



# SHORT CIRCUIT



Short Circuit

JUNE 2007 ISSUE

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If you have specific topics that you would like to see in the "Short Circuit" newsletter, please contact Katie at

Fifth Avenue Medical.

Phone (319)298-0953

or Toll Free at (877)787-6790.

Email: [katiedostal@careprohs.com](mailto:katiedostal@careprohs.com)

Website: [www.fifthavenuemedical.com](http://www.fifthavenuemedical.com)

### Contact information for CR / IC Area Ostomy Support Group

Carol Haack

Home 319-337-6749

Cell 319-530-6749

email: [info@iowaostomy.org](mailto:info@iowaostomy.org)

website: [www.iowaostomy.org](http://www.iowaostomy.org)

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

### FUTURE MEETING & 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

Monday, June 25<sup>th</sup> at 6:30 pm in the Scanlon Room at Mercy Medical Plaza in Iowa City.

#### **Directions to Mercy Medical Plaza in Iowa City:**

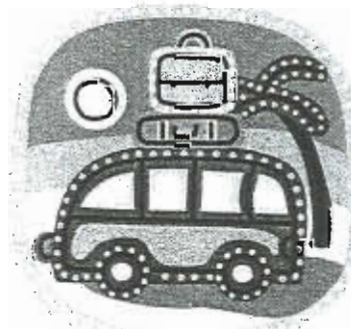
From Interstate 80, take the Dubuque Street exit and go south. Turn left (east) on Jefferson Street. Mercy Medical Plaza will be on the left, on the corner of Jefferson and Johnson. The Plaza has its own parking lot and it's very close to the door. Take the elevator or stairs to the Scanlon Room on the lower level. See you there!!

Thanks to Mary McCarthy and Ricki Jones, WOCN for hosting the June meeting!!

### August

Our August meeting will be Thursday, August 23<sup>rd</sup> at 6:30 pm in the Marron Classroom, 1<sup>st</sup> floor of Mercy Hospital, Cedar Rapids.

Thanks to Jane Korver-Yergler and Vanessa Brehm for hosting the August meeting!



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.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 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

CEDAR RAPIDS/IOWA CITY AREA OSTOMY  
SUPPORT GROUP E-MAIL  
info@iowaostomy.org



## Next Meeting we will talk about....

Carol and Vicki attended the **Inflammatory Bowel Disease and Ostomy Care Patient Education Conference, Advances in IBD and Ostomy Care 2007** in Des Moines on Saturday, April 21, 2007. The one-day conference was excellent, providing us with the latest information on IBD and Ostomy care.

The keynote speaker was Rolf Benirschke, a former NFL star who had ostomy surgery in 1979 during his second season as a place kicker with the San Diego Chargers. He was just 24 years old. His inspirational story has helped millions of people since he retired from football after playing seven more seasons after his surgery.

We also listened to some excellent presentations by Colorectal physicians, attended several breakout sessions, and visited manufacturer exhibits. We collected lots of goodies and free samples from the manufacturers who were exhibiting at the conference. Join us at the June meeting for lots of free stuff!

## Welcome!

The CR-IC Ostomy Support Groups welcomes all persons who have, or will have, a temporary or permanent bowel or urinary diversion – caregivers, spouses, children and friends are all welcome, too! We meet bi-monthly to discuss topics and share information and items of interest. If you are unable to come to a meeting and have questions we can help with, or if you'd like to schedule a home or hospital visit from one of our members, give us a call:

Vicki Kee, Visitor Coordinator  
319-338-2751

Carol Haack, Group Coordinator  
319-337-6749 or 319-530-6749

## 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:  
[info@iowaostomy.org](mailto:info@iowaostomy.org)

## Notes from the April 26th Meeting:

Many thanks to Pat Pezzella and Laura Phearman for hosting the April meeting. Also thanks to Jim Kee for guiding the group members to the meeting room!

Laura Phearman did a wonderful program on the UOAA Youth Rally, a week long camp for young ostomates that is held on the campus of the University of Boulder in Colorado. Laura is a Nurse Clinical-Specialist at University Hospitals, and has volunteered at the Youth Rally for 15 years! Laura's 'job' at the Youth Rally is to manage the ostomy supplies room. Last year, there were 120 campers at the Youth Rally, and every single state was represented. The young people who attend Youth Rally have a variety of diagnoses, and all have some type of bowel or bladder diversion. They spend their mornings learning about their surgery, ostomy and diagnosis, and in the afternoons they participate in traditional camp activities like swimming and outdoor activities. Evenings are spent in various social activities. The youth are divided into groups of 10, and each group has a nurse and counselor. Counselors are also ostomates, and so become a role model and mentor for the campers.

For many of these youth, the only time they meet someone "just like them" is once a year at the Youth Rally. The cost for the week is \$350 for each camper, plus the cost of transportation to and from Colorado. In the past, our group has sponsored a camper at the Youth Rally, and we would like to make it an annual donation. If you are able to help us support this wonderful program, please bring your tax-deductible donation to the next meeting, or mail it to our treasurer, Vicki Kee, PO Box 133 Oakdale, Iowa 52319.



**JOIN  
US!**

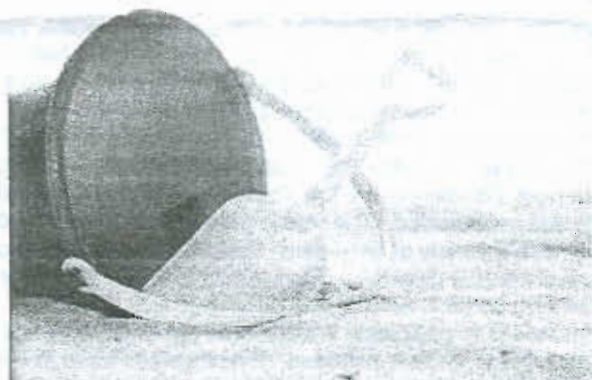
Time: 6:30 p.m.

When: Monday, June 25th, 2007

Place: Scanlon Room at Mercy Medical Center in Iowa City.

Hosted By: Mary McCarthy and Ricki Jones, WOCN

Directions on page 1



#### Have you subscribed to the Phoenix?

The Phoenix is the official magazine of the United Ostomy Associations of America (UOAA). The UOAA receives a significant portion of its operating revenue from magazine subscriptions. The magazine contains regular features such as "Ask the WOC Nurse" and "Ask the Doctor", as well as informative and inspirational articles by and about ostomates. A one year subscription is only \$25.

#### Need a ride to the next meeting? Door-to-door service at no charge to you!!

Call Carol Haack 319-337-6749 or 319-530-6749  
Or Vicki Kee 319-338-2751



#### August 15-18, 2007 UOAA National Conference, Chicago, IL

This August, the UOAA will convene its first National Conference at the Lincolnshire Marriott Resort situated 18 miles northeast of Chicago's O'Hare airport. There will be educational seminars, new product information and a social evening sponsored by one of the leading ostomy supply manufacturers.

#### Have any old issues of The Phoenix?

If you're ready to give up your old issues of The Phoenix, the award-winning magazine of the UOAA, we'd love to include them in the visitor packs we give to new ostomy patients. Please bring them to the next meeting, or give Carol a call to have them picked up.

## Special Messages

### The Cedar Rapids – Iowa City Area Ostomy Support Group #171 is an affiliate of the United Ostomy Associations of America (UOAA)

The UOAA – United Ostomy Associations of America -- was created in 2005, after the UOA (United Ostomy Association) disbanded after many years of service to ostomates and their caregivers. The UOAA is a "virtual" organization, with very little overhead and a volunteer Board of Directors. Our group, the Cedar Rapids – Iowa City Area Ostomy Support Group # 171, is affiliated with the UOAA. Membership dues are \$2.00 per member, per year. The UOAA's primary source of income is The Phoenix Magazine. The UOAA provides information, support and advocacy to its member groups.

### Have a newsletter item?

Our Short Circuit newsletter editor is Katie Dostal, the Sales Territory Manager for Fifth Avenue Medical in Cedar Rapids. Fifth Avenue Medical has been supporting our Ostomy group for many years by helping out with our newsletter. If you have an item for our newsletter, please call her at 319-298-0953 ext. 311, or you may email her at [katiedostal@careprohs.com](mailto:katiedostal@careprohs.com).

### Have extra ostomy supplies to donate?

Osto Group is an organization dedicated to helping Ostomates without insurance obtain free ostomy supplies or ostomy supplies at the best possible prices. If you have a Colostomy, Urostomy or Ileostomy and no insurance (not on Medicare), live in the U.S. and need help obtaining supplies, they can help. Recipients must agree to pay for the postage and handling charges for the supplies they receive.

If you have extra supplies to donate to this very worthwhile organization, please contact them at [www.ostogroup.org](http://www.ostogroup.org), or mail supplies to : Osto Group, 18962 Lake Forest Drive, Penn Valley, CA 95946-8818. Their phone number is 530-432-9607. Call between 9:00 am and 4:00 pm Pacific Time.



## July 7-11, 2007 UOAA Youth Rally

University of Boulder, Boulder, CO. Youth Rally provides the opportunity for 11 to 17 year olds to be with others their age who have had, or will have, ostomy procedures, continent procedures, have IBD or have bladder or bowel incontinence. For more information, contact Linda Aukett at 856-854-3737 or [laukettrally@snip.net](mailto:laukettrally@snip.net), or on the web at [www.rally4youth.org](http://www.rally4youth.org).

## September 23, 2007 Crohn's & Colitis Foundation of American "Guts & Glory" Walk

The Iowa Chapter of the CCFA is sponsoring a walk to raise funds for research. The walk will be held at the George Wyth State Park in Waterloo. Registration begins at 3:00 pm, and the 5K walk starts at 4:00 pm. Registration is free. With a minimum contribution of \$25, walkers will receive a T-shirt. To register or for more information, contact Lynn O'Brien, VP Fundraising at 319-236-0652 or email at [laobrien@mchsi.com](mailto:laobrien@mchsi.com). The website for CCFA is [www.ccfa.org/iowa](http://www.ccfa.org/iowa).



## We're On the Web Now

Our website ([www.iowaostomy.org](http://www.iowaostomy.org)) has been up and running for about 5 months. From there, you can get the most up-to-date meeting information, get information about our Patient Visiting Program, read book reviews of the books that are in our traveling library in case you want to check one out, read current and previous issues of our newsletter, visit related links, learn about our sponsors, send us an e-mail, or shop at Amazon.com to help us earn money for our organization. Please take a look and let us know if you have suggestions for other things you'd like to see there.

## Back Issues of Newsletters Wanted

Do you have back issues of our chapter's newsletter?

If so, please bring them to the next meeting. We have several back issues on our website and would like to get as many issues as we can on there. Each issue is electronically scanned and then posted online. We have all the ones from 2006 and 2007. We also have September 2005; March, June, and September 2004; and June, July, and September 2003. If you have any that we don't have, please bring them to the next meeting or contact us if you can't attend and we'll make arrangements to get them some other way. If you'd like to get them back, we will scan them and return them to you.



## SWIMMING WITH AN OSTOMY

Via: Chicago North Suburban Chapter

Ostomates swim. We put together a few little items we have gathered to help make you feel more secure. First, allow some time after changing a barrier before swimming so that the seal is secure. Overnight is best, but even taking that extra minute to let the barrier seal should be fine. The newer barriers actually melt to obtain adherence. You have to make sure this chemical action has taken place. To be extra secure, it may be best to picture frame the barrier with a waterproof tape. There is a "pink tape" available through most suppliers that works well to assure the appliance stays on your body. Hollister's new skin like tapes as well as other similar types may be made more waterproof by covering them with a skin prep after they are in place. Cloth belts stretch in water. If you wear a belt, it may be preferred to substitute a rubber one while you are swimming. Swimsuits, with busy patterns camouflage the appliance better than solid colored suits. Wearing solid colors will reveal the appliance more easily. Skirts, bows, sashes, ties, drapes on a swimsuit may also help camouflage the appliance. Boxer-style trunks work well for men. A tight garment under your swimsuit can help hold the appliance in place. Depending on how active you are and the level of comfort you desire some of the following are good suggestions: A lightweight two-way stretch panty girdle; the top part of old panty hose; biking shorts; or sewing a pocket in the lining of your swimsuit to support the pouch. These are unisex ideas. Men can also try a pair of jockey shorts for similar support. Mini, non-drainable pouches are an alternative to people who use two-piece systems. They may be more comfortable and have a lower profile under swimsuits than your usual pouch. They may be used over and over if you rinse them out and air dry after every use. Avoid pouches with built-in filters for swimming. Water can get in, and make a real mess. Try and plan ahead for swimming. Even non-ostomates should wait two hours after eating before going swimming. Try to roughly calculate your transit time, how long it takes food to get from mouth to pouch, and eat your meals at a time that will allow you to have the least amount of output when you plan to swim. For most people, the first few hours after getting up in the morning will be the time of least output. The conclusion to all of this, the main reason for writing this article is so that you go swimming. An ostomy does not stop you, or even slow you down from swimming and enjoying all the different types of water activities like hot tubs, beaches, pools, scuba diving, snorkeling, diving, swimming, etc. Enjoy it...you have been given a new life.

## Your Ideas and Talents Needed

Please let us know if you have any ideas for newsletter items or for our chapter in general. Do you have a special talent that our chapter could utilize or is there something you'd like to see us do? If so, let us know. Would you be willing to write a book review or article for our newsletter? Would you like to share your story in our newsletter? Do you have ideas for fundraisers so we can keep our membership dues low? Do you have suggestions for our website? Do you have suggestions on how we could increase meeting attendance? This is your organization and if you want to get more involved, we can put you to work! Just let us know what it is you'd like to do.

## Stay in Touch by E-Mail

If you have an e-mail address that you'd like us to know about, please e-mail us at [info@iowaostomy.org](mailto:info@iowaostomy.org) with your address or give it to us at the next meeting. We will not sell or rent your e-mail address to anyone.

