



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 2011

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 [find us](#) on Facebook.



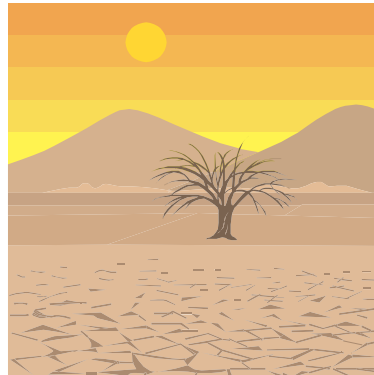
The U.O.A.A.

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, contact the UOAA at 800-826-0826, or at www.uoaa.org.

“Seize the Opportunity”



Message from our Coordinator

This busy summer is just flying by. Though I love the heat, the humidity has been a challenge. I've gotten several calls from people around Iowa wanting information on what to do about difficulty with adhesion of their ostomy appliance. I have been surprised by calls from ostomates who have had their stoma

for 30 years or more, reporting that they are now having problems.

It is often not just the weather that causes adhesion changes but changes in the pH of our skin, shape of our abdomen (a little weight on or off) or even changes in the way our favorite appliance is manufactured. I am very grateful for the support that our local ostomy nurses give to solving the problems. I am so pleased that our group is here to offer support and encouragement to ostomates no matter what the difficulty.

One of the responsibilities of being affiliated with the UOAA is for each group to have a Visitor Program. Visits are made via telephone, in person at the hospital, or in the patient's home. Often a follow-up visit or two is required. We are going to reinvigorate our Visiting Program at our August 25th meeting.

We'll have a short video presentation, and go over some “Do's” and “Don'ts” for visitors. Several members of our group have been trained as visitors in the past and they are willing to provide guidance and encouragement to those who would like to give it a try. Please consider adding your name to our list of volunteer visitors. We'll need a pool of potential visitors, and we will try to match the visitor to the patient's needs so that as a visitor you will already have something in common with the new ostomate.

As kids start back to school and we think about fall and the closing of this year, our group will also be discussing the desired schedule for meetings for the coming year. If you are unable to attend the August meeting please let Vicki, Carol or myself know what you feel would be the best schedule for next year's meetings. We changed to Thursdays this year and it has caused some difficulties for some, and eased difficulties for others. We would like to see if we can find a day that works best for most. Please add your voice and thoughts to the discussion. Remember, participation is the key to harmony!

Our October meeting will be held at St. Luke's hospital. For now, I look forward to seeing you all at 6:30 pm on August 25th at Mercy Medical Center in Cedar Rapids. The meeting will be in the Katz Cardiovascular Conference room (G7-07) on the ground floor.

Kimberly

If you missed the June meeting....

You missed a lot of fun! The June 23rd, 2011 meeting at Mercy Medical Plaza in Iowa City was very well attended. Many familiar faces were in attendance, and we welcomed several new ones.

A lively game of **Ostomy Jeopardy** was led by coordinator Kimberly Cay. There were categories such as *products*, *UOAA*, *advanced products* and *skin care*. We split into two teams, and were awarded points for correct answers. I won't tell you who was on which team, but I can definitely say the best team won!

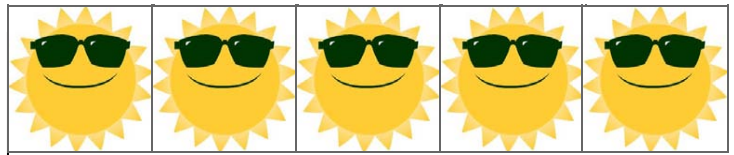
In the process we learned some great tips about how to live with an ostomy, and we shared much laughter as we competed for the top prize of.... Well, there were no prizes but it was still a lot of fun!

Many thanks to Mary McCarthy of Mercy, who always does a super job arranging for the facility and goodies for the meeting.

Be sure not to miss the August one!

The August 25th meeting is at Mercy Medical Center in Cedar Rapids. The location is the Katz Cardiovascular Conference room (G7-07) on the ground floor at the southwest end of the building. It is just off the Lundy pavilion (the 8th Avenue entrance.) You may park in either the east of the west parking ramps, and enter on the ground level. See you on August 25th!

summer



Summer Fun Food Facts

Here are some food facts that ostomates may find helpful this summer.

- People with ostomies, especially ileostomies, experience hunger more often than other people do. When this happens, drink fruit juice or water, and eat a few crackers if needed.
- Never limit your fluid intake in order to thicken your ostomy drainage. This can lead to dehydration very quickly.
- Don't eliminate salt from your diet; however be careful about adding too much salt.
- A glass of grape juice works wonders in loosening a food blockage.
- Orange juice provides twice the amount of sodium, and thirteen times more potassium than that found in the same amount of Gatorade.
- Fats of all kinds should be kept at a minimum by most ostomates. Fats induce an increased flow of bile into the intestines, and cause body wastes to become more liquid. They also tend to produce gas.
- If your stoma gurgles a lot, try eating solid food at mealtime first, and then drink the beverage.

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 5227
Coralville, IA 52241

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:

Kimberly Cay, Group Coordinator
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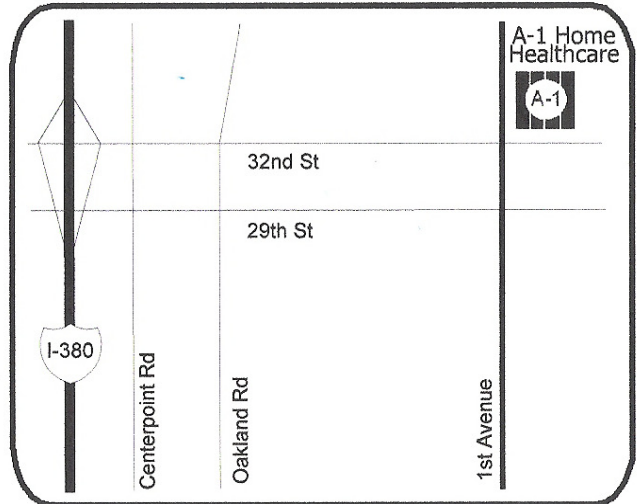


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Get Ostomy Answers!

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. Published each March, June, Sept. and December.

Funding the UOAA. Subscriptions directly fund the only national organization providing vital information, resources, support and advocacy for ostomates in America.



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IMPORTANT DATES to REMEMBER:

August Support Group meeting

August 25, 2011 (Thursday) 6:30 pm, Mercy Hospital, Cedar Rapids.

The Meeting will be held in the Katz *Cardiovascular Conference* room (G7-07) on the ground floor. This is at the southwest end of the building just off the Lundy Pavilion (the 8th Avenue entrance). You may park in either the east or west parking ramps and enter on the ground level.

October Support Group meeting

October 20, 2011 (Thursday) 6:30 pm, St. Luke's Hospital, Cedar Rapids, Room 163

December Holiday Party and meeting

December 2011 (date and location to be announced).

You Can't make this stuff up!



Find us on Facebook!

The [Cedar Rapids/Iowa City Area Ostomy Support Group](#) is now on Facebook. "Like" us on Facebook to receive announcements, see our photos and participate in discussions.



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

American Cancer Society

800-227-2345 www.cancer.org

Crohn's & Colitis Foundation

800-343-3637 www.ccfa.org

Friends of Ostomates Worldwide

www.fowusa.org

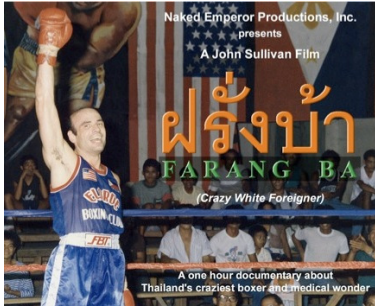
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800-826-0826 www.ostomy.org

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



Farang Ba

We in UOAA first learned about the exploits of Craig Wilson when we read his amazing story in the Winter 2006 issue of *The Phoenix* magazine. How an “East Coast” middle age international corporate attorney -- living in Thailand, battling ulcerative colitis and colon cancer, living with an ileostomy and in search of an exercise program -- had entered the world of amateur boxing. Craig’s often successful determination in the ring, facing opponents half his age, earned him the respect of the Thai boxing fans, which they showed by giving him the affectionate nickname of “Farang Ba” or “Crazy White Foreigner”.

Craig’s refusal to allow his medical life challenges and eventual ileostomy to be an excuse to stop engaging in a sport he had grown to love serves as an inspiration to his fellow ostomates, and a stigma-busting message to the world in general ... ostomates can accomplish anything they are committed to do!

Craig’s story was highlighted by his appearance at UOAA’s first National Conference in 2007 in Chicago and in the DVD that captured the 2003 Banff “Rockie Award” for best sports documentary, a film that captures his zeal to overcome all obstacles.

The following is a link to the film’s website: <http://www.crazywhiteforeigner.com/> and to the film’s current page on **Netflix**:

http://movies.netflix.com/WiMovie/Crazy_White_Foreigner/70067556?trkid=2361637#height932

UOAA considers this film to be of great importance in our announced campaign to combat the stigma and general mis-information surrounding ostomy surgery. There is graphic footage in the film that leaves no doubt about what an ostomy is and then goes on to illustrate how little it impedes an ostomate’s quality of life.

The producer of the film *Farang Ba (Crazy White Foreigner)* has asked for UOAA’s assistance in a matter regarding **Netflix**. They have advised that for the last few years *Farang Ba* has been enjoying a level of exposure and availability on **Netflix** as a DVD. However, **Netflix** is steadily and quickly moving towards phasing out DVDs and replacing them with digital streaming of their titles. In order for films to qualify for that phase change they need to have a fairly strong level of DVD requests. Because of the nature of the film featuring Craig (an ostomate who continues to participate in amateur boxing at a very high level) we have been asked to take all necessary steps to raise awareness of this film's availability on **Netflix**. In response, we urge our members who subscribe to **Netflix** to add the film into their queue in order to drive demand towards digital download of the film.

UOAA considers this to be an important film, on many levels, and its continued presence on **Netflix** as they shift their business model can ensure that the film will continue to raise awareness about the misconceptions about limitations of people who have an ostomy. In addition it will allow the film to continue to inspire all that watch it -- Craig is now over fifty and continues to actively participate in boxing (he just won his latest match last week)! We would really appreciate all of your help on this.

Editor’s note: “Netflix” is a movie service you can subscribe to. For a small monthly fee, you can receive all of the movies or TV shows that you want. When the company first started several years ago, you would submit a list of the movies you wanted, and they would mail your first choice. After you returned that one, you’d receive the next, and so on. They have begun to phase out the DVD mail service, in favor of the ability to download, or “stream” movies directly to your computer or TV. To those of us who are over 50, it seems quite confusing and at the same time pretty amazing. If you know a “young” person who subscribes to Netflix, ask them to order this movie—it’s really quite good.

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

ONLINE OSTOMY COMMUNITY

From Customer Service at MeetAnOstomate.com, July 2011
www.meetanostomate.com

Editor's note: MeetAnOstomate is one of several online resources for ostomates. Others will be highlighted in the coming months.

MeetAnOstoMate.com is a social network for people with ostomies. MeetAnOstomate has started a global campaign for raising awareness about the widely unknown and unspoken about, life-saving surgery called ostomy.

Ronald Reagan, former president of the United States, remarked in his Ostomy Awareness Proclamation on August 28, 1984 that nearly 1.5 million Americans have had ostomy surgery. Approximately 125,000 new ostomates join their ranks each year.

Ostomy is a type of surgery which creates an opening in the abdominal area called a stoma. The stoma allows for drainage of body wastes. The surgery is performed when a person has lost normal digestive or urinary function as a result of birth defects, Crohn's Disease, Irritable Bowel Syndrome, Colorectal Cancer, Ulcerative Colitis, injury or trauma.

Ostomates are required to wear an ostomy pouch over their stoma into which the discharge flows. Apart from that, ostomates look just like anyone else. They have jobs, play sports, have interests and hobbies, fall in love, have children and participate in any activity a normal person will do.

Julian Markov, the founder and owner of MeetAnOstoMate.com says "Ostomy is sometimes referred to as *the secret surgery* because the ostomy pouch is hidden under a person's clothing. This very secretive character of the ostomy condition sometimes leads to social discomforts: dating issues, relationship breakdowns, problems at work, or unease among other people. The most common problem ostomates face is: *How do I tell others about my ostomy?*"

Do you know anyone with an ostomy? asked Markov. *Chances are you do, but just don't know*

about it. Next time you hear that someone has an ostomy, just take it as part of life or even better, as a potential life saver for you or someone you care about."

MeetAnOstoMate.com is an online community for people with ostomies. It features a discussion forum, profiles and photos, functionality to search for other ostomates based on age, sex and location, personal one-to-one chats, a global chat room, internal email system, blogs, and ostomy-related videos and events.

The website also has a few Enterostomal Therapy (ET) Nurses who volunteer their time and answer questions from members on the ostomy forum.

ALLERGIC REACTIONS

By Kathryn Hoyman, RNET

Edited by B. Brewer UOAA Update 4/11

Many times I hear that people are allergic to adhesive tape, paper tape, skin prep or any number of different products that are used in ostomy care. Allergies may occur with any product. They may occur with the first use of a product or after years of using a product without problems.

Actual allergic reactions to ostomy products are not common. But, some people do have issues relating to an allergic reaction to certain products at certain times. And many people have sensitivities at one time or another. Allergic reactions are usually severe. They will cause blistering and wet, weeping skin wherever the products touch you.

Two situations are frequently labeled as allergic by mistake. In the first situation, a skin sealant wipe is used but is not allowed to dry completely to allow the solvents to evaporate. If the pouch is applied while the solvents are still on the skin, sore skin can easily occur. Since the solvents can't evaporate through the skin barrier as they can through the paper tape collar, this will look like an allergy to the skin barrier.

In the second situation, each time you remove a pouch the adhesive takes the top layer of dead skin cells with it. This is called *skin stripping*.

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

Everyone's skin reacts differently to having tape removed. It's important to be gentle and not remove a pouch more frequently than necessary. Skin that is stripped will be sore in some spots and not in others. Sometimes skin around the stoma becomes fragile and strips easily. A barrier, tape and pouch with a very gentle adhesive must be found.

To test whether you are really allergic, take a small piece of the test material and place it on any convenient part of your skin far away from your stoma. After 48 hours, take it off and see whether you are reacting. If pain, itching or blistering occurs, take it off immediately.

If it's an allergy you will react. If you have a history of allergies, test in this manner before trying on *any* new ostomy product. It is better to have half an inch of sore skin on your leg than around your stoma. You need healthy skin around the stoma for a good seal and satisfactory performance from an ostomy pouching system.

If you develop an allergy to a product you have used for a long time, can call the manufacturer. They may have made changes in the manufacturing process. Calls from users are sometimes their first notice that the new improvements are not working.

WHY CRANBERRIES HELP PREVENT URINARY INFECTIONS

*via North Central Ostomy Outlook
Edited by B. Brewer, UOAA Update 4/11*

The secret ingredient in cranberries, which is pivotal in preventing urinary infections, is concentrated tannins in the juice known as Proanthocyanidins.

In a significant study conducted in Boston and published in the *Journal of the American Medical Association*, cranberry juice was found to be effective in reducing the incidence of urinary tract infections and the need for antibiotic treatments.

How does this special ingredient in cranberry juice work? The concentrated tannins from cranberry juice prevent E. Coli bacteria, the main culprit in urinary infections, from adhering to the cells that line the urinary tract. Scientists believe that the substance

blocks the growth of the part of the bacteria that is necessary for it to stick to the walls of the bladder and kidney.

What are the implications of this for persons who may be more susceptible to urinary tract infections? Scientists in the Boston study state that the addition of cranberry juice to dietary regimens would be sensible in circumstances where urinary tract infections have a high incidence. In addition, it would probably reduce both the incidence of infections and need for antibiotic treatments and be a useful adjunct to treatment in high-risk groups.

I'M NOT A QUITTER

The story of Babe Didrikson Zaharias, an athlete a colostomy could not defeat!

1911 - 1956

Mildred Ella (Babe) Didrikson Zaharias, described as the world's best female athlete, was born 100 years ago, on June 26, 1911, in Port Arthur, Texas, the sixth of seven children of Norwegian immigrants Ole and Hannah Marie (Olson) Didrikson.

Ole was a seaman and carpenter, and his wife was an accomplished skater in Norway. In 1915 the family moved to Beaumont, Texas, where the children, with the encouragement of both parents, became skilled performers on the rustic gymnasium equipment that their father built in the backyard.

Mildred acquired her nickname during sandlot baseball games with the neighborhood boys who, after she hit 5 homeruns once in a game, thought she batted like Babe Ruth and gave her the nickname "Babe", a name she maintained for the rest of her life.

A talented basketball player in high school, Didrikson was recruited during her senior year in 1930 to do office work at Employers Casualty Company of Dallas and to spark the company's semiprofessional women's basketball team, the Golden Cyclones. Between 1930 and 1932 she led the team to two finals and a national championship and was voted All-American each season. Her exceptional athletic versatility prompted Employers Casualty to expand its women's sports program

beyond basketball.

Didrikson represented the company as a one-woman team in eight of ten track and field events at the 1932 Amateur Athletic Union Championships. She placed in seven events, taking first place in five: shot put, javelin throw, baseball throw, eighty-meter hurdles, and long jump. She tied for first in the high jump and finished fourth in the discus throw. In three hours Didrikson singlehandedly amassed thirty points, eight more than the entire second place team, and broke four world records.

Her performances in the javelin throw, hurdles, and high jump qualified her to enter the 1932 Olympics, where she again broke world records in all three events. She won gold medals for the javelin and hurdles and, despite clearing the same height as the top finisher in the high jump, was awarded the silver medal because she went over the bar head first, a foul at that time.

Didrikson received a heroine's welcome on her return to Texas. She had started another basketball season with the Golden Cyclones when the Amateur Athletic Union disqualified her from amateur competition because her name appeared in an automobile advertisement. Her family was badly in need of money, and Didrikson turned professional to earn what she could from her status as a sports celebrity.

Never hesitant to capitalize on her own abilities or to turn a profit from showmanship, she spent 1932-34 promoting and barnstorming. She did a brief stint in vaudeville playing the harmonica and running on a treadmill and pitched in some major league spring-training games. She also toured with a billiards exhibition, a men's and women's basketball team called Babe Didrikson's All-Americans, and an otherwise all-male, bearded baseball road team called the House of David.

Since golf was one of the few sports that accommodated women athletes, Didrikson made up her mind to become a championship player, and between engagements she spent the spring and summer of 1933 in California taking lessons from Stan Kertes.

Her first golf tournament was the Fort Worth Women's Invitational in November 1932. At her second, the Texas Women's Amateur Championship the following April, she captured the title. Complaints from more socially polished members of the Texas Women's Golf Association led the United States Association to rule her ineligible to compete as an amateur, thus disqualifying her from virtually all tournament play.

Didrikson resumed the lucrative routine of exhibition tours and endorsements, impressing audiences with smashing drives that regularly exceeded 240 feet. She met George Zaharias, a well-known professional wrestler and sports promoter, when she qualified at the 1938 Los Angeles Open, a men's Professional Golfers' Association tournament. They were married on December 23, 1938, and Zaharias thereafter managed his wife's career.

Didrikson regained her amateur standing in 1943 and went on to win seventeen consecutive tournaments, including the British Women's Amateur Championship (she was the first American to win it), before turning professional in 1947. The following year Didrikson helped found the Ladies Professional Golf Association in order to provide the handful of professional women golfers with a tournament circuit. She was herself the LPGA's leading money winner between 1949 and 1951. In 1950 the Associated Press voted her Woman Athlete of the Half-Century.

In April 1953 Didrikson underwent a colostomy to remove cancerous tissue. Colostomy was a term that Babe had never heard of before and that she could neither pronounce nor spell! Despite medical predictions that she would never be able to play championship golf again, she was in tournament competition fourteen weeks after surgery, and the Golf Writers of America voted her the Ben Hogan Trophy as comeback player of the year. In 1954 she won five tournaments, including the United States Women's Open.

Portrayed as a courageous survivor in the press, Didrikson played for cancer fund benefits and maintained her usual buoyant public persona, but in

June 1955 she was forced to reenter John Sealy Hospital at the University of Texas Medical Branch in Galveston for further diagnosis. Medical treatment was unable to contain the spreading cancer, and Didrikson spent much of the remaining fifteen months of her life in the hospital.

In September 1955 she and her husband established the Babe Didrikson Zaharias Fund which financed a tumor clinic at UTMB. She died at John Sealy Hospital on September 27, 1956, at the age of forty-five, and was buried in Beaumont.

Didrikson's exuberant confidence, self-congratulatory manner, and cultivation of her celebrity status irritated some fellow athletes, but she was the most popular female golfer of her own time and since. She enjoyed playing to the gallery in her golf matches, and her wise-cracks and exhibitions of virtuosity delighted spectators.

Babe was voted Athlete of the Year by the Associated Press six times during her career. Between 1940 and 1950 she won every women's golf title, including the world championship (four times) and the United States Women's Open (three times). She established a national audience for women's golf and was the first woman ever to serve as a resident professional at a golf club. In 1955, a year before her death, she established the Babe Zaharias Trophy to honor outstanding female athletes.

A DOG'S DIARY

8:00 am - Dog food! My favorite thing!
9:30 am - A car ride! My favorite thing!
9:40 am - A walk in the park! My favorite thing!
10:30 am - Got rubbed and petted! My favorite thing!
12:00 PM - Lunch! My favorite thing!
1:00 PM - Played in the yard! My favorite thing!
3:00 PM - Wagged my tail! My favorite thing!
5:00 PM - Milk Bones! My favorite thing!
7:00 PM - Got to play ball! My favorite thing!
8:00 PM - Wow! Watched TV with the people! My favorite thing!
11:00 PM - Sleeping on the bed! My favorite thing!

A CAT'S DIARY

Day 983 of my captivity....

My captors continue to taunt me with bizarre little dangling objects. They dine lavishly on fresh meat, while the other inmates and I are fed hash or some sort of dry nuggets.

Although I make my contempt for the rations perfectly clear, I nevertheless must eat something in order to keep up my strength. In an attempt to disgust them, I once again vomit on the carpet.

The only thing that keeps me going is my dream of escape.

Today I decapitated a mouse and dropped its headless body at their feet. I had hoped this would strike fear into their hearts, since it clearly demonstrates what I am capable of. However, they merely made condescending comments about what a 'good little hunter' I am. Bastards.

There was some sort of assembly of their accomplices tonight. I was placed in solitary confinement for the duration of the event. However, I could hear the noises and smell the food. I overheard that my confinement was due to the power of 'allergies.' I must learn what this means and how to use it to my advantage.

Today I was almost successful in an attempt to assassinate one of my tormentors by weaving around his feet as he was walking. I must try this again tomorrow -- but at the top of the stairs.

I am convinced that the other prisoners here are flunkies and snitches. The dog receives special privileges. He is regularly released - and seems to be more than willing to return. He is obviously retarded.

The bird has got to be an informant. I observe him communicating with the guards regularly. I am certain that he reports my every move.

My captors have arranged protective custody for him in an elevated cell, so he is safe. For now....

**Cedar Rapids / Iowa City
Area Ostomy Support Group #171, Inc.
P.O. Box 5227
Coralville, IA 52241**



**Next Meeting
Thursday, August 25, 2011
Mercy Medical Center
Cedar Rapids, IA
6:30 pm—Katz Cardiovascular Conf room
*Family and Friends welcome!!***