Bowel Disease Patient Education Day, also at Mercy Medical Center in Des Moines. This worthwhile (and free) event focuses on management of bowel diseases, and will have several question and answer sessions with bowel disease specialists. Details for this event are also on page 6.*

***April 20th** is the deadline for nominations for two positions on the UOAA Management Board of Directors. Each position is a two year term, beginning January 2011. You do not need to have a bowel or urinary diversion, but you must be an active member of a UOAA Affiliated Support Group (ASG). The Cedar Rapids / Iowa City Ostomy Support Group is an ASG of the UOAA.*

If you would like the opportunity to give back to the ostomy community at a national level, I urge you to consider self-nominating for one of the Director positions. I can tell you firsthand that it is a very rewarding experience. There is a short nomination form to complete and return to the UOAA. Let me know if you have any questions or would like a copy of the election procedures.

*Our next support group meeting is **Monday, April 26th** at 6:30 in Room*

continued on next page

Message from our Coordinator continued

163 at St. Luke's Hospital in Cedar Rapids. Our Coloplast representative, Danette Brooks, will attend and will bring the latest ostomy products and accessories. We're looking forward to meeting her and seeing all she has to offer.

At our February meeting at Mercy Medical Center in Cedar Rapids, we collected unused ostomy supplies to donate to Friends of Ostomates Worldwide (FOW). The FOW had sent several shipments of supplies to Haiti after their devastating earthquake, and had asked for donations of supplies to replenish their warehouse.

Thanks to your generosity, we were able to send four large boxes of ostomy supplies to the FOW warehouse in Kentucky.

We will be sending at least one more box of donated supplies to the FOW. If you have anything to donate, please bring it to the meeting on Monday, April 26th.

Also at our February meeting, we talked about creating an "Ostomy Buddy" program. This program would match new ostomates with experienced support group members who are willing to be a friend and resource for the new ostomate.

When I was a new ostomate, it helped me immensely to talk with a fellow ostomate who was active, happy, well-adjusted and could give me a few tips. Sometimes all it takes is for someone to tell you "It gets better."

Wishing you health and happiness!

Carol Haack

The **SHORT CIRCUIT** is the official newsletter of the Cedar Rapids / Iowa City Area Ostomy Support Group #171, and is published 6 times per year. It is edited by Carol Haack. Copies are emailed to members, and are also available on our website at www.iowaostomy.org. We will gladly mail copies to anyone without internet access.

If you have a newsletter suggestion or article, please email it to info@iowaostomy.org, or send it to:

CR / IC Ostomy Support Group
c/o Vicki Kee
P.O. Box 133
Oakdale, IA 52319

Our WEBSITE is www.iowaostomy.org. It contains helpful information, meeting schedules, archived editions of the SHORT CIRCUIT, ostomy-related books that we recommend, and a link to **Amazon.com**, which pays our group commission each time a purchase is made through our website.

BODY SCANNERS, PAT DOWNS and INSPECTIONS—The latest information from the Transportation Security Administration (TSA)

Many ostomates have contacted the UOAA with concerns over new TSA regulations in light of the Christmas day bombing attempt on an airplane bound for Detroit.

The UOAA has been in touch with the TSA to advise them of the rights and needs of ostomates.

Information from the TSA outlines the rights of individuals traveling with a prosthetic device or external medical device.

A handout was available at our February support group meeting, or you may access it directly at www.tsa.gov/travelers/airtravel/specialneeds.

Travelers with medical devices (prosthetics, insulin pumps, feeding tubes, ostomy bags, etc) should ask for a private screening.

You should advise the officer of your ostomy or urine appliance. You will not be asked to expose these devices for inspection.

The UOAA will be creating an identification card that will help ostomates communicate their needs to TSA agents. Be aware, though, that the TSA does not endorse such cards, and the card itself is not a guarantee that you won't be inspected.

Please let Carol or Vicki know of any positive or negative travel experiences.

Officers of the Cedar Rapids / Iowa City Area Ostomy Support Group #171 are:

Carol Haack, Group Coordinator
319-530-6749 (anytime)
info@iowaostomy.org (email)

Vicki Kee, Treasurer
P.O. Box 133
Oakdale, IA 52319
319-335-4820 (daytime)
vicki-kee@iowaostomy.org (email)

Kimberly Cay, Visitor Coordinator
319-210-7731 (evenings)
info@iowaostomy.org (email)

WOC NURSE WEEK APRIL 18-24, 2010

The week of April 18 through 24, 2010 has been designated as Wound, Ostomy, Continence Nurses Week. During this period the WOCN Society will recognize WOC nurses for the services they provide to millions of patients who endure non-healing wounds, ostomies, and urinary and fecal incontinence. Please take this opportunity to thank all of these wonderful medical professionals who are associated with your group. For more information, view the WOCN Society webpage at: http://www.wocn.org/About_Us/

Treasurer's Report

The balance in our Treasury is \$623.06

We are a 501(c)(3) charitable organization, and your donations are fully tax deductible.



2010 Membership dues

The 2010 dues for the Cedar Rapids / Iowa City Area Ostomy Support Group #171, Inc. are \$10.00. Two dollars will be sent to our national affiliate, the United Ostomy Associations of America, Inc.

Eight dollars remains in our local treasury, and is used to maintain our website, to print and mail our newsletter, and for various other projects. In 2009, we were able to help sponsor one of our members to attend the national UOAA Conference in New Orleans.

Dues are collected using the honor system. Please either pay your dues at a meeting, or mail your tax-deductible check to:

CR / IC Ostomy Support Group #171, Inc.
c/o Vicki Kee, Treasurer
P.O. Box 133, Oakdale, IA 52319

Don't Miss An Issue!

The Leading Ostomy Publication. *The Phoenix* is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories – it's all here and more.

Money Back Guarantee!



More Than A Magazine. Half of each subscription funds the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.



Annual subscriptions: \$25. Send check or money order to: The Phoenix, P.O. Box 3605, Mission Viejo, CA 92690. Phone/Fax: 949-600-7296. Published quarterly: March, June, September and December.

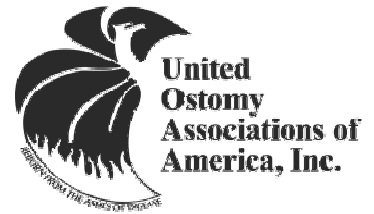


Name _____

Address _____ Apt/Suite _____

City _____ State _____ Zip _____

E-mail _____ UOAA Donation (optional) \$ _____



OSTOMATES on EVEREST

At the end of March, Rob Hill (adventure athlete, Crohn's patient, ostomate, Great Comebacks Global Ambassador and friend of UOAA) will be embarking on his final challenge in the *No Guts Know Glory Seven Summits Campaign* – tackling the highest peak in each of the seven continents. Everest is the last peak Rob needs to summit to complete his mission.

A feat only achieved by a handful of individuals to date, Rob will be the first Canadian with Crohn's disease and an ostomy to complete all seven summits. Rob will be joined on his trek to Everest Base Camp by several other ostomates, including Tony Bell, Youth Rally counselor and 2009 Great Comebacks winner.

You can follow Rob and Tony's journey to the highest summit on Earth at:
<http://nogutsknowglory.com>

GET YOUR GUTS IN GEAR in 2010

Join in the fun and seize the opportunity to connect with patients, family and friends who are affected by Crohn's disease, ulcerative colitis or have an ostomy by riding or crewing in one of the 3 GYGIG Rides scheduled for 2010.

UOAA will pay the \$ 85 registration fee for all riders or crew members representing the UOAA!

UOAA is proud to be a beneficiary of the GYGIG ride, and portion of the proceeds from each ride benefit UOAA's mission.

Midwest Wisconsin GYGIG ride October 1-3, 2010

Starting and ending in Milwaukee, WI, cycle through the rolling farmland of Southern Wisconsin and take in the vibrant fall colors and country views.

For more information, log onto the GYGIG website at <http://www.ibdride.org>

WE'RE GETTING A MAKEOVER!

Look for our new logo and new website coming soon!

Part of our new website design features pictures of real ostomates doing what they love. Do you or someone from your group want to be included?

Send your high resolution digital photos to kristinknipp@uoaa.org, along with your type of surgery and state of residence. If your photo is chosen, we'll send you a release form to sign so you can appear on the website.

A HUGE WELCOME TO OUR NEWEST AFFILIATES!

UOAA now has 296 affiliated support groups spanning the United States. We want to extend a huge "welcome" to the newest members of our family!

*Richmond Ostomy Association in Virginia
Savannah Ostomy Support Group in Georgia
Tri-County Ostomy Support Group of MD in Maryland
Williamson County Support Group in Tennessee*

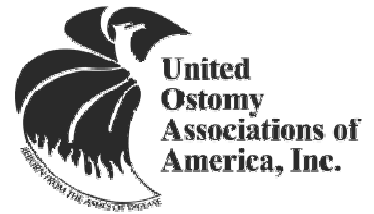
YRC YOUTH RALLY JULY 11-17, 2010

The Annual Youth Rally will be held this year from July 11th to the 17th at Xavier University in Cincinnati, Ohio.

The Youth Rally provides youth between the ages of 11 and 17 with an opportunity to learn how to live an independent life with an ostomy or other bowel or urinary conditions.

They meet with, and share life experiences with fellow campers, and have fun in a university setting that will help to prepare them for future educational activities.

Do you have someone in your support group



who would benefit from attendance at this event?

Please give some thought to providing them with a full or partial sponsorship. The registration fee is \$ 425 and most campers require air travel to get to camp. Any amount that you would like to donate would be most welcome.

If you do not have any candidates within your group, but would still like to sponsor a camper, your donation would also be greatly accepted.

Checks or credit card information should be made payable to "The Youth Rally Committee" and sent to Linda Aukett, YRC Secretary/Treasurer at 424 Bradford Avenue, Westmont, NJ 08108. If you have any questions feel free to contact Linda directly at lauketrally@snip.net.

UOAA DISCUSSION BOARD A GREAT RESOURCE FOR LEADERS AND PATIENTS

UOAA has set up a discussion forum within the UOAA Discussion Board especially for leaders of our affiliated support group, so that you can talk about issues that pertain to managing your group. Suggest ideas for programs, share tips for making meetings more attractive, get some feedback about why things don't seem to be going so well, or simply vent ... all with people who are doing the same jobs in nearly 300 other groups across the country.

ASG leaders will become part of a special "users group" who can start a topic thread, add posts to on-going discussions and read what others have to say. ***There can be more than one ASG leader per group in the user-group, so we hope you will encourage both present and likely future leaders to join as well.***

It's a 2-step process, and you can take **Step #1** right now. Anyone wishing to participate needs to register as a user of the UOAA Discussion Board. Go to <http://www.uoaa.org/forum/ucp.php?mode=register>, read and accept the terms, and complete requested information on the next page (including two tests that we use to

discourage spammers and automated 'bot' registrations). You will receive verification of your registration within a few hours (up to 24 in a busy period).

Once registered, log-in at <http://www.uoaa.org/forum/index.php> and look for a heading like this graphic that says SUPPORT GROUP CORNER.



You will be able to see the ASG Leader Forum and read entries, but in order to post your own comments there you must take **Step # 2** to become part of the ASG Users group.

Click on one of the Moderator names and send a Private Message or e-mail asking to be added. Once determined eligible, you will receive confirmation. It might seem like a lot, but you do this just once to become part of the user-group - after that it's a matter of logging on just as you would to any site you visit regularly.

We hope you WILL visit regularly and make this a valuable resource for yourself and others to share thoughts about keeping our affiliated support groups vital and effective.

(Note from Carol: I encourage anyone in our group who'd like to join the Support Group Corner discussion forum to do this!)

Wishing you health and happiness,

A handwritten signature in black ink that reads "Krist Knipp".

Kristin Knipp, President, UOAA

This and That... news and notes from our local chapter and around Eastern Iowa

2nd Annual Ostomy Education Day

Saturday, April 10, 2010 8:00 am to 1:30 pm

Mercy Medical Center, Des Moines

East Tower Conference Center, "A" Level

1111 6th Avenue, Des Moines, IA

This event is free, and is sponsored by the Iowa Affiliate of the WOC Nurse Society. Register by calling 515-243-2584

Inflammatory Bowel Disease Patient Education Day

Saturday, April 17, 2010 8:00 am to 1:00 pm

Mercy Medical Center, Des Moines

East Tower Conference Center, "A" Level

1111 6th Avenue, Des Moines, IA

This event is free, and lunch is provided. Register online at www.ibdiowa.com, or by phone at 515-643-2785.

Driving directions to Mercy Medical Center in Des Moines

Take I-80 to Interstate 235 West in Des Moines

Exit I-235 at the sign that states 2nd, 3rd, and 5th Street exits. Follow the exit ramp straight ahead to the stoplights at 6th Avenue.

Turn right and Mercy Medical Center will be ahead on the right.

Park in the North Parking Ramp off 3rd Street

Look for us on Facebook!

Social Networking is the broad term used to describe all of the on-line ways you can stay in touch and connect with others. My Space, Twitter and Facebook are three examples. Vicki Kee has created a Facebook page for the Cedar Rapids / Iowa City Area Ostomy Group. She would love to have photos of ostomates participating in their daily activities to post on our Facebook page. Please email your photos to info@iowaostomy.org.

Future meeting dates (all meetings begin at 6:30 p.m.):

Regular support group meeting: Monday, April 26th, 2010, St. Luke's Hospital, Cedar Rapids Room 163

Regular support group meeting: Thursday, June 24th, 2010, Mercy Hospital, Iowa City Scanlon Room

Regular support group meeting: Monday, Aug. 23rd, 2010, Mercy Medical Center, Cedar Rapids

Regular support group meeting: Monday, Oct. 25th, 2010, St. Luke's Hospital, Cedar Rapids Room 163

Holiday party and support group meeting: early December, 2010. Date and place to be announced.

Please remember — the ostomy care tips, information and health notes that we print from time to time are intended to supplement the information given to you by your WOCN (wound, ostomy, continence nurse) and surgeon. Not every tip works for every ostomy. Use your common sense — and be sure to check with your health care professional if needed.

Contact information... looking for information on ostomy products or ostomy – related organizations?

Manufacturers - most have an ostomy nurse on staff to answer your questions about products. They'll even send you free samples to try!

Coloplast 888-726-7872 www.us.coloplast.com

ConvaTec 800-422-8811 www.convatec.com

CyMed 800-582-0707 www.cymed-ostomy.com

Hollister 800-323-4060 www.hollister.com

Marlen 800-321-0591 www.marlenmfg.com

Nu Hope 800-899-5017 www.nu-hope.com

Suppliers - will send a free catalog featuring many brands of ostomy supplies. A great way to compare products!

AOS Medical Supply 800-858-5858 www.mmsmedical.com/aos

Byram Healthcare 877-902-9726 www.byramhealthcare.com

Duke Medical Supply 888-678-6692 www.dukemedicalsupply.com

Edgepark Medical 800-321-0591 www.edgepark.com

Liberty Medical 888-844-2651 www.libertymedical.com

SGV Medical 800-395-6099 www.sgvmedical.com

Organizations

American Cancer Society
800-227-2345 www.cancer.org

Crohn's & Colitis Foundation
800-343-3637 www.ccf.org

Friends of Ostomates Worldwide
www.fowusa.org

United Ostomy Associations of America
800-826-0826 www.uoaa.org

Wound, Ostomy and Continence Nurses Society
800-224-9626 www.wocn.org

Articles of Interest... Newsletter articles obtained from various sources. If necessary, please check with your health care provider before using these tips.

NINE REASONS FOR OSTOMY POUCH LEAKAGE

UOAA UPDATE 12/09

Poor Adherence to Peristomal Skin – Make sure that your peristomal skin is “bone dry” before applying your pouch. Hold a warm hand over the pouch and stoma for 30-60 seconds after application to warm it and assure a good initial seal.

Wrong Size Pouch Opening – The size of your stoma has changed (due to postoperative shrinkage or change in body weight) and you have not re-measured and adapted the opening accordingly. Undermining of the wafer and leakage may be the result.

Folds or Creases – If folds or creases develop in the skin and leakage always occurs along the crease, wafer pieces or ostomy paste can be used to build up the area. Consult your WOCN nurse for proper methods.

Peristomal Skin Irritation – Pouches will not stick well to irritated skin. So practice meticulous skin care in order to avoid irritated or denuded skin. If any of these problems develop, consult your WOCN nurse or physician at once so that the problem can be nipped in the bud.

Improper Pouch Angle – If the pouch does not hang vertically, the weight of its contents can exert an uneven, twisting pull on the wafer. Ostomates must find an optimal angle for their own individual body configurations.

Too Infrequent Emptying – Pouches should be emptied before they become half full. If they are allowed to overfill, weight of the effluent may break the seal and cause leakage.

Extremely High Temperatures – Wafer melt out may cause leakage in warm weather. Try more frequent pouch changes or change wafer material.

Pouch Wear and Tear – Disposable wafers do wear out. If you are stretching your wearing time, leakage may be due to the wafer wearing out. Change your pouching system more frequently.

Improperly Stored Appliances or Aging Materials – Store your ostomy supplies in a cool dry place; humidity may affect your pouch adhesive. Also, pouches won't store forever. Ask your vendor what the shelf life is for your supplies and keep some extra pouches on hand.

As always, consult your WOCN nurse if the problem persists!

RELAXATION EXERCISE

UOAA UPDATE 12/09

Practicing deep relaxation exercises may help relieve pain or reduce stress. This exercise may not be right for everyone. Ask your doctor or nurse if this exercise can help you. Practice slowly at first so you can get used to deep breathing and muscle relaxation.

Find a quiet place where you can rest undisturbed for 20 minutes. Let others know you need this time for yourself. Make sure the setting is relaxing. For example, dim the lights if you like, and find a comfortable chair or couch.

Get into a comfortable position where you can relax your muscles. Close your eyes and clear your mind of distractions.

Breathe deeply, at a slow and relaxing pace. People usually breathe shallowly, high in their chests. Concentrate on breathing deeply and slowly, raising your belly, rather than just your chest, with each breath.

Next, go through each of your major muscle groups, tensing (squeezing) them for 10 seconds and then relaxing. If tensing any particular muscle group is painful, skip the tensing step and concentrate just on relaxing.

Focus completely on releasing all the tension from your muscles and notice the differences you feel when they are relaxed. Focus on the pleasant feeling of relaxation.

You may find that your mind wanders. When you notice yourself thinking of something else, gently direct your attention back to your deepening relaxation. Be sure to maintain your deep breathing.

Review the parts of your body again, and release any tension that remains. Be sure to maintain your deep breathing.

Now that you are relaxed, imagine a calming scene. Choose a spot that is particularly pleasant to you. It may be a favorite comfortable room, a sandy beach, a chair in front of a fireplace or any other relaxing place. Concentrate on the details. What can you see/ hear/ smell/ feel around you? Continue to breathe deeply, as you imagine yourself relaxing in your safe, comfortable place.

When you are ready, start gently moving your hands and feet and bringing yourself back to reality. Open your eyes, and spend a few minutes becoming more alert. Notice how you feel now that you have completed the relaxation exercise, and try to carry these feelings with you into the rest of your day.

Articles of Interest... Newsletter articles provided by various sources. If necessary, please check with your health care provider before using these tips.

SKIN ATTENTION

UOAA UPDATE 12/09

Some ostomates can use anything on the skin and “get away with it.” Others have to search for just the right combination of products for satisfactory use. New ostomates benefit from the follow-up visits to the WOCN because careful consideration is given to the various products used around the stoma area.

If you are experimenting on your own, consider the following information for using a different product. Patch testing is recommended before proceeding to use the new product. The skin on the inner surface of the arm or leg or the opposite side of the abdominal area from the stoma are good areas to use for a simple test.

For example, cut a piece of the washer, tape, disc, etc. and affix it to a chosen area. Secure with a strip of micropore tape and leave on the area for 48 to 72 hours (editor’s note: Be careful of the tape too; it could be a problem also).

Any burning sensation or itching during the testing time could signify sensitivity to the material being used and therefore, should be removed immediately, washed and dried well.

After 48 to 72 hours, remove the “patch” and if there is no redness or irritation, it is safe to assume that the product can be used. With some persons, a “delayed reaction” may not occur until a few days later.

For more extensive testing than this, contact a dermatologist.

ACIDIC URINE - A MUST FOR THE UROSTOMATE

UOAA UPDATE 12/09 via Great Falls MT

Very often, a person with a urostomy is advised not to drink orange juice, but is not given an explanation as to why.

The rationale behind it actually applies to everyone at one time or another. If you get a bladder infection, your urologist may give you the same admonishment, and for the same reason.

Acidic urine tends to keep bacteria in check, thereby lessening the incidence of infection. Orange juice is not used by the body as acid, but as alkali. Alkaline urine can also cause crystal buildup around the stoma.

When the food you consume is burned in the body, it yields a mineral residue called “ash”. This ash can be acidic or basic (alkaline) in reaction, depending on whether the food eaten is mostly acidic or basic.

The reaction of the urine can definitely be changed by foods like orange juice. Most fruits and vegetables

actually give an alkalized ash and tend to make the urine alkaline, but there are some exceptions.

Meat and cereals will usually produce an acidic ash that will acidify the urine. Some acid-producing foods are bread (especially whole wheat), cheese, corn, crackers, cranberries, eggs, nuts, macaroni, pastries, plums, prunes, meat, fish and poultry.

Some alkaline-producing foods are milk, bananas, beans (lima and navy) beets, greens and spinach. Some neutral foods are butter cream, salad oils, syrups, sugar, tea and tapioca.

Normally, the urine in the bladder is acid in nature, so watch your diet. Mother Nature knows what she’s doing.

CENTERING YOUR POUCH

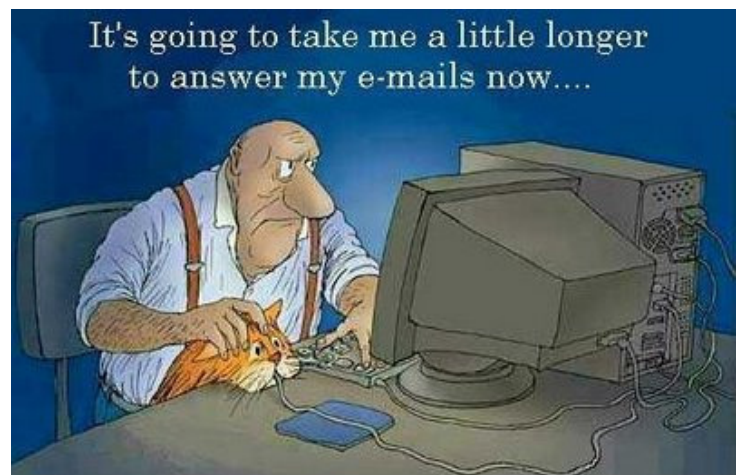
May 2009 UOAA UPDATE via Evansville, IN Re-Route

A well fitted pouch does not allow for much margin of error. Consider this: The correct opening size is determined by measuring your stoma’s diameter with a measuring card and adding 1/8th of an inch. This means your pouch must be centered exactly and carefully each time.

How do you do this? Good lighting is important preferably from above and from the side. Stand sideways to a light source for better visibility. A wall mirror is a great help to see that the appliance hangs straight. A crooked pouch exerts pressure on the skin and stoma and can only lead to trouble.

Don’t rush! Take time to check the placement carefully before allowing your skin barrier to make contact. No time is saved if you have to do the whole thing over again because the pouch is crooked and uncomfortable.

Remember, if your pouch feels out of place or uncomfortable, TAKE IT OFF! Don’t wait for injury to occur. It is better to change unnecessarily than to risk damaging that precious stoma. You have to live with it for a long, long time



**Cedar Rapids / Iowa City
Area Ostomy Support Group #171, Inc.
P.O. Box 133
Oakdale, IA 52319**



**Next MEETING is Monday, April 26th, 2010 at
6:30 pm.**

**We'll meet at St. Luke's Hospital in Cedar
Rapids, Room 163
*Family and Friends welcome!!***