



SHORT CIRCUIT



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JUNE 2003 ISSUE

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If you have specific topics that you would like to see in the "Short Circuit" newsletter, please contact Jen at Fifth Avenue Medical. (319)298-0953 or toll free at (877)787-6790. Thanks!

Officers

President
Marilyn Cermak
912 Brown Street
Iowa City, IA 52245
(319)337-2466

Secretary
Jane Pasterski
1017 Raney Street
Hiawatha, IA 52233
(319)395-0595

Vice President
This position is open
if anyone is interested
in volunteering for it..

Treasurer
This position is open
if anyone is interested
In volunteering for it.

*A Special Thanks to
Fifth Avenue Medical
for providing this newsletter.*

FUTURE MEETINGS & EVENTS:

***Please note that you can tune into the following stations if a meeting is cancelled due to inclement weather: Radio KXIC 800 AM or KCJJ 1630 AM in Iowa City and WMT 600 AM or KCRG 1600 AM in Cedar Rapids. KCRG-TV or KGAN-TV.

JUNE

Meeting Date: Thursday, June 26, 2003
Time: 6:30pm
Place: Mercy Medical Center, Cedar Rapids
See page 7 for more details!

JULY

Ostomy Lunch
Date: Thursday, July 24, 2003
Time & place to be announced at a later time.

SEPTEMBER

Meeting Date: Thursday, September 25, 2003
Time: 6:30pm
Place: St. Luke's Hospital, Cedar Rapids

OCTOBER

Meeting Date: Thursday, October 23, 2003
Time: 6:30pm
Place: Fanning Room, Mercy Medical Plaza-lower level, Iowa City

DECEMBER

Christmas Brunch
Date: Sunday, December 7, 2003
Time & place to be announced at a later time.

Please note that there are currently no scheduled events in August or November. We will update you either by newsletter or postcard if there are changes.

Direct Dues Billing Program

In January 2003, the UOA began billing and immediately accepting all payments for new memberships and renewals. Actually, the change is transparent to our members. You are still getting a bill and a pre-printed return envelope, but rather than having your payment directed to the local treasurer, your renewal is being sent directly to the UOA. The benefit is that the UOA will bill two additional times for renewals!



MEMBERSHIP

To become a member of the United Ostomy Association:

\$25.00 UOA membership fee includes
the Ostomy Quarterly:
FALL, WINTER, SPRING,
SUMMER
(October, January, April, July)

For more information on becoming a member, contact:
Marilyn Cermak in Iowa City
(319)337-2466
or
Jen McEnany at Fifth Avenue
Medical in Cedar Rapids
(319)298-0953

HELPFUL PHONE NUMBERS AND WEBSITES

AMERICAN CANCER SOCIETY 1-800-227-2345
www.cancer.org

CROHN'S & COLITIS FOUNDATION 1-800-343-3637
www.ccfa.org

CONVATEC 1-800-422-8811
www.convatec.com

CYMED 1-800-582-0707
www.cymed-ostomy.com

FRIENDS OF OSTOMATES WORLDWIDE (FOW-USA)
www.fowusa.org

HOLLISTER 1-800-323-4060
www.hollister.com

UNITED OSTOMY ASSOCIATION 1-800-826-0826
www.uoa.org

UOA E-MAIL uoa@deltanet.com

WOUND OSTOMY AND CONTINENCE NURSES SOCIETY 1-800-224-WOCN (9626)
www.wocn.org





Have you heard the NEWS?

The Iowa City Area Ostomates is looking for volunteers. As with any volunteer organization, the strength of a group is strongly influenced by its leadership. We need to complete our leadership team by recruiting both a Vice President and a Treasurer. This is your opportunity to become part of a leadership team whose focus is on reaching out to both new and longtime ostomates.

Responsibilities for these positions include:

- Helping to recruit and retain members
- Helping to think of new ideas to meet the needs of our membership and increase attendance
- Offer help in communicating events to our membership to increase attendance
- Maintaining accurate bookkeeping records
- Be a participating member of this worthwhile group

Your participation both in meetings and on our leadership team is completely voluntary. The benefit is the opportunity to network with others and in your being a part of the group, having the opportunity to help others. Remember that, as with anything worthwhile, **you get out of this group what you put into it.**

Thank you in advance for any help or support that you can provide!



Positive Thoughts

Attitude is a little thing
that makes a big
difference!



Yesterday is history, tomorrow is a mystery, today is a gift. That's why we call it the present!



Looking for a Place to Donate Old Ostomy Products that you no longer have a use for?

Friends of Ostomates Worldwide (FOW) accepts donations of new, unused pouches, flanges (face plates), skin barriers, skin wipes, past, tapes, belts, pouch deodorant, pouch covers, scissors, wrapped soap (small hotel soaps are good), and pediatric supplies. FOW cannot ship flammables, liquids, aerosols, or used equipment. When donating, FOW asks that you include the donor's name on both the inside and outside of the carton. A letter of receipt that can be used for tax purposes is mailed to each donor.

Donations can be sent to:
FOW-USA Project S.H.A.R.E.
4304 Regency Drive
Glenview, Illinois 60025-5200

For more information, you can contact
FOW at info@fowusa.org



Your Digestive System and How it Works

The digestive system is a series of hollow organs joined in a long, twisting tube from the mouth to the anus. Inside this tube is a lining called mucosa. In the mouth, stomach, and small intestine, the mucosa contains tiny glands that produce juices to help digest food.

There are also two solid digestive organs, the liver and the pancreas, which produce juices that reach the intestine through small tubes. In addition, parts of other organ systems (for instance nerves and blood) play a major role in the digestive system.

Why is Digestion Important?

When we eat such things as bread, meat, and vegetables, they are not in a form that the body can use as nourishment. Our food and drink must be changed into smaller molecules of nutrients before they can be absorbed into the blood and carried to cells throughout the body. Digestion is the process by which food and drink are broken down into their smallest parts so that the body can use them to build and nourish cells and to provide energy.

How is Food Digested?

Digestion involves the mixing of food, its movement through the digestive tract, and chemical breakdown of the large molecules of food into smaller molecules. Digestion begins in the mouth, when we chew and swallow, and is completed in the small intestine. The chemical process varies somewhat for different kinds of food.

Absorption and Transport of Nutrients

Digested molecules of food, as well as water and minerals from the diet, are absorbed from the cavity of the upper small intestine.

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The absorbed materials cross the mucosa into the blood, mainly, and are carried off in the bloodstream to other parts of the body for storage or further chemical change. This process varies with different types of nutrients.

Carbohydrates: An average American adult eats about half a pound of carbohydrates each day. Some of our most common foods contain mostly carbohydrates. Examples are bread, potatoes, pastries, candy, rice, spaghetti, fruits, and vegetables. Many of these foods contain both starch, which can be digested, and fiber, which the body cannot digest.

The digestible carbohydrates are broken into simpler molecules by enzymes in the saliva, in juice produced by the pancreas, and in the lining of the small intestine. Starch is digested in two steps: First, an enzyme in the saliva and pancreatic juice breaks the starch into molecules called maltose; then an enzyme in the lining of the small intestine (maltase) splits the maltose into glucose molecules that can be absorbed into the blood. Glucose is carried through the blood stream to the liver, where it is stored or used to provide energy for the work of the body.

Table sugar is another carbohydrate that must be digested to be useful. An enzyme in the lining of the small intestine digests table sugar into glucose and fructose, each of which can be absorbed from the intestinal cavity into the blood. Milk contains yet another type of sugar, lactose, which is changed into absorbable molecules by an enzyme called lactase, also found in the intestinal lining.

Protein: Foods such as meat, eggs, and beans consist of giant molecules of protein

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that must be digested by enzymes before they can be used to build and repair body tissues.

An enzyme in the juice of the stomach starts the digestion of swallowed protein. Further digestion of the protein is completed in the small intestine. Here, several enzymes from the pancreatic juice and the lining of the intestine carry out the breakdown of huge protein molecules into small molecules called amino acids. These small molecules can be absorbed from the hollow of the small intestine into the blood and then be carried to all parts of the body to build the walls and other parts of cells.

Fats: Fat molecules are a rich source of energy for the body. The first step in digestion of a fat such as butter is to dissolve it into the watery content of the intestinal cavity. The bile acids produced by the liver act as a natural detergents to dissolve fat in water and allow the enzymes to break the large fat molecules into smaller molecules, some of which are fatty acids and cholesterol. The bile acids combine with the fatty acids and cholesterol and help these molecules to move into the cells of the mucosa. In these cells the small molecules are formed back into large molecules, most of which pass into vessels (called lymphatics) near the intestine. These small vessels carry the reformed fat to the veins of the chest, and the blood carries the fat to storage depots in different parts of the body.

Vitamins: Another vital part of our food that is absorbed from the small intestine is the class of chemicals we call vitamins. There are two different types of vitamins, classified by the fluid in which they can be dissolved: water-soluble vitamins (all B vitamins and vitamin C) and fat-soluble vitamins (vitamins A, D, and K).

Water and Salt: Most of the material absorbed from the cavity of the small intestine is water in which salt is dissolved. The salt and water

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come from the food and liquid we swallow and the juices secreted by the many digestive glands. In a healthy adult, more than a gallon of water containing over an ounce of salt is absorbed from the intestine every 24 hours.

Hormone Regulators**How is the digestive Process Controlled?**

A fascinating feature of the digestive system is that it contains its own regulators. The major hormones that control the functions of the digestive system are produced and released by cells in the mucosa of the stomach and small intestine. These hormones are released into the blood of the digestive tract, travel back to the heart and through the arteries, and return to the digestive system, where they stimulate digestive juices and cause organ movement. The hormones that control digestion are gastrin, secretin, and cholecystokinin (CCK):

- **Gastrin** causes the stomach to produce an acid for dissolving and digesting some foods. It is also necessary for the normal growth of the lining of the stomach, small intestine, and colon.
- **Secretin** causes the pancreas to send out a digestive juice that is rich in bicarbonate. It stimulates the stomach to produce pepsin, an enzyme that digests protein, and it also stimulates the liver to produce bile.
- **CCK** causes the pancreas to grow and to produce the enzymes of pancreatic juice, and it causes the gallbladder to empty.

Nerve Regulators

Two types of nerves help to control the action of the digestive system. Extrinsic

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(outside) nerves come to the digestive organs from the unconscious part of the brain or from the spinal cord. They release a chemical called acetylcholine and another called adrenaline. Acetylcholine causes the muscle of the digestive organs to squeeze with more force and increase the "push" of food and juice through the digestive tract. Acetylcholine also causes the stomach and pancreas to produce more digestive juice. Adrenaline relaxes the muscle of the stomach and intestine and decreases the flow of blood to these organs.

Even more important, though, are the intrinsic (inside) nerves, which make up a very dense network embedded in the walls of the esophagus, stomach, small intestine, and colon. The intrinsic nerves are triggered to act when the walls of the hollow organs are stretched by food. They release many different substances that speed up or delay the movement of food and the production of juices by the digestive organs.

*From "National Digestive Diseases Information Clearinghouse"
Article provide by Ricki Jones, WOCN*



Good 'ol Summertime

The appliance against your skin may cause excessive perspiration and even a heat rash in the summertime. Utilizing a light-weight cover of absorbent material may help to keep you cool. There are commercial appliance covers on the market, but anyone with even a limited sewing ability can make a satisfactory cover for little money. Itching around the faceplate is also a common complaint during the summer months. Individuals using paper tape have found by applying calamine lotion on top of the tape, the lotion soaks through and helps to alleviate itching. A light dusting of cornstarch or

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medicated powder may also help. With excessive perspiration further increasing the risk of dehydration, remember to drink plenty of liquids during the summer months. Unless your doctor has special instructions to the contrary, take extra salt with your meals.

*From Evansville, Indiana Chapter Newsletter
Via: Hamilton Area Chapter & Indianapolis UOA Chapter*

Summer

Hints for Summer

Do not expect to get the same wear time as you do in the fall, winter, or spring. If your wafer or ring skin barrier melts out faster, change the pouch more frequently. If wear time is very poor, have your ET (WOCN) nurse recommend a different skin barrier. If plastic against your skin is uncomfortable or causes a heat rash, purchase or sew a pouch cover. If you are wearing a two-piece system and are participating in very active sports, use a 10" strip of 2" or 3" tape to secure the pouch and the barrier. Be sure to drink plenty of liquids, unless contraindicated because of other health problems so that you will not get dehydrated or constipated. For extra security during swimming and water sports, use waterproof or "pink" tape to fix your pouch. Monilia is a common summer problem. This raised, itchy red rash on the peristomal skin is uncomfortable and keeps the pouch from holding well. If you suspect a monilial rash, contract your physician as soon as possible for a prescription for anti-monilia powder. **Osto-Tip!** Skin barriers should be stored in a cool dry place. They have an expiration date of 4-5 years.

*From Evansville, Indiana Chapter Newsletter
Via: Loraine County Chapter & metro MD*

Additional Information

Medicare Coverage MONTHLY ALLOWABLES

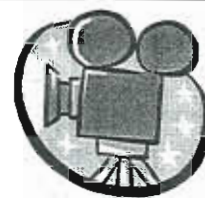
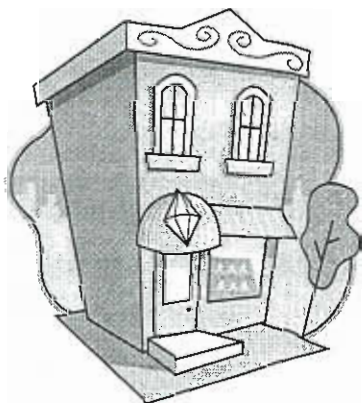
- Drainable Pouches: 20 per month
- Urinary Pouches: 20 per month
- Closed pouches: 60 per month
- Irrigation sleeves: 4 per month
- Solid skin barriers and skin barriers with flange: 20 per month
- Ostomy belts: 1 per month

You are entitled to obtain 1, 2, or 3 months supply at a time if you live at home and 1 months supply if you are in a nursing home.

It is necessary to have a doctor's order or prescription in order to submit supplies to insurance.

If you need more supplies other than those allowed, you will simply be required to obtain a letter from your doctor explaining the medical reason for needing more supplies than the usual maximum quantities as listed above. Your supplier does not need to routinely submit this letter with your claim, but must keep it on file in your records as a copy may be requested.

From United Ostomy Association, "Medicare Policy for Ostomy Supplies Improved"



Upcoming Iowa City Area Ostomates Meeting

The next meeting of the UOA support group will be at **Mercy Medical Center in Cedar Rapids on Thursday, June 26 at 6:30pm**. The meeting will be held in **room #14-15**. Please park in the lot across from McKinley school, and come in the 10th street entrance. Signs will be posted at the information desk and on first floor to direct you to this meeting room.

We will show a **film about the 2001 Youth Rally**. This is an upbeat film which shows the power of support and education.

A **short business meeting will follow** the film. Come and bring a friend and bring your ideas for strengthening this support group. What do you want? What do you need? What would you like to see? Share a cup of coffee and a cookie with an old friend, and make new friends.

THANK YOU