



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

JUNE 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”



July 14th Meeting

Our next meeting is Monday, July 14th at 6:30 p.m. It will be held in the Scanlon Room (in the lower level) at Mercy Hospital in Iowa City.

This meeting was postponed from June 23rd due to road closures and flooding in the area.

See you on July 14th!



Message from our Coordinator...

Carol, our coordinator, has been very busy the past few weeks, so she asked me to be in charge of this issue of the newsletter. At the end of May, Carol moved from Iowa City to North Liberty. Her e-mail will change and for the time being, please use the info@iowaostomy.org address to reach her via email. You can still reach her on her cell phone anytime at 319-530-6749.

No sooner had Carol gotten settled in her new home than the flood began. Carol's house was fine, but she has had a few houseguests and animals who have been staying at her house due to the flood. She's also been helping with flood relief.

We hope all of you and your families made it through the flood safely. Please let us know if any of you were affected by the flooding. If you have any ostomy related flood stories to share, we'd be interested in hearing about those as well.

Due to the numerous road closures and flooding in the area, our June meeting was postponed until July 14th (see details above).

See you on July 14th at 6:30 p.m. at Mercy Iowa City!

Vicki Kee

Treasurer's Report

As of 6/30/08 we have \$820.02 in our treasury. Since the last meeting, we received \$10.00 from a donor in Florida via our website. We have a couple of fundraising opportunities available online. We receive a commission on any Amazon.com purchase made through the links on our website, and we also receive a percentage of sales made through iGive.com if our organization is selected as the cause. Links to both programs are available on our website (www.iowaostomy.org). We also accept direct contributions, and with our 501(c)(3) Charity Status from the IRS, your donations are tax deductible! To donate by check, please mail to Vicki Kee, Treasurer, CR/IC Area Ostomy Support Group, PO Box 133, Oakdale, IA 52319.

Local Wound Ostomy Nurse Honored

Congratulations to Patricia Pezzella, a Certified Wound Ostomy Nurse (CWON) at the University of Iowa Hospitals and Clinics in Iowa City, who was recently recognized as one of the "100 Great Iowa Nurses" for 2008. Each year colleagues, patients, doctors, friends and family members nominate outstanding nurses around the state for this honor. This year more than 300 names were submitted, and a panel of judges selected the top 100 based on the following criteria: their concern for humanity, their contribution to the community, and their contribution to the nursing profession.

Nominations for 2009 are now being accepted through January 2, 2009. If you know an outstanding Iowa nurse you would like to nominate, you may do so online at www.greatnurses.org/NominationInstructions.html or contact Carol or Vicki for a printed form.

Mailing List Confidentiality

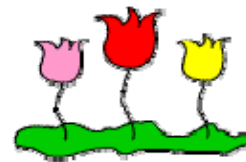
Some of our members have inquired about an apparently unsolicited mailing they received from a supplier in Cedar Rapids and were wondering if we provided our mailing list to them. We did not. Our policy is never to sell, rent or otherwise provide your name and contact information to any person or organization not acting on behalf of our support group. We suggest that anyone who does not wish to receive future mailings from this company contact them and ask that your name be removed from their mailing list.

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.



FUTURE MEETING DATES

Hey—what could be more fun than attending an Ostomy Support Group meeting? Here are the dates for future meetings in 2008. All meetings begin at 6:30 pm.

July 14 (Monday) - Mercy Medical Plaza, Iowa City. Scanlon room in Lower Level

August 21 (Thurs) - Mercy CR

October 20 (Monday) - St. Luke's Hospital, Cedar Rapids, Schwartz Rooms A&B

December 4 (Thursday) - Bonanza Restaurant in Cedar Rapids.

Family, friends and care givers are always welcome at Support Group meetings. If you have an idea for a meeting topic, or know of a speaker who would be willing to share their ostomy related story, please let Carol, Vicki or Kimberly know.

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

Carol Haack, Group Coordinator
319-530-6749 (cell)
info@iowaostomy.org (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)



Note—These articles were sent from Ken Aukett, president of UOAA.

GREAT COMEBACKS VENTURE

For those of you that planned to follow the exploits of Rob Hill, as recorded in blogs from his team's base camp in Nepal, the 34-year-old ileostomate mountain climber from British Columbia, and ConvaTec's international ambassador, who took on the challenge to climb the tallest mountain on each of the seven continents, you will be disappointed to learn that the mission to climb Mt. Everest had to be scrubbed when Rob experienced a major flare-up of his Crohn's Disease. Having climbed six of the seven highest mountains only Mt. Everest remained in his "**No guts, know glory**" challenge to be the first ileostomate and Crohn's patient to make the climb. You can carefully plan logistic details, train for high altitude and in general do everything possible to ensure success, but Crohn's Disease is that one uncontrollable factor that patients have to live with. Due to his courageous spirit and determination we know that Mt. Everest has not seen the last of Rob Hill. We all will have the opportunity to share his moment of glory ... not this year, but surely in the future.

CONVATEC SOLD

The following news report is shared with you for your information.

NEW YORK - (Business Wire) [Bristol-Myers Squibb Company](#) (NYSE:BMJ) announced that it has signed a definitive agreement to sell its [ConvaTec](#) business unit to Nordic Capital Fund VII ("Nordic Capital") and Avista Capital Partners ("Avista") for \$4.1 billion. ConvaTec is a world leader in the development and marketing of innovative wound therapeutics and ostomy care products.

Dave Johnson, who will remain the CEO of ConvaTec, said, "*I am excited to partner with Nordic Capital and Avista Capital Partners as we transition ConvaTec to a stand-alone company. Both firms have a proven track record of success in the healthcare industry. They are passionate believers in*

ConvaTec's future growth and will be strong supporters of the ConvaTec business. Their deep experience in guiding strategy and backing companies will help take ConvaTec to the next level of success as an independent company". The transaction is subject to customary regulatory approvals and delivery of ConvaTec's audited 2007 financial statements. The closing is anticipated in the third quarter of 2008

FALL 2008 ELECTION CANDIDATES

Again this Fall you will be asked to elect two Directors. The four candidates who will be running for these two director's chairs are:

Tillie Horak, Baltimore Ostomy Association
Lynne Kramer, Philadelphia Ostomy Association
Bob Parish, Hemet-San Jacinto Ostomy Association
Kaytie Torango, Salem Township Hospital, Illinois

More information will be appearing about these candidates on the UOAA website and in *The Phoenix* magazine.

GYGIG 2008 RIDE SCHEDULE

Spring is here, and with it the start of the Get Your Guts in Gear bike rides. The first ride will start at Pier 54 on the waterfront in New York City on Friday morning June 6th at 6:00 a.m. and finish up 210 miles later at the Skidmore University campus in Saratoga Springs, New York, on Sunday afternoon, June 8th. Despite wind, rain, heat and attacks from startled deer, we know that this valiant group of riders will make it through ... promoting the fact that neither an inflammatory bowel disease nor an ostomy can limit your ability to accomplish great things! The 2008 GYGIG ride schedule is:

In the **New York** Area on June 6th to the 8th
Seattle, WA Area, August 1st to the 3rd
In the **Austin, TX** Area, October 17th to the 19th

One of the requirements to ride in a GYGIG event is to raise \$1,900. In order to show your support for Team UOAA, a contribution can be made in the name of the following riders at:
www.ibdride.org/donate.asp?p=involved

UOAA riders in the New York event:

Bob Baker, # NY-74
Chris Baker (Bob's son), # NY-75
Emily Mallar, # NY-65



FOW-USA PROJECT S.H.A.R.E. RELOCATION

Ival Secret, President of FOW-USA, reports:

"Friends of Ostomates Worldwide-USA has relocated its collection and sorting facility from Glenview, IL to Louisville, KY. The new address for sending ostomy supplies or a financial contribution is:

FOW-USA
1500 Arlington Avenue
Louisville, KY 40206-3177

"The website www.fowusa.org should be updated by the week of 12 May 2008. If you have any questions or concerns, you can contact FOW-USA via the following email address: info@fowusa.org

"The support of UOAA's Affiliated Support Groups and individuals is greatly appreciated. We have incurred a cost to relocate and any financial support will be appreciated."



Home Healthcare

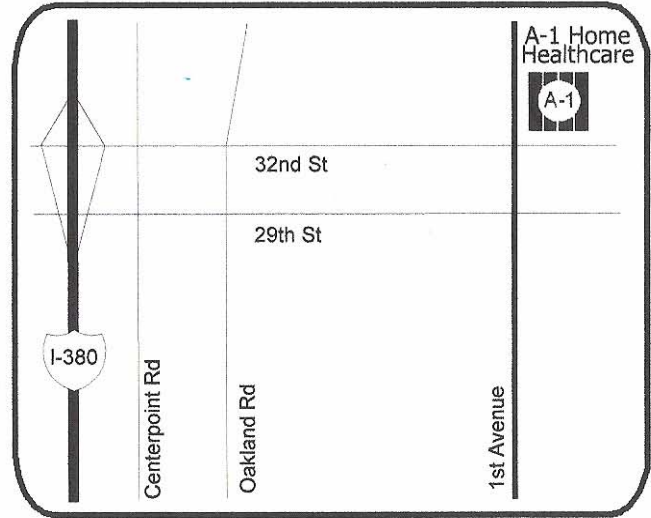
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A-1 strives to accept assignment on most of our products. We bill direct to Medicare, Medicaid, Blue Cross/Blue Shield, Humana and most insurance companies.

A-1 Home Healthcare

3223 1st Ave. S.E.
 Cedar Rapids, IA 52402
 319-362-1084
 800-259-0652
 Fax: 319-366-8972

Prescription required for any items billed to Medicare or insurance.

Don't Miss An Issue!

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.

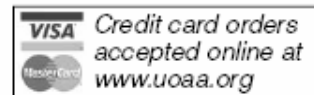
Money Back Guarantee!



More Than A Magazine. Half of each subscription funds the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.



Annual subscriptions: \$25. Send check or money order to: The Phoenix, P.O. Box 3605, Mission Viejo, CA 92690. Phone/Fax: 949-600-7296. Published quarterly: March, June, September and December.



Name _____

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Articles of Interest...

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.

Factors that Affect Ostomy Function

UOAA UPDATE 5/08

Ostomy function may be changed by a variety of medications and medical treatments. This is common. The following are examples:

Antibiotics—These often cause diarrhea, even in patients without an ostomy. Make sure your doctor knows about your ostomy, and inform him/her of problems as they occur. Drink plenty of liquids that will help maintain your electrolyte balance if diarrhea strikes.

Pain Medications—These are often constipating. Extra irrigations or laxatives or stool softeners might be required for colostomates to combat the side effects of pain medications. Perhaps the dosage of pain reliever may be reduced to eliminate the situation. Again, be sure to drink plenty of liquids.

Chemotherapy—Many cancer patients have follow-up chemotherapy after surgery or as an alternative to surgery. That often produces nausea and/or vomiting. You need to drink fluids that help you maintain your body chemistry balance.

Radiation Therapy—This often produces the same effects as chemotherapy.

Travel—Travel may cause constipation in some people and diarrhea in others. Be aware that these are possibilities. Altered diet when traveling accounts for some of this, plus the excitement of new surroundings. Allow sufficient time for irrigations and take along an antidiarrhea medication.

Antacids—Some types of antacids may cause diarrhea—usually those with magnesium. There are many fine new products on the market. Find out which is best for you.

Drink plenty of liquids. You need to maintain your electrolyte balance in case of diarrhea. Tea, orange juice and even Coca Cola are sources of potassium. Bouillon cubes mixed in hot water are a source of sodium. Remember that some of the signs of electrolyte imbalance are irritability, nausea and drowsiness.

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!

A-1 Home Health Care	800-259-0652	3223 1st Ave SE, Cedar Rapids
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

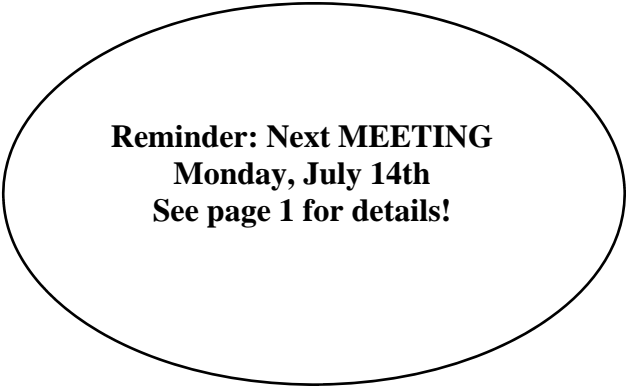
Crohn's & Colitis Foundation
800-343-3637 www.cdfa.org

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

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**Reminder: Next MEETING
Monday, July 14th
See page 1 for details!**