



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

FEBRUARY 2008

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”

Message from our Coordinator...

Happy New Year! I hope you're all enjoying the lovely winter weather! As I write this, there is yet another foot or so of beautiful white snow on the ground. And in my driveway, and on the sidewalks.... You get the idea, I'm sure. I've always made a point in my life to not let the weather dictate my mood—but I'll admit this year it's really testing me!

Because of the wintry weather, we had to postpone our December Holiday meeting at Bonanza Family Restaurant in Cedar Rapids by one week. I'm happy so many of you were able to join us on the 17th! We had a wonderful time with our gift-exchange game. Thanks to Jim Kee for once again being the emcee of the game.

Along with the Holiday game-playing, we had a short business meeting. Officers were elected for 2008. All were chosen by unanimous vote. The officers and their duties are:

Group Coordinator—Carol Haack

- Plans, schedules & presides at meetings
- Provides minutes of meetings and publishes newsletter
- Represents and liaison between the group and the UOAA

Treasurer—Vicki Kee

- Reports on status of group finances
- Keeps all financial records current
- Pays bills, maintains checkbook; writes thank yous for donations

Visitor Coordinator—Kimberly Cay

- Directs all patient visits and Visitor training
- Liaison to UOAA regarding visitor program

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February '08 Meeting

The first meeting of 2008 will be held on Monday, February 25th at 6:30 pm at Mercy Hospital in Cedar Rapids.

Jane Korver and Vanessa Brehm will be our hostesses. We'll meet in Room # 1772, which is the first room you come to at the top of the escalators. Easy to find!

Please join us for a lively discussion about all sorts of things you never thought you'd talk about in public!

Family & friends are always welcome—See you Soon!

Message from our Coordinator continued....

(Continued from page 1)

Another item on the agenda was this newsletter, the Short Circuit. We've been discussing the direction we'd like it to take for the last several meetings. We feel very strongly that our support group, and its newsletter, should provide not only tips and techniques, but contact information for as many product providers and manufacturers as we can find.

If you're an ostomate or WOC nurse you know that if you have a pouching system that works for you, you "have your life back". There's nothing you can't do! On the other hand, if you still haven't found the system that's right, all you have is a mess! The officers and support group members are dedicated to helping you find the products, tips and information you need to manage your ostomy. With that in mind, we voted to discontinue having Care Pro sponsor our Short Circuit newsletter. This will allow us the freedom to supply you with direct contact info for local companies, internet companies, national medical supply catalogs—basically any place we can find that carries ostomy related products.

Along with that, we voted to accept advertising from companies featuring ostomy and medical supplies in our newsletter. Kimberly Cay is working on this project, with a little help from Jean Beck. We hope to see the results in a future issue!

And speaking of the newsletter, in December we sent the Short Circuit via email for the first time! We will continue to distribute the newsletter in this manner whenever possible. While we will gladly continue to mail a copy to those without internet access, we experience a significant savings when we print and mail fewer copies.

Finally, at the meeting we discussed having a "phone tree" system of calling if we have to cancel or postpone another meeting someday. Mary B. and Rita O. have some good ideas, and are working on putting a plan together. Thanks, ladies!

If you haven't been to a meeting in a while, I encourage you to join us on February 25th at Mercy Hospital in Cedar Rapids.

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.



April Support Group Meeting

Our April meeting will be held in Room 163, at St. Luke's Hospital in Cedar Rapids. Cheryl Myers, the manager of St. Luke's Home Care Services, will have a presentation on new ostomy products. We'll also be joined by Tammy Dietrich, one of the WOC nurses from St. Luke's. Be sure to attend!



Results of the Fall 2007 UOAA election are in! The election was for two positions on the national Board of Directors. The two candidates that our group voted for, Lee Ann Barcus and Steve Strizic, retained their chairs on the Board.

The UOAA is always looking for volunteers to serve on boards and committees. If you're interested, let Carol or Vicki know.

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

Carol Haack, Group Coordinator
319-530-6749 (cell)
cahaack@earthlink.net (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)



Thank You to Our 2007 Donors

We gratefully acknowledge the following Donors who made monetary contributions to our organization in 2007:

Mercy Iowa City
St. Luke's Hospital (Cedar Rapids)
Bud and Jean Beck
Carol Haack
Vicki Kee

We also acknowledge the kindness of those who donated unused ostomy supplies to our group:

Ellen and Colleen K.
Denise S.

Treasurer's Report

As of 2/11/08, we have \$682.15 in our treasury. Since our December meeting, our expenses have been:

\$40.00 for national dues (\$2.00 per member)
\$40.48 reimbursement to Carol for printing and mailing supplies

Thank you to everyone who has paid their 2008 dues. If you haven't paid yet (\$10.00), please send them to Vicki Kee, Treasurer, CR/IC Ostomy Support Group, P.O. Box 133, Oakdale, IA 52319, or pay at the next meeting.

If you have any ideas for future fundraising, please let one of the officers know.

The Phoenix Subscription Form

Start / renew my annual subscription for \$25*

Start / renew my subscription for two years at \$45 (10% off)

Name _____

Address _____

City _____ State _____ Zip _____

To subscribe: The Phoenix
Return this card P.O. Box 3605
With payment to: Mission Viejo, CA 92690

Visa and MasterCard are
accepted at www.uoaa.org
or by calling 949-600-7296

*Canadian Subscriptions: \$35 one year, \$60 two years; all other foreign \$45 one year, \$70 two years. U.S. funds only.
Published March, June, September and December. Money back guarantee applies to unused/remaining issues.

Don't Miss An Issue!

The Phoenix is the official magazine of the United Ostomy Associations of America (UOAA).

It is America's leading source for bowel/bladder diversion articles, news and product information. Each issue is 72 pages of education, information and inspiration.

Half of each subscription goes directly to fund the nonprofit U.O.A.A., who provides vital information, support and advocacy for ostomates.

U.O.A.A. National News... A look at what's happening at the national level — reprinted with permission from the UOAA website.



Note: In November 2007, Ken Aukett, the President of the UOAA, sent this letter to the Affiliated Support Groups (ASGs). It highlights some of the many exciting projects that our national organization does to support all those with ostomies, or bowel or bladder diversions.

Dear Affiliated Support Group contacts,

Thanks to your support the UOAA has had a wonderful second year. In the past 12 months we have experienced a 20% increase in call volume to our 800#, we had twice as many attendees at our inaugural National Conference this August than we expected, and 80 Affiliated Support Groups were represented at 2 Leadership Seminars held this fall. The UOAA has also contracted with Jennifer Jaff, an attorney specializing in disability discrimination, to be available to members of the Affiliated Support Groups. There is no question that this organization is necessary to assist the local support groups and to help improve the health, education and emotional support of people with ostomies, their families and caregivers.

In an effort to further the mission of the UOAA, the Management Board of Directors has committed to initiate a number of projects in 2008 and we're going to need your help. Here are some of those projects:

- **Create a Visitor Training DVD.** Since the "Visitor Program" is the backbone of the local Affiliated Support Groups we would like to create a new educational DVD to accompany our recently reissued Visitor Training manual.
- **Bring our Ostomy Guidebooks up to date and create four timeless issues of *The Phoenix* magazine, "content specific" to ostomy type.** Our Ostomy Guidebooks haven't been updated in years and new information and techniques need to be incorporated. The new "magazines" would be included in "New Patient Visitor Packets" and distributed in hospital discharge packets.
- **Increase exposure of the UOAA in the Medical Community.** We need to contact nurses, hospital discharge planners, homecare agencies and colorectal surgical groups to introduce the UOAA, its affiliated support groups and *The Phoenix*.
- **Partner with WOCNs** to improve the education of LPNs and RNs about ostomy care for new patients.
- **Create a UOAA Ambassador Team** to help strengthen the local groups so they can better meet the needs of ostomates and their families.
- **Produce a "Nothing I Can't Do" Video** to assist in the education and emotional recovery of new ostomates.
- **Convene Advocacy Conferences.** These conferences will include workshops on ostomy related legislative issues and how to communicate with elected officials.

Currently the UOAA has 253 local Affiliated Support Groups across the US, Bermuda, Puerto Rico and Trinidad/Tobago, serving over 12,000 people. Our website www.uoaa.org continues to grow and provide information to many individuals. In 2007 there were over 800,000 visits to the UOAA website. Advocacy efforts continue to improve through legislator links on www.uoaa.org. Communication now extends to all 50 legislatures so that the voices of the bowel and urinary diversion community can be better represented. The UOAA is a supporter of the 3 day bike ride for Crohn's and Colitis awareness—**Get Your Guts in Gear**. The UOAA has also sponsored the month of August in the Colon Club's **2008 COLONDAR**.

The UOAA's budget is conservative and the needs of the ostomy community are great. Please consider a donation to the UOAA so that we may continue to provide excellent education and support to ostomates across the country. Thank you for your support, and please feel free to contact us if you need assistance.

Sincerely,
Ken Aukett
President, UOAA

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

CONGRATULATIONS to Milo (Mike) H., who celebrated his 90th birthday on January 12th! Mike is one of the charter members of our group, and rarely misses a meeting. He has been very active in the Patient Visitor program, and his ostomy tips have helped many new ostomates in Eastern Iowa. He is a great example and fine inspiration to us all!

It's not too early to make plans to attend the **Iowa Inflammatory Bowel Disease Center's conference, Advances in IBD and Ostomy Care 2008**, at the Mercy Medical Center in Des Moines on April 19th. Carol and Vicki attended last year, and it was a wonderful, informative day. This year's keynote speaker is Mary Ann Mobley, former Miss America and actress. Mary Ann will share her personal story of living with Crohn's disease. There is no fee, but you must register in advance at www.ibdiowa.com or 515-643-2785.

Congrats are also due to Kimberly Cay, who participated in the "**Striding for a Cure Guts & Glory 5k Walk**", which took place at George Wyth State Park in Waterloo on September 23. Her team was named the "Strollin' Colons" - even though she doesn't have one!

THANK YOU and a BIG HUG to Denise S., whose husband passed away November 1, 2007 at the age of 51. Denise and her husband were married in January 2007, just one week after they received his diagnosis of colon cancer. In spite of her grief, Denise was able to think of others who might be able to use the leftover ostomy supplies, and she was kind enough to contact us and donate several boxes of Hollister 2 pc ostomy pouches. The supplies were distributed at the December meeting, and several new (and very grateful) ostomates were able to take some home to try out.

Want to earn \$20 for the UOAA? The UOAA was contacted by a research company who is taking a survey for a manufacturer of ostomy products. They are interested in talking with people who have had their ostomy for less than one year. If you are a new ostomate, and would be willing to participate in the survey, please give them a call at 800-895-6485. The company will give the UOAA \$20 for each survey. When you call, please let them know you are a member of the UOAA. This is a great way for us to let the manufacturers know what we think about the ostomy products that are on the market at this time. If we can help improve the products or services they offer, it will be of benefit to both existing and future ostomates!

Information sheets which were available at the December meeting included:

- December 2007 UOAA update, which includes 9 articles containing tips and advice for ostomates.
- The Cedar Rapids/Iowa City Crohn's and Colitis Support Group newsletter from January 2008.
- Hollister's Fall 2007 "Secure Start" newsletter, which is a quarterly newsletter for ostomates. It contains articles and product information.

We also had several newsletters that we've received from other Affiliated Support Groups (ASGs) across the country. It's always interesting to see what other folks are doing to support their fellow ostomates.

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

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 provided by the U.O.A.A. National organization. Please check with your health care provider before using these tips.

A New Year... to Exercise

Was exercise at the top of your 2007 New Year's Resolution List, only to be replaced with a set of excuses a week later? Well, let's see what those excuses may be:

I DON'T HAVE TIME: One less cup of coffee in the morning and a few more minutes in your busy day taken from other less beneficial activities will add up! Say to yourself, "I'm worth 30 minutes a day!"

BORING, BORING: Exercise is not a dirty word or a second job without pay! Find something you enjoy and you just might stay with it.

TOO TIRED: Studies have proven that exercise revs up the bloodstream which produces energy. A brisk walk in the cool of the evening will relax and revive you—it may even add to romance!

TOO OLD: Oh, Please!! Have you seen Sophia Loren lately? She may have been born beautiful but staying there is no gift. But don't have unrealistic expectations, just go at your own pace. You just might inspire some youth in your life to want to find out how you do it.

NOT ENOUGH SPACE: All you need is enough room to lie down—but avoid drafts which may cause muscle cramps. Or better yet, go walking outdoors. That will use all your muscles and you get fresh air to boot!

TOO EXPENSIVE: You don't need fashionable regalia and the high-priced equipment. If you plan on walking, a good, but not necessarily really expensive, pair of shoes is all that is required.

TOO PAINFUL: No pain/No gain does not apply here. You don't have to agonize to exercise. Take care of your body and it will reward you in return.

BUT I HAVE AN OSTOMY: Physical therapists tell us that you can do anything if your incision is healed. Rough contact sports are the exception. Your pouch will not fall off and your other muscles in your body don't care how you eliminate!! They need attention, too!

Try it!! Take a new ostomate (or an "old" one) for a walk, take time to converse and enjoy. You survived your ostomy surgery—you are alive—take the chance to live your new life in the new year!!!

Unfit Exercises

These activities often use the body's energy unproductively. If you engage in any of these activities, think about saving some of the wasted energy for a more healthy activity.

Jumping to conclusions

Pushing your luck

Beating your head against a wall

Making mountains out of molehills

Fishing for compliments

Dodging responsibility

Throwing your weight around

Adding fuel to the fire

Dragging your heels

Articles of Interest... Newsletter articles provided by the U.O.A.A. National organization. Please check with your health care provider before using these tips.

Infection in Urostomies

GermS are all over the world, but when they are in the urinary tract, either in the conduit, the urethras or the kidneys, they're in an abnormal location and that is what causes an infection.

What causes infection? Mostly the reasons are unexplainable. Why do some people get more colds than others? Infections can be caused by an obstruction, kidney stones, tumors, cysts or scar tissues. Almost synonymous with obstructions is infection and then, too, often comes stone formation.

You can't get rid of the infection. It's kind of a cycle that goes around and around. Infection can be caused by urine being forced back to the kidneys through the conduit. This could be done by falling asleep with the pouch full of urine and accidentally rolling over on the pouch, causing urine to be forced back into the stoma, through the urinary tract with tremendous pressure. Invariably the urine in the pouch will be contaminated.

In general, to prevent and treat infections, you need a good flow of urine much like a stream. That not only dilutes the bacteria of germs in the urine, but also helps wash them out. Two and one-half quarts of liquids daily is required for the average adult.

Hints for Being a Good Visitor

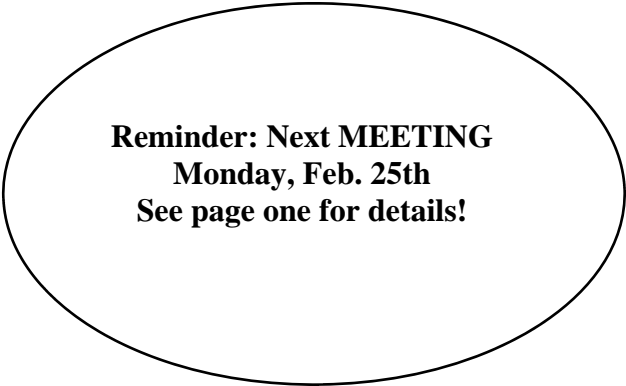
Be well groomed and dress attractively, you are being observed. Be sensitive to the patient's needs. Be cordial and friendly—speak softly. Assure privacy if the patient is not in a single room. Ask if he (*or she*) would like to have the curtain drawn. Sit where the patient can see you easily without head turning (*when facing each other, communication may come more easily*). Look at the patient, listen to what is being said and attempt to 'sense' what is not being said. Respond simply and to the point. Encourage the patient to ask questions. Answer tactfully and honestly. If you don't know the answer to a question, say so and offer to find the answer. Briefly discuss the normal life you lead with your ostomy.

Do not dwell on your surgery and medical history. Remember that this visit belongs to the patient. Respond factually to questions, accept emotional responses, do not press any issues that the patient does not wish to discuss. If the patient is angry or feels like crying, don't attempt to stop it, accepting feelings usually will make you both feel closer. Remember that nonverbal communication is meaningful. A warm smile (*or just being there*) may show you care more than does the spoken word.

Questions on care should be directed to the ET Nurse. When asked about ostomy management techniques, stress the fact that every ostomy is as individual as the person. Be helpful without pushing your own techniques. Say nothing that will detract from the doctor-patient or nurse-patient relationship. Do not practice medicine or give medical advice. The patient may wish to show you their stoma or ask your opinion of his surgery, so be prepared.

Do not pass judgment on the surgery or criticize a physician, even by implication. Never show your stoma or pouch. Bring and show a sample, instead. Be considerate of the patient and if there are signs of fatigue, try to conclude the visit and suggest that you could return another day. Assume the responsibility for continuing contact with a follow-up telephone call, a note, another visit or an invitation to an ostomy chapter meeting. When bringing the patient (*and possibly the family*) to a chapter meeting, make arrangements to assure that the patient receives a warm reception. Above all, be yourself, use your own good judgment and use COMMON SENSE!

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



**Reminder: Next MEETING
Monday, Feb. 25th
See page one for details!**