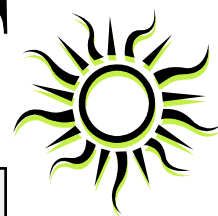


SHORT CIRCUIT



SHORT CIRCUIT

JUNE 2006 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.
 Phone (319)298-0953
 or Toll Free at (877)787-6790.
 Email: jobrien@careprohs.com
 Website: www.fifthavenuemedical.com

Contact information for CR / IC Area Ostomy Support Group

Carol Haack
 Home 319-337-6749
 Cell 319-530-6749
 email: haack@infionline.net

*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 22, 2006
 Time: 5:30pm
 Place: Bonanza Family Restaurant
 3505 16th Ave. SW
 Cedar Rapids, IA 52404

SEPTEMBER

Meeting Date: September 28, 2006
 Time: 11:30am
 Place: Pizza Ranch in North Liberty
 395 Beaver Kreek Center
 North Liberty, IA 52317

DECEMBER

Meeting Date: Thursday, December 14, 2006
 Time: 11:30am
 Place: Bonanza Family Restaurant
 3505 16th Ave. SW
 Cedar Rapids, IA 52404



☞ 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"



HELPFUL PHONE NUMBERS AND WEBSITES

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

CROHN'S & COLITIS FOUNDATION 1-800-343-3637
www.cdfa.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 OF AMERICA
1-800-826-0826
www.uoaa.org

UOAA E-MAIL info@uoaa.org

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



INFORMATION FROM THE MARCH 23, 2006 MEETING

Our Group Has Officially Affiliated with UOAA, the United Ostomy Associa- tions of America!

At the March 23, 2006 meeting, the Cedar Rapids / Iowa City Area Ostomy Support Group unanimously voted to affiliate with UOAA. Carol Haack has agreed to be the contact person and Coordinator for our group for the next year.

Our official title is "Cedar Rapids – Iowa City Area Ostomy Support Group", and we are #171 in the list of UOAA affiliates.

A big benefit of affiliation with the UOAA is access to their library of articles, newsletters and other information from member groups. As soon as our affiliation becomes official, we'll let you know how you can access the UOAA from any computer. We'll also continue to publish this "Short Circuit" newsletter for all ostomates in the Cedar Rapids and Iowa City area, and a section of each "Short Circuit" will contain articles of interest from other Ostomy groups across the nation. If you know of someone who would like to receive our newsletter, please forward the name to Jen O'Brien at Fifth Avenue Medical.

A large responsibility of belonging to the UOAA is for each affiliated group to have a Visitor Program. Visits are made via telephone, or in person at the hospital or patient's home. Often a follow-up visit or two is required. We will try to match the visitor to the patient using these criteria: age, gender, type of ostomy and diagnosis. We'll need a large pool of potential visitors! There are several members of our group who have been trained as visitors in the past, and they are willing to provide guidance as we develop a new Visitor Program. We've ordered training materials, and the WOCN nurses are willing to give

Continued

us their insight. Please consider adding your name to our list of volunteer visitors. If you have ideas for visitor training, visitor packets or a old brochure about our group, please bring them to our next meeting.

Also at the meeting, we talked about ways to get our name out to the public. Because of HIPAA laws, doctors and nurses can't give patients' names to us without their permission. But, WE can still contact THEM! We made the decision to revise our brochure, and discussed ways to distribute it. Some of the ideas were: doctor's offices (gastroenterologists, urologists, surgeons, pharmacies, WOCN nurses, our local hospitals' hot lines and community education programs. Another idea is to have our meeting times listed in the "public service" sections of the local newspapers. We've done that before, with good results. If you have more ideas, bring them to the next meeting, or call Carol Haack.

Email Information

Our group has its own email address! We've created an email address for our group, and will be printing it on our new brochure. The email address will make it easier for new ostomates – especially "younger" people to contact us for information. Carol has agreed to monitor the email address and respond to inquiries. If anyone else would like to do this task for a while, please let her know!

Here is our email address:
cr_ic_ostomy@yahoo.com



**JOIN
US!**

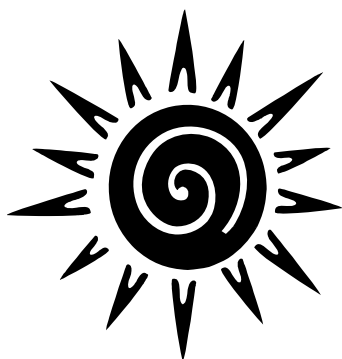
Upcoming Cedar Rapids/Iowa City Area Ostomates' Meeting

***Where: Bonanza
3505 16th Ave. SW
Cedar Rapids, IA 52404***

***When: Thursday,
June 22, 2006***

Time: 5:30pm

***Topic: Visiting Program
Please come and bring your
ideas to share!***



Open Discussion at our Meeting Thursday, June 22, 2006 Visiting Program

At our next meeting we'll have an informal discussion to plan the "Visitor Packet" that we will use in our Visiting Program. We'll talk about what to include in them, how to get them put together, what type of packet is best (a large manila envelope or a folder with pockets?) and how we'll pay for them. Please bring your ideas or samples!



Did you Know...

At our last Ostomy Support Group meeting, we learned that there are now three ostomy supply companies that manufacture "clipless" pouches! Do YOU know which ones they are? Come to the next meeting on June 22nd at Bonanza in Cedar Rapids to find out!!

Special Messages

THANK YOU to Blanche Stufflebeam of Iowa City for her generous donation of Ostomy Supplies in honor of her late husband Homer. Homer and Blanche were instrumental in forming the Ostomy Support group in Davis County, Iowa in the late 1960's, and were dedicated members of the Cedar Rapids / Iowa City support group for many years. The supplies will be distributed first to local Eastern Iowa ostomates, with the remainder to be sent to Friends of Ostomates Worldwide (FOW). If you have unused supplies to donate, please bring them to any of our meetings. If you need to have them picked up from your home, call Carol Haack at 319-530-6749.

CONGRATULATIONS to Betty Long, who won the door prize at the March 23rd meeting at the Pizza Ranch in North Liberty. A big THANK YOU to the anonymous member who donated the door prize, a book entitled "The Ostomy Book – Living Comfortably with Colostomies, Ileostomies, and Urostomies". Betty plans to read the book and return it to the group at our next meeting, creating a sort of "traveling trophy" door prize!

THANK YOU to those of you that joined us for the Fifth Avenue Medical Ostomy Fair. We learned about many new products and several people requested samples to try out. We appreciated your attendance and look forward to another great event in April 2007!

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



Helpful Hints from Here and There

Zip-lock sandwich bags are useful and odor proof for disposal of used Ostomy pouches. Don't get hung up on odors. There are some great sprays and internal deodorants...Remember: everybody creates some odors in the bathroom. Don't feel you are an exception. Hydration and electrolyte balance is of vital importance. Be sure to drink enough fluids to maintain good hydration (ileostomates, especially). Read and learn all you can about ostomies. You never know when you may find an opportunity to educate someone about the life-saving surgery that has extended so many lives. Learn to be matter of fact about this and never embarrassed. In the beginning after surgery, almost everyone experiences some depression. If you fit into this category, you certainly are not alone. But, it need not be a lasting condition. Try something as simple as walking — long walks. If the depression seems to linger, don't be afraid or ashamed to seek help. There is help out there! Never wait until you've used your last appliance before ordering new ones. Keep a list of your equipment, complete with order numbers, sizes, and manufacturers. Let a number of your family know where you keep the list so that they can get the necessary supplies in the event of an emergency. Do not spread paste on the entire back of a barrier — it will produce less than satisfactory results. Use paste only sparingly to fill uneven areas and around the stoma. Paste is a great filler, if used correctly. If you still have your rectum and have pain or a full feeling, you may have a collection of mucus which should be washed out. Check with your doctor on this.

From: Ostomy Association of Southwestern Indiana Re-Route, March 2006 Edition

Something for the New Ostomate

Don't forget! Rome was not built in a day. If changing your appliance seems to take forever, with a little practice it will soon become a small part of your normal day. "Waste disposal" for you once again will become a private matter. DO learn to care for yourself from the start. You may not always have someone around to assist you. DO COME TO

Continued

OSTOMY SUPPORT GROUP MEETINGS where you can talk to others about your problems. You'll be surprised at the ease with which you can discuss problems once you're there. Bring your family members with you. It's also important to have them understand Ostomy problems and their solutions.

From: Ostomy Association of Southwestern Indiana Re-Route, April 2006 Edition

Traveling and Cruising with an Ostomy

Just because you happen to have an Ostomy, you should not let that stop you from enjoying traveling. I have had a colostomy for the past 35 years and that has never stopped me from grabbing my hat and taking off to parts unknown. My wife and I have been blessed to take 32 cruises lasting from only one-night jaunts to up to seventeen-day vacations. We've also taken approximately ten land tours ranging from seven to fourteen days. To be on the safe side, I always take more than enough Ostomy supplies with me for the length of the trip. I make sure that the tour buses are restroom equipped and that all the airplanes I'm aboard have enough restrooms available so I can change my appliance if necessary. On cruises, I always make sure that I have a chair that fits into the bathroom, so that I can irrigate my colostomy. Also, I ask the Cabin Steward for extra towels. We have been approximately three-fourth's of the way around the world, from Israel on the East to Bangkok on the West, Alaska on the North and to Chile in the South. We enjoyed every trip and made lots of new friends. Don't allow your surgery or unnecessary fears keep you at home. Just go for it and enjoy yourself. I am sure that you will have a great time.

From: Ostomy Association of Southwestern Indiana Re-Route, May 2006 Edition

By Mel Fishman, Via Broward, FL

I Want to Know

Q. Where does the water go when it doesn't return with my evacuation?

A. It is absorbed into your body and then eliminated via urination some time afterward.

Q. How may I slow my activity before changing my appliance?

A. Some ostomates eat peanut butter or marshmallows before changing the appliance to slow activity before showering or taking a bath. Many urostomates change their appliance early in the morning on the "change" day at a time when urine discharge is less frequent.

Q. How can I keep my skin dry before changing my Appliance?

A. Bend forward several times before removing the appliance. It helps discharge the urine from the kidneys and ureter into the appliance.

Q. When will the stoma heal so that it isn't red anymore?

A. The red color will not go away. It's actually a good indication that the stoma is healthy with a good blood supply.

Q. I have an ileostomy. On the left side of my stoma, I have an indentation. I am having trouble keeping my appliance on. Feces tend to leak out from under this area.

A. Indentations near the stoma can (and do) cause imperfect seals between the skin and the appliance. Try suing some Stomahesive Paste® on the skin around the stoma. It's good for filling the "nooks and crannies" and makes your dent(s) level with the surrounding area.

Q. Why is the tea bag, and ostomates best friend?

A. You can drink tea as an anti-spasmodic, which is soothing, to an upset stomach. It also provides fluid containing potassium and electrolytes to frequently lost from diarrhea.

Q. What is a simple way to control stoma noise?

A. Two or three tablespoons of applesauce with breakfast seems to control stoma noise and the

Continued

pectin in the applesauce seems to have a thickening effect on liquid discharge.

Q. What food besides bananas are high in potassium?

A. Bananas are frequently mentioned as a food high in potassium, but potatoes actually contain nearly twice as much. One large banana has 450 milligrams of potassium while a large bake potato with its skin contains 850 milligrams (the skin alone has 235mg).

From: Ostomy Association of Southwestern Indiana Re-Route, May 2006 Edition

Via: Dayton Ostomy Chapter

Best Wishes

I am sad to say that this is the last newsletter that I will be writing for the Cedar Rapids — Iowa City Area Ostomy Support Group. The newsletter will still be written by Fifth Avenue Medical, however, my last day with the company will be July 31, 2006. I have decided to return to teaching at a K-3 Elementary School for the 2006-07 school year.

I have greatly appreciate the opportunity to work with the Cedar Rapids — Iowa City Area Ostomy Support Group over the past several years. I wish the association well in the future and I know that it is heading in a great direction!

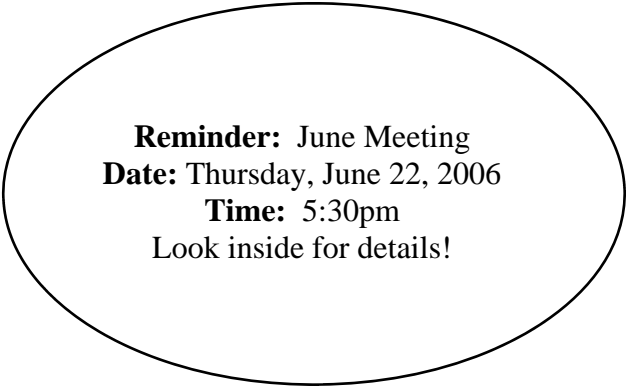
Best Wishes!

Jen O'Brien, Fifth Avenue Medical



**Cedar Rapids/Iowa City
Area Ostomates
c/o Fifth Avenue Medical
402 10th St. SE, Suite 600
Cedar Rapids, IA 52403**

Mailing Label



Reminder: June Meeting
Date: Thursday, June 22, 2006
Time: 5:30pm
Look inside for details!