

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

August 2009

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, or at www.iowaostomy.org.

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.

“Reborn from the ashes of disease”

A Message from the Group Coordinator....

Happy Summer! Although there have been some days in the last month when we wondered who took the Sun out of Iowa, today summer is in full swing: over 90 degrees, and hazy and humid.

At our June meeting at Mercy Hospital in Iowa City, we chatted about tips and techniques for ostomy patients to use in the summer time. When it's hot and humid like this, veteran ostomates know that you might have to modify your pouching routine.

It's always critical to keep the skin under your pouch barrier as healthy as possible, and never more so than when it's hot outside. Outdoor activities often lead to perspiration, which means your peristomal skin can become moist underneath the pouch.

Moisture can lead to early breakdown of the adhesive and the greater possibility of leakage. A leak may cause the skin itself to break down, especially in ileostomates, who have more digestive enzymes in their stomal discharge than do colostomates. Urostomates also develop skin problems when leakage causes urine to come into contact with their skin.

Once rashes and sores appear on the skin surrounding the stoma, it will be harder to get your pouch to adhere, which causes leakage, which starts the cycle all over again. Yikes!

(Continued on page 2)



Please join us at our next support group meeting, which will be Thursday, August 27th at 6:30pm, at Mercy Hospital, Cedar Rapids.

We'll meet in **Room A**, which is called the **Educational Training Room**. Take the elevator to the basement and use the hallway to the left. The room is the second from the left. Signs will be posted to help you find the way.

Message from our Coordinator continued....

(Continued from page 1)

What to do? Check your pouch daily, especially after vigorous outdoor activities. Be aware that you may need to change it more often than you normally do.

When changing your bag, the skin should be completely clean and dry before you attach the new appliance. Use a hair dryer (on the cool setting) to make sure you are dry.

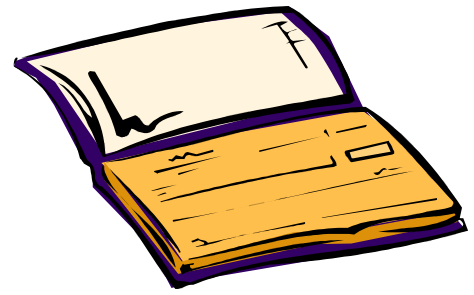
Use an absorbent pouch cover to keep the plastic parts of your bag away from your skin. Or, tie an infant's terrycloth "drool bib" behind your bag. A hernia belt that fits around your pouch also works well to keep moisture away.

After swimming or showering, take a few extra minutes to be sure you dry your pouch and the skin surrounding it.

You'll find other skin care tips in this month's newsletter. At the August meeting we'll also have copies available of the WOCN Society's "Basic Ostomy Skin Care" guide for patients and health care providers.

Have a safe and happy summer, and we'll see you on August 27th.

Carol Haack



Treasurer's Report

Our treasury has a balance of \$547.29, after the \$500 scholarship we gave to one of our members who attended this year's U.O.A.A. National Conference in New Orleans.

Thank you to all who have donated additional money to our support group, including Marilyn Cermak, a long time member who has not only donated money, but many, many hours of her time over the years.

Because we are a 501(c)(3) charitable organization, your donations are fully tax deductible. Send donations 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.

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.

Money Back Guarantee!



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.



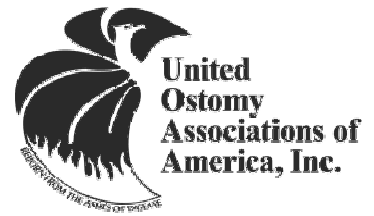
Name _____

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City _____ State _____ Zip _____

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

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NEWS FROM NEW ORLEANS

If you have not reserved your room at the Sheraton Hotel yet, you are almost out of time. Monday, July 13th is our room block cutoff date. So book today by calling 800-325-3535 and use the Group Code: "UOAA" to get the \$ 109/night Conference rate. Rooms booked after the 13th will be available at the Conference rate only if the hotel has any unsold rooms for the August 5 – 8, 2009 dates.

Near the Conference Registration Desk on the Hotel's 3rd Floor, UOAA will have a table where the following items will be sold: Colondars, UOAA Luggage Tags, Stress Balls, Mardi Gras Masks and, introducing the new UOAA Organizational Pin and the Official UOAA Conference Limited Edition Collector's Pin.

Also, in this same area, orders will be taken for the free Ostomy Patient Resource magazine designed to be part of the information given to all new ostomy patients ... a valuable addition to your ASG's Visitors Packets. And, two authors will be with us to sign copies of their books.

Conference highlights include:

- 1st Timers Orientation and Reception sponsored by **Coloplast**
- 1st Night Ceremonies featuring Tim Mitchell, followed by the **Hollister** sponsored "Sweet Taste of New Orleans" social
- Free Stoma Clinic
- The Colossal Colon Exhibit sponsored by **Edgepark**
- Exhibition Hall
- **ConvaTec's** Traditional Gala
- ASG workshops
- **Nu-Hope's** infamous "Fun Run"
- Recognition Luncheon with Abby Ryan
- Great Comebacks Awardee Session
- Presentations by Brenda Elsaygher and Rob Hill

- Special "Teen Day" and Pull-Thru Network Programming
- Sneak Previews of the new UOAA Visitor Training DVD
- The new PR DVD showing the quality of life that people with ostomies can attain.
- A Fashion Show sponsored by **Dillard's Department Store, C3Life, Ostomy Secrets** and **Vanilla Blush**
- Educational Workshops targeted for General, 30+, YODAA, CD and GLO audiences
- A Masked Ball Closing Banquet

LET YOUR VOICE BE HEARD!

As I have previously communicated on several occasions in the past, Jennifer C. Jaff, Esq., Executive Director of Advocacy for Patients with Chronic Illness, Inc. has entered into an agreement with UOAA wherein she will provide legal counsel to members of UOAA's Affiliated Support Groups who are experiencing discrimination issues because of their ostomy, be it in the form of social discrimination, or discrimination in the workplace.

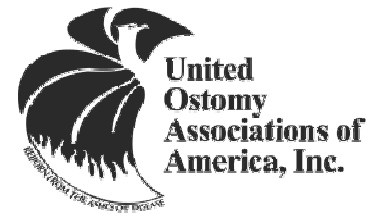
Jennifer stands ready to advise you of your rights and assist you in the development of a plan of action. This service is provided **free** to any inquiring ASG member. (As a service to its members, UOAA underwrites the cost of these services.)

Jennifer Jaff may be reached at her home office in Farmington, Connecticut by phone at (860) 674-1370, by fax at (860) 674-1378, by e-mail patient_advocate@sbcglobal.net or at her website www.advocacyforpatients.org

Recently the following communication was received from Ms. Jaff.

"Have you always wished that you could tell your health care story? Here's your chance!"

We, the Advocacy for Patients with Chronic Illness, Inc. and the University of Michigan Center for Managing Chronic Disease have



been awarded a grant by the National Institutes of Health (NIH) to conduct a study of patients with chronic illnesses, to study the obstacles facing the chronically ill and caregivers, to study interventions that do and do not work to surmount those obstacles, and to determine ways in which the work done by the NIH, including research and clinical trials, may be helpful to patients with chronic illnesses. With the help of twelve patients and caregivers, we have drafted a survey which is available online at

<http://chronicdisease.sgzmo.com> .

If you have a chronic illness such as Crohn's Disease, ulcerative colitis, rheumatoid arthritis, fibromyalgia, multiple sclerosis, immune deficiency, or other chronic illness, or are a caregiver of someone with a chronic illness, are at least 18 years old, and would like to take the survey, please do so.

If, for any reason, you are unable to take the survey online, or you would prefer to be interviewed by telephone, or if you have any questions at all about the research, please contact Jennifer Jaff at (860) 674-1370. She will answer any questions you may have, provide more details about the study and arrange for an interviewer to call you to schedule the telephone interview at a time convenient to you.

Any services you or the person you care for may receive from Advocacy for Patients will not be affected by your participation or decision to not participate. Thank you."

ASGs, UOAA, and THE IRS

At the present time there is still a misunderstanding by some of UOAA's Affiliated Support Groups (ASGs) about the IRS 501(c)(3) Charity Status, the need to have this status, and the option to enroll in UOAA's Group Exemption and take advantage of UOAA's umbrella coverage.

In the near future I will provide a list of those ASGs that are presently enrolled, and those ASGs that have elected not to enroll because they think they are still covered by the now defunct UOA. The paperwork and actions required to align with UOAA are minimal, and the benefits to you are most beneficial.

Note: The Cedar Rapids/Iowa City Area Ostomy Support Group #171 is affiliated with the UOAA and as such qualifies for the tax exempt status of a 501(c)(3) charity group. Your donations are fully tax deductible.

IN CONCLUSION

I look forward to greeting many of you in the very near future in New Orleans. Our Conference Planning Committee has worked hard to put together four days of activities that will not soon be forgotten.

To those of you that I will not be able to greet, have a great summer, stay well and know that the services you are providing to our fellow ostomates are really, really appreciated! Thank you!

Best wishes for now, *Ken Aukett*

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.

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
319-363-3630 (evenings)
info@iowaostomy.org (email)

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

Important Dates:

Aug. 5—8, 2009 UOAA 2nd National Conference in New Orleans.

Aug. 27, 2009. Thursday at 6:30 pm. Support Group meeting at Mercy Hospital in Cedar Rapids

Oct. 17, 2009 World Ostomy Day

Oct. 26, 2009 Monday at 6:30 pm. Support Group meeting at St. Luke's Hospital in Cedar Rapids

December 3, 2009 Support Group meeting — to be determined.

Information which was available at the June 2009 support group meeting:

- *Basic Ostomy Skin Care, A Guide for Patients and Health Care Providers.* This excellent educational booklet is published by the Wound, Ostomy and Continence Nurses Society. Copies will be available at the August, 2009 meeting which will be held at Mercy Hospital in Cedar Rapids.
- The IOA (International Ostomy Association) newsletter
- A list of foods that could produce gas
- A list of ostomy manufacturers, along with their contact information

Advertising Information:

Do you know of a Medical Supplies or related business in our area who might want to advertise in the Short Circuit? Advertising income helps offset the publishing, printing and mailing costs of our newsletter. Here are the current rates for advertising in the Short Circuit for one year (six issues):

1/8 page	\$ 50	3/4 page	\$225
1/4 page	\$ 90	full page	\$250
1/2 page	\$125		

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

Thursday, August 27, 2009 Mercy Hospital, Cedar Rapids

Monday, October 26th, 2009 St. Luke's Hospital, Cedar Rapids

Thursday, December 3rd, 2009 TBA

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.cdfa.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.

PAY ATTENTION TO YOUR SKIN

Hemet San Jacinto Ostomy Newsletter

Skin problems thought to be due to adhesives are often due to physical skin injury. The skin consists of two layers, the dermis and epidermis. If tape is placed on the skin with tension, the constant pull on the outer layer can cause a strain on the bond with the lower layer. This can cause irritation or blister.

The same effect will also take place if swelling occurs after an adhesive appliance is in place. To prevent this, gently place adhesive products on the skin without tension. In applying longer lengths of tape, apply from the center of the dressing outward to avoid stress on the ends of the tape.

Damage may also be caused by rapid removal of tape. If you adhere a piece of tape to a rubber sheet, you will find the tape pops off when you stretch the sheet. The skin also has elasticity. If you pick up a corner of the tape and stretch the skin away from the adhesive, trauma to the skin is reduced substantially.

While the skin can withstand immersion in water for a few hours, indefinite exposure is harmful and so the area around the stoma should be protected against moisture. Water-logged skin becomes sensitized and may eventually lead to the stoma equivalent of diaper rash.

Redness may be caused by chemical irritants trapped between the adhesive and the skin. Usually the irritant is residual soap (Ivory is a known offender), skin preps that are not completely dry, deodorants, antiseptics and other skin coatings such as lotions and sunscreens.

Chemical substances from within the body may also cause irritation. Complex metabolic by-products from foods, drinks, and medications are constantly passing through the skin.

Everyone has his own personal collection of allergies caused by anything that enters their digestive tracts. When these by-products are trapped under a non-porous tape, the increased concentration at the skin surface may cause a problem.

Another source of irritation are pouch contents on the skin. The enzymes present with the ileostomy

do not know the difference between you and a piece of steak.

With a urostomy, alkaline high pH urine does the most damage. Certain fluids such as cranberry juice will lower the pH and minimize the problem.

If a skin prep is used for protection, be sure to use non water-soluble type. The obvious way to eliminate or minimize chemically caused irritation is to thoroughly wash, rinse and completely dry the stoma area before tape application, making sure all soap residue and other irritants are removed.

In most cases, using only plain water to clean the stomal area is the best approach. The occasional use of a more porous adhesive such as Micropore will help if you have sensitive skin or if your skin needs a rest

PERISTOMAL SKIN CARE

Paula Erwin-Toth, MSN, RN, CETN

As with most situations, an ounce of prevention is worth a pound of cure when it comes to peristomal skin care. A stoma is a surgically created opening in the body for the purpose of access (as in a feeding gastrostomy or jejunostomy) or diversion (as in an ileostomy, colostomy or urostomy). If the skin is exposed to urine, stool or digestive enzymes you can experience some distressing and often painful symptoms around the stoma.

Caring for the skin around your stoma is not difficult as long as you keep in mind some basic principles. The skin around your stoma is exposed to potential trauma every day. The products that you use to remove adhesive as well as cleanse and protect your skin can help your skin stay healthy or conversely, contribute to skin breakdown.

Below are some recommendations for skin care at the stoma site that people with all types of ostomies should review. If the skin at your stoma site is irritated, be sure to discuss the matter with an Enterostomal Therapy (ET) nurse or another clinician familiar with ostomy management.

First, remember that the removal of any skin barrier or adhesive is very important. Do not aggressively pull or tear the adhesive away from your skin. Instead try using warm water or a commercially available skin adhesive solvent to prevent stripping

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

of your skin.

Next, cleanse your skin with a pH balanced soap or commercial cleanser. Avoid solutions that are high in alkaline or contain alcohol. These agents raise your normally slightly acidic skin pH and can contribute to drying, breakdown and infection.

If you have difficulty removing adhesives, you may benefit from a skin sealant. This type of product puts a plasticized coating over the skin. It should be allowed to completely dry before you apply the skin barrier or adhesive.

Mild peristomal skin irritation caused from trauma or leakage can be treated with a light dusting of skin barrier powder.

In addition, if you are removing hair as you remove the adhesive, try trimming or shaving the hair at the stoma site. Be sure to use an electric or single use disposable razor. Always shave along the line of the hair shafts, not against. Shaving against the hair shaft can strip the skin and cause a painful condition known as folliculitis.

Next, inspect the skin barrier or adhesive that you just removed. Do you see any signs of undermining or tunneling on the skin barrier? This appears as a melting or staining of the skin barrier underneath the seal. When urine, stool or gastric juices come in contact with your skin and remain trapped there, your skin can break down. This "hidden leakage" means your equipment needs to be changed more frequently or revised.

Take a Closer Look

Examine your skin for any unusual coloring, lesions or other signs of irritation. For example, are there any open, reddened areas? Are they localized or spread out? Do they hurt? Are they draining?

Look at your stoma. How is the color? In general, ileostomies, colostomies and urostomies should be a beefy red hue. Are there any cuts or areas that are bleeding? Does your stoma protrude more or less than it usually does? Has the pattern of functioning remained the same?

If you wear a pouch, you should measure your stoma before applying your pouching system. The stoma should be measured at the base from mucosa to mucosa. The opening in the skin barrier should be

1/8" larger than the stoma size. Too large an opening will result in skin damage from the effluent. Too small an opening can injure the stoma.

Next consider the big picture. How are you feeling in general? Are you having any disease-related problems such as nausea, abdominal pain, fever or flank pain? In addition to indicating an internal problem, symptoms like these may be contributing to peristomal skin irritation. Be sure to call your physician.

Finally, you need to pay attention to how you apply your pouch, or skin protection system. Be certain you have adequate lighting and take the time to carefully center the system. Most people find standing to be the best position. If you wear bifocals, it may be easier for you to look in a mirror to apply the system because of the tendency to place the center too high.

In the case of a pouch, smooth out the adhesive from the center outward. Allow your hand to rest over the pouch for a few minutes to enhance the adhesion. Be sure the closure clip or spout is secure.

For children or confused adult patients, be sure the pouch is protected by clothing to prevent accidental dislodgment. For all patients, the addition of a pouch/ cover or ostomy brief can have the dual effect of boosting your spirits and wicking perspiration away from your skin.


If you are having problems with skin care around your stoma, seek the assistance of an E.T. nurse or someone well versed in ostomy management. Occasionally, despite your best efforts, peristomal skin problems will occur. Early intervention treatment can save you time, aggravation and expense.

This article by Paula Erwin-Toth, MSN, RN, CETN (Cleveland Clinic Foundation, OH) was originally published in Lifeline Letter, November/December 1995. Reprinted with permission of The Oley Foundation.

How did YOU spend your summer vacation? CR/IC support group member Jeanette Ernst attended The UOAA Conference in New Orleans the first week of August. We know she'll have lots to tell us at future support group meetings.



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Reminder: Next MEETING
Thursday, August 27,
Mercy Hospital, Cedar Rapids
Details inside!