



SHORT CIRCUIT

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www.iowaostomy.org

Serving Ostomates of Eastern Iowa since 1972

October 2011

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, at www.iowaostomy.org, or [find us](#) on Facebook.



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, contact the UOAA at 800-826-0826, or at www.uoaa.org.

“Seize the Opportunity”

October meeting



The next meeting of the Cedar Rapids / Iowa City Ostomy support group is Thursday, October 20th, 2011 at St. Luke's Hospital in Cedar Rapids. We'll meet in Room 163 at 6:30 pm.

If it's been a while since you've been to a support group meeting, please consider attending on October 20th. We've had quite a few new ostomates at our meetings in the last several months. The opportunity to chat with an 'experienced' ostomate, and seeing firsthand what it's like to live with a stoma is one of the best benefits we can offer to 'beginner' ostomates.

Friends and family members are always welcome at support group meetings—please join us!



Message from our Coordinator

I'd like to start this *Message from the Coordinator* with an apology. I had hoped to spend part of the August support group meeting talking about our Visitor program. Our members really get a lot out of just talking to one another so I did not take up meeting time with a Visitor Training presentation as I had intended. I hope that those of you who attended were not unduly disappointed with the last-minute change in format.

Beginning with the October meeting, we'll be spending a few minutes each time talking about the responsibilities of and the training needed to be an ostomy support visitor. Our first session will review basic policies and procedures of the Visiting program.

Even though we didn't focus on the Visitor program last meeting, our group is no slacker when it comes to outreach. We were able to sponsor a camper to Youth Rally in San Diego this past summer. For over 30 years the Youth Rally has been a place for adolescents with ostomies and continent diversions, or who are

preparing for surgery, to come together and meet other young people who deal with similar life experiences.

The Youth Rally can have a profound impact on a young person's life, taking in young people at many ages and at varying stages of social development with the hope of producing confident young adults who are able to live independently despite any potential medical obstacles. I'm proud that our support group was able to support a young ostomate in that way.

We also assisted a couple of our long-time members to go to the 2011 UOAA national conference in Reno, NV in August. Bud and Jean Beck picked up a lot of wonderful information, along with a few ostomy product samples and other goodies which they brought from Reno to share with us. They did a great job of reporting on their conference experience for us at the August meeting.

Looking forward – Autumn is here and I love caramel apples! I'm not much of a football fan (not as long as my Tigers are still in the running for the World Series!) but I am glad to enjoy hot chocolate and hotdogs and be able to stay in the stands (and not in the bathroom.) As you cheer for your favorite team please keep in mind that as the year comes to a close our group will need to decide on leadership for the future.

Our group officers are *Coordinator* (organizes and presides over meetings; serves

as the main contact person for new ostomates), *Treasurer* (maintains the checkbook and all records; maintains the website and Facebook accounts), *Short Circuit editor/publisher* (puts together the newsletter and maintains the address contact list) and *Visitor Coordinator*, who makes sure any new ostomate who would like one receives a visitor.

For the past year our group has not had a Visitor Coordinator – a very important part of our group. Not only is visiting new ostomates a requirement of our affiliation with UOAA but it is a great way to get new faces to our meetings!

Please consider taking on any of the group tasks for the coming year. If you feel that you do not have the time or energy to take on the whole job, you are invited to join in on any task that interests you.

Our officers for 2012 will be elected at the Holiday meeting, to be held at Ryan's Buffet in Cedar Rapids on Monday, December 5th at 6:00 pm. We will gather in their party room to play silly games, have a white elephant gift exchange, and enjoy each other's company.

And, don't forget our October gathering at 6:30 on Thursday, October 20th at St. Luke's Hospital.

Thank you all for your support. *Kimberly*



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 5227
Coralville, IA 52241

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.

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

Kimberly Cay, Group Coordinator
319-210-7731 (evenings)
info@iowaostomy.org (email)

Vicki Kee, Treasurer
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Coralville, IA 52241
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vicki-kee@iowaostomy.org (email)

Carol Haack, Newsletter Editor
319-530-6749 (anytime)
info@iowaostomy.org (email)



Happy Anniversary to Us!

In 2012 the Cedar Rapids/ Iowa City Area Ostomy Support group will celebrate 40 years of supporting ostomates, their families and caregivers. We plan to have a picnic in the summer to mark the occasion, and are looking for volunteers to plan the event. If you are willing to be on the planning committee, please let Kimberly know.

We also want to feature a few of our long term and founding members in the *Short Circuit* during 2012, and we'd love to have some stories and a short history of the group. And, no matter how long you've been a member, we're interested in knowing what the support group has meant to you and how it's helped you on your personal journey to recovery.

You can submit something in writing, you can tell your story to Carol before or after one of the meetings, or you can arrange a time that we can chat on the telephone. We'd love to have your story!

THANK YOU to Bud and Jean Beck who shared with us at the August meeting some of the things they learned at the UOAA conference in Reno, NV. We got a chuckle out of Jean's comment that they could "eat lunch and talk about poop at the same time."

OUR SYMPATHIES to the family of Ellen Kelley who passed away in August. Ellen was a long time member of the support group and was the Treasurer for many years.

DONATED SUPPLIES from several sources were available free for the taking at the August meeting. Supplies left after the October meeting will be sent to the Friends of Ostomates Worldwide (FOW).

We are discontinuing the call list in favor of email **NOTIFICATION OF CANCELLED MEETINGS**. If you receive the *Short Circuit* via email, you are on the list to receive email notice of cancelations. If you suspect a meeting will be cancelled because of inclement weather but don't have access to email, just give Kimberly, Carol or Vicki a call to find out the status of the meeting. Phone numbers are at the bottom of page 2.

Get Ostomy Answers!

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. Published each March, June, Sept. and December.

Funding the UOAA. Subscriptions directly fund the only national organization providing vital information, resources, support and advocacy for ostomates in America.



The Phoenix

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Payable to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690



Name _____

Address _____ Apt/Suite _____

City _____ State _____ Zip _____

IMPORTANT DATES to REMEMBER:

Thursday, October 20th, 2011, 6:30 pm.

Support Group meeting

Room 163, St. Luke's Hospital, Cedar Rapids

Monday, December 5th, 2011, 6:00 pm.
(note earlier time!)

December Holiday Party and meeting Ryan's Buffet, 230 Collins Rd. NE, Cedar Rapids

Thursday, February 16th, 2012, 6:30 pm.

Support Group meeting

Wednesday, April 18th, 2012, 6:30 pm.

Support Group meeting

Saturday, May 5th, 2012

Ostomy Education Day at Mercy Medical Center in Des Moines.

Tuesday, June 19th, 2012, 6:30 pm.

Support Group meeting Fanning Room, Mercy Medical Plaza, 540 E. Jefferson St. (across from Mercy Hospital), Iowa City

Date TBA, July, 2012

40th Anniversary Celebration and Picnic
We are looking for volunteers to plan this!

Thursday, August 23rd, 2012, 6:30 pm.

Support Group meeting



Wednesday, October 24th, 2012, 6:30 pm.

Support Group meeting

Find us on Facebook!

The [Cedar Rapids/Iowa City Area Ostomy Support Group](#) is now on Facebook. "Like" us on Facebook to receive announcements, see our photos and participate in discussions.



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.

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

American Cancer Society

800-227-2345 www.cancer.org

Crohn's & Colitis Foundation

800-343-3637 www.ccfa.org

Friends of Ostomates Worldwide

www.fowusa.org

Osto Group free product for the uninsured
877-678-6690 www.ostogroup.org

United Ostomy Associations of America

800-826-0826 www.ostomy.org

Wound, Ostomy and Continence Nurses Society 800-224-9626 www.wocn.org



SEPTEMBER 2011 UOAA UPDATE PRESIDENT'S MESSAGE

Well, the 2011 Conference is over and in my humble opinion, I think the UOAA hit a BIG home run. From all the faces I saw and all the comments I have heard, everyone in attendance had a fabulous time, full of fun, entertainment and great educational sessions. Reno and specifically the Nugget Hotel was a perfect venue for our activities and we would like to thank them for their hospitality and attentiveness.

The sessions that were planned by our Conference Planning Committee were educational and the speakers were knowledgeable and imparted tremendous amounts of information to all of us. Our Planning Committee deserves a huge "thank you" for a job very well done.

We would specifically like to thank all the new speakers and new exhibitors who were in attendance and we hope that they will keep coming back to future UOAA Conferences. We would also like to extend our thanks to the returning speakers and exhibitors who year after year come out for UOAA and help us put on a great Conference.

The smiling faces that I noticed all throughout Conference were filled with joy and amazement and that was a priceless experience to witness. I have always said that Conference time is one where new relationships are made and where new friendships are developed. I encourage all of you who experienced this to further pursue these friendships throughout the year until the next time you will see your new friends.

The Exhibit Hall was filled with wonderful sponsors and it was great to see all the people go through the Hall and have their eyes open wide as they saw the new products that were displayed.

For those of you who undertook the Nu-Hope Fun Run early in the morning, I commend you for your dedication to health and fitness and for those of you who just enjoyed all the great food and drink in Reno, I also commend you for your total commitment to a gastronomic delight.

My personal thanks go out to all who helped in making this Conference a big success, from our

Conference Planners to our Speaker Coordinators to those behind the scenes who worked tirelessly making sure that all bases were covered. This could not have come off without your help and effort.

Finally I'd like to thank two organizations that joined us this year in Reno. Our thanks go out to UOAC (United Ostomy Association of Canada) who had representatives in Reno and to QLA (Quality of Life Association).

I had the pleasure of meeting and getting to know the officers of each of these groups and I'd like to say that I think we have forged new relationships with them. I look forward to many more collaborative efforts with these two groups and welcome them to join us in UOAA for new hurdles to jump over and new challenges to conquer.

Yes my fellow ostomates, we really did "Seize the Opportunity" in Reno and we made the most of that opportunity. The consensus of opinion is that each conference is better than the last so mark your calendars for August 7 - 10, 2013 when we're headed for Jacksonville FL.

To view the 2011 Conference Slideshow:
<http://vimeo.com/27670162> .

2011 UOAA WOC NURSE OF THE YEAR AWARD

It is our great pleasure to announce the WOC Nurse of the Year Award winner. Mary Malone, RN,BSN, CWOCN of Omaha Nebraska has been active in her local support group and was the President of the Nebraska WOCN group in 2007.

Mary has shown exemplary service to the Ostomy Community of Omaha and in addition to being an oncology nurse at Methodist Hospital she has had a private practice and most recently is the manager of the Wound Program at Jennie Edmundson Hospital in Council Bluffs IA.

We all appreciate the work that all ostomy nurses do to improve the quality of our lives and we salute Mary Malone, the 2011 UOAA WOC Nurse of the year.



UOAA LEADERSHIP AWARD WINNERS

Every other year the UOAA awards exemplary leaders in the Affiliated Support Groups. This year the winners are:

Leslee Hall from Clearwater Ostomy Support Group, Clearwater, FL

Bob Eicher from the Ostomy Association of Greater Chico, Chico, CA

Sandee Green from Inland Empire Ostomy Association, Riverside, CA

Ival Secrest from Southeast Arizona Ostomy Association, Sierra Vista, AZ

Congratulations to these outstanding leaders!

DICK TAYLOR WEBMASTER AWARD

2011 marks the first time that we have awarded the Dick Taylor Webmaster Award. The Webmaster Award goes to a deserving individual who has exhibited a dedication to their local support group by creating and maintaining an excellent website for their affiliated support group (ASG.)

This award was created in honor of Dick Taylor, the webmaster of the St Paul Ostomy Association for many years.

The 2011 Webmaster Award was given to **Robert Woodrow** of the Ostomy Association of Greater Orlando, FL. Congratulations to Robert for his effort and dedication to the ostomy community of central Florida. The website may be found at: <http://www.ostomyassociationofgreaterorlando.com/>

KEN AUKETT AWARD

The Ken Aukett Award was created in honor of Ken Aukett, co-founder and past president of the United Ostomy Associations of America. The award recognizes excellent leadership, vision and dedication to the mission of the UOAA. The 2011 Ken Aukett Award was awarded to **LeeAnn Barcus**, President-Elect of the UOAA.

THANK YOU FOR CONTRIBUTING TO A SUCCESSFUL CONFERENCE

We thank the following organizations for their sponsorship and support of the 2011 United Ostomy Associations of America conference in Reno, NV.:

Coloplast, Inc for sponsoring:

- * Nursing Course offering CEUs
- * First Timers Reception
- * Medical Chair, David Beck, MD
- * Focus Group and Luncheon

Edgepark Medical for sponsoring the Basic Ostomy Sessions.

Hollister for sponsoring the Fashion Show

Safe 'n Simple for the shirts worn by the Conference Planning Committee and the UOAA Management Board of Directors.

NPS for the Short Bowel Focus Group & Lunch

Convatec for the Tuesday night Gala

Ian Settlemire, editor of *The Phoenix* magazine, for sponsoring Dr Togami's participation at the conference.

International Ostomy Association (IOA), 20/40 Canada and Friends of Ostomates Worldwide (FOW) for sponsoring Ronaldo Lora's travel to the conference.

Thank you to all the exhibitors, speakers, volunteers and especially the attendees for making the 2011 UOAA National Conference a wonderful experience.

Enjoy the wonderful Fall weather, stay safe and healthy .

Dave Rudzin

President, United Ostomy Associations of America

UOAA Discussion Board

www.uoaa.org

Editor's note: The UOAA Discussion Board is one of several online resources for ostomates. Others will be highlighted in the coming months.

Whether you've had your stoma for a few weeks or many years, there is always someone on the UOAA's Discussion Board to chat with, answer questions, or share your frustrations. The UOAA's discussion board is divided into several forums ranging from general ostomy discussions to specific forums for parents, teens, continent diversions, etc. There is even a forum for topics "Beyond the Pouch."

You can get to the forum from the UOAA's website at www.uoaa.org. You can browse through the different forums, or you can search for a topic you are interested in. If you would like to post a comment or question, you'll need to set up a user name, a simple process that is completely safe to do.

Tender Loving Care – Your Stoma Needs it Too!

*via Northern Virginia, The Pouch, Edited by Bobbie Brewer, UOAA
UPDATE 9/2011*

Most ostomy patients would agree that there is no substitute for TLC. That is one of the reasons that the specialty of ostomy nursing exists. It ensures that nurses with a special sense of caring and with special education are taking care of the ostomy patient's needs. Once you are discharged, remember that your stoma needs TLC also. A few pointers might be helpful.

Generally speaking, it is good to set aside a time for giving priority to stoma care. It might be during your morning shower, after breakfast, or at bedtime. It's important to make it fit into your routine.

Don't change your schedule for the stoma. Make it change for you. Having a regular time for pouch changing, etc. helps put some order into your schedule. It will also ensure that leakage or other problems can be kept to a minimum. If you know that your pouch always leaks on the fourth morning for instance, then begin changing it on the third night, if that time is convenient.

Don't be rough with your stoma. It's not unusual for it to bleed a little when washed. Just be careful not to be too brisk with the washcloth or whatever you use, as that might cause excessive irritation.

Eat a well-balanced diet; following special instructions from your physician, dietician, ostomy nurse, etc. Drink sufficient water and fluids unless you are medically restricted. Persons with ileostomies and colostomies should chew their food very well. Avoid eating too many hard to digest and gaseous foods at one meal.

Urostomy patients need to be sure to have sufficient fluids, unless told otherwise by the doctor, as fluids help prevent infections. Rinsing the pouch daily with a solution of 1/3 white vinegar and 2/3 water helps prevent crystals from building up on the stoma, and the wash will also keep the inside of the pouch acidic. Acid conditions prevent growth of bacteria.

Patients can usually shower with the pouch off or on unless instructed otherwise. Water will not hurt the stoma.

Peristomal skin especially needs TLC. A properly fitting pouch, changed regularly, usually accomplishes this. Never tape the pouch if it is leaking. Change it!! If you have frequent leakage and have to change too often, call your ostomy nurse to make an appointment for re-evaluation. Perhaps another type of pouch would be better suited, or perhaps your stoma and peristomal skin need re-assessment. There might be some new products that will work for you. Don't hesitate to make an appointment.

Skin Rashes Around the Stoma

*By Carla Mellon, RN, CWOCN, Edited by Bobbie Brewer, UOAA
UPDATE 9/2011*

There are several different types of rashes or skin breakdown that can occur around the stoma, under the pouch seal. Some of the more common types are:

Urinary stomas can develop skin breakdown as a result of urine being in contact with the surrounding skin for an extended period of time. This will cause the skin to develop an overgrowth of tissue (hyperplasia) which may be referred to as "urine crystals". The urine may even feel grainy in the pouch. This is very painful.

Articles of Interest... Newsletter articles obtained from various sources. If necessary, please check with your health care provider before using these tips.

Treatment begins with correcting the cause: these causes may be pouch opening size, wear-time, it may be that convexity is necessary to prevent leaking under the pouch seal, or adding an ostomy belt. Vinegar soaks 2-3 times per day are also recommended in severe case to breakup the crystals.

Ileostomy stomas usually develop skin breakdown as a result of stool being in contact with the surrounding skin. This can happen fast. Early symptoms include burning and itching under the pouch adhesive.

Again, treatment begins with elimination of the cause. Steps to eliminate leakage and/or stool undermining or pooling under the adhesive must be taken. Barrier rings, strip paste, convexity, belts, etc., are just a few of the additions to the pouching system that may be needed in order to secure a good seal.

The skin also will need to be treated with a barrier powder (stomahesive, premium, karaya) and sealed with a sealant (No-Sting) to provide a dry pouching surface for the adhesive since the skin is likely weeping.

This situation also predisposes the patient to a yeast or monilia rash, characterized by a fine bumpy red rash usually along the edges of the redness. This must be treated with an antifungal powder. The antifungal powder can be used with the barrier powder or alone. It too must be covered with a sealant (No-Sting). Monila/yeast rashes may also be present without any other pouching or skin care issue. This is typical in the summer with heat, or when patients have been on antibiotics.

Colostomy stomas are also subject to monilia/yeast rashes as well as skin breakdown associated with stool being in contact with the skin. See treatment above under ileostomy stomas.

All stomas are subject to allergic reactions associated with the adhesives on the pouching system or any product (cleanser, skin-prep) that you are using on your skin. Even if you have been using the same pouch, or product for years, you can develop allergies to any product.

The only solution is to change pouching systems/products and find one that you are not allergic to. I often use *Kenalog spray* (prescription) to decrease the inflammatory process and provide pain relief until the offensive agent can be identified and eliminated.

Too Much of a Good Thing

(taken in part from an article by Sharon Williams, RNET)
Edited by Bobbie Brewer, UOAA UPDATE 9/2011

Many accessory items have been developed to take care of specific needs. Ostomates should determine which items are best for their ostomy management... remember there can be too much of a good thing. Here are a few hints to remember to help achieve a successful ostomy management system.

Keep it simple. Do not use extra adhesive or other skin-care products, etc., unless absolutely necessary. Sometimes, extra products actually interfere with pouch adhesion or create skin problems. Plain water is still the best cleaning agent for skin around the stoma.

Do not continue to use therapeutic products after the problem has been solved. As an example: *Kenalog* spray and *Mycostatin* powder should not be used routinely when changing the pouching system. These products are prescribed for particular skin problems.

Kenalog is usually recommended for its anti-inflammatory effects and symptomatic relief of the discomfort associated with skin irritation. However, continued and prolonged use of *Kenalog* after the problem is resolved may lead to thinning of the outer layer of skin, thus making it more susceptible to irritations. *Mycostatin* powder is useful for yeast infection. However, using *Mycostatin* after the infection clears serves no purpose.

Seek Advice. See your physician or WOC Nurse (ostomy nurse) if you find yourself a victim of this syndrome. They can provide assistance in selecting the most appropriate and economical ostomy management system for your needs.

Stress and Intestinal Gas

Edited by Bobbie Brewer, UOAA UPDATE 9/2011

Stress is the cause of one of the most common gastrointestinal complaints. Flatulence occurs in people during stressful situations. When people are under stress, breathing is deeper and one sighs more, encouraging a greater than normal intake of air.

Dr. Richter, a gastroenterologist at Massachusetts General Hospital, states that the average person

belches about 14 times a day (*GI Series Newsletter*, Vol. 1, No. 4). The person with a flatulence problem does not belch more often. However, they may experience the sensation of needing to belch and get little relief from doing so. Here are some ways to relieve gas:

- Avoid heavy, fatty meals, especially during stressful situations.
- Reduce the quantity of food consumed at one sitting. Eat small low-fat meals about every three hours.
- Avoid drinking beverages out of cans or bottles. Avoid drinking through a straw.
- Avoid foods and beverages you personally cannot tolerate.
- Avoid any practice that causes intake of air, such as chewing gum, smoking and blended foods that contain a lot of air.
- Drink at least 8 glasses of water a day.
- With the advice of your doctor and/or WOC Nurse (ostomy nurse), experiment with foods in your diet to achieve adequate bowel regularity.
- Avoid eating too many fiber foods in one meal. Gradually add fiber foods in your diet to prevent excessive intestinal gas.
- Avoid skipping meals. An empty bowel encourages small and gassy stool.

Poor digestion can often exaggerate the symptoms associated with flatulence. Digestion enzymes aid in food assimilation and chemical digestion. Enzyme supplements should always be taken immediately before or after eating. Food coats the stomach and helps prevent gastric juices and acids from destroying the enzyme action.

Abdominal Noises

Edited by Bobbie Brewer, UOAA UPDATE 9/2011

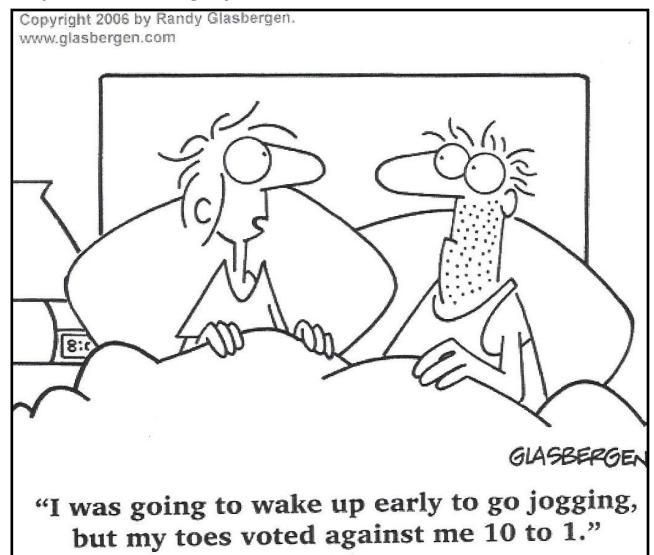
Rumbles and grumbles, growls and howls are such noises that come from the abdomen. Since it happens to everyone, you would think we could just laugh it off or ignore it, but instead, we are embarrassed and as

ostomates, we wonder if something is wrong. However, it is usually sound and fury signifying nothing important.

Any of the following may be the cause:

- You are hungry. Peristalsis goes on whether there is anything to move or not.
- You are nervous, so peristalsis is increased.
- You have been drinking coffee, tea, cola or beer, all of which stimulates peristalsis. Since these are often consumed on an empty stomach, they produce gurgles as peristalsis redoubles its movement.
- You may have been reading about lowering cholesterol by eating a high fiber diet and added these foods. Digesting fiber produces gas, so rumbles increase.
- You may be eating too many carbohydrates. The intestines do not digest starches and sugars as easily as proteins and fats. Some of the culprits are often lactose (a sugar in milk); Sorbitol (a sugar-free sweetener; Stachyose and Raffinose (sugar in dried beans).
- You may be swallowing air, eating too fast, or talking while you eat. Swallowing air creates grumbles and growls as it is moved along the digestive tract.

Prevention: Eat a light snack between meals if you are hungry, eat smaller, more frequent meals and eat slowly and don't gulp.



**Cedar Rapids / Iowa City
Area Ostomy Support Group #171, Inc.
P.O. Box 5227
Coralville, IA 52241**



**Next Meeting
Thursday, October 20, 2011
St. Lukes Hospital
Room 163
Cedar Rapids, IA
*Family and Friends welcome!!***