



SHORT CIRCUIT



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SEPTEMBER 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.

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.

SEPTEMBER

Meeting Date: Thursday, September 25, 2003
Time: 6:30pm
Place: Schwartz Center at St. Luke's Hospital, Cedar Rapids
Topic: Options for and control of gas build-up in pouches

OCTOBER

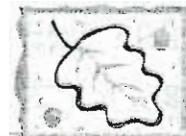
Meeting Date: Thursday, October 23, 2003
Time: 6:30pm
Place: Fanning Room, Mercy Medical Plaza-lower level, Iowa City
Topic: Erin Hawley from Convatec will be sharing new and old products

DECEMBER

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

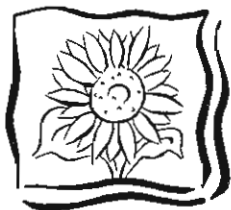
Please note that there are currently no scheduled events in November. We will update you either by newsletter or post-card if there are changes.

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



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.cafa.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





Product Information

Products at Fifth Avenue Medical that aid in the control/elimination of odor related to an Ostomy Pouch

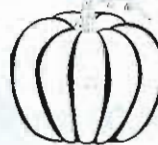
- Coloplast: Filtroodor: Gas filters for pouches
- Hollister Replacement Filters: Gas filters for pouches
- Osto-EZ-Vent: Ostomy Pouch Venting System
- Hollister M-9 Drops: Odor eliminator drops
- Hollister M-9 Spray: Odor eliminator spray
- Convatec & Hollister: Pouches with gas filters



Positive Thoughts

Inspiration comes from watching others. Motivation comes from within.

~Author Unknown



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

July 24th 2003 UOA Meeting Minutes

Meeting and lunch at Bishop's Lindale Mall was called to order by Marilyn Cermak at 1:00pm.

Business: We sent \$300.00 for Laura Phearman, RN, for the UOA Rally.

Motion was made to clarify the motion for the donation made to UOA Youth Rally by Mike Hodina and seconded by Bud Beck.

Keith Carlson is still president of the Waterloo Chapter. He resigned from the National Level of the UOA.

Treasury Balance: \$726.35

Openings for Treasurer and Vice President still open. Please contact officers if interested.

Next meeting: September 25th at St. Luke's Hospital in Cedar Rapids.

Guest speaker: Diane Humphrey, representative from Hollister.

Diane Humphrey presented an exciting view of new products available from Hollister.

ADAPT PASTE: Red cap E-Z squeeze tube

BARRIER RINGS: (4 sizes) Use ring instead of paste

M-9 DROPS: Use 8-12 drops—changes chemistry of atmosphere in pouch, odor eliminator

M-9 SPRAY: air borne spray deodorant (non-covered by Medicare), apple scent

NEW IMAGE Two Piece with LOCK N' ROLL CLOSURE SYSTEM: New Image drainable pouches have replaced clamps with a more secure, cleaner, easier-to-use closure system called Lock N' Roll

NEW IMAGE Two Piece Pouching System Now with Tape: Floating Flange, Flat Cut to Fit Skin Barriers in FlexWear (standard wear) and FlexTend (extended wear) styles; available in 3 flange sizes; porous cloth tape, one step release liner

NEW IMAGE POUCHES: Soft Comfort-wear panels. Odor Barrier-Rustle Free Pouches. Closed, urostomy, and drainable (filter option) pouch styles

***Filter pouch—for New Image only; film on inside, only lets gas pass through will not fail when wet; filter lasts 3 days

***Backing is 100% cotton front and back, quiet film

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Sample of the new Hollister products were available to view. These products are available to order at Medicap on Johnson Ave NW, ask for Jane. These products are also available at Fifth Avenue Medical.

Our meeting was made complete with the famous Gene Hinkel whistling "Amercia the Beautiful!"

Respectfully,
Jane Pasterski, Secretary

Another Side of the Story

If anyone walked a mile in the shoes of an ostomate, how would they feel? What does having an ostomy mean to you? Survey says: good health, no pain, belonging to a group of strong, caring and compassionate people—ostomates, savvy individuals who've learned how and where to get and share knowledge, help, humor, and hope. Okay, there hasn't yet been a comprehensive survey. Are you living as actively as you'd like to? If not, why? An ostomy is merely tissue that's been surgically, relocated and designed to function smoothly. If even a temporary ostomy doesn't work correctly and trouble-free, it may only need a little extra attention and care. You and your ostomy deserve the time necessary to be taken care of really well. After that, let your heart and brain

take charge. Living through health problems that led to ostomy surgery, you no doubt gained strength and fortitude. Your ostomy won't break and neither will you. You might develop feistiness and greater determination. You may also discover bad hair days are more likely than bad ostomy days especially in a tropical, humid climate, during blistery winters, or in the windiest rainstorms. If you're not sure whether an activity is medically or physically all right for you to do, before you stop yourself from trying, ask your physician and WOCN (Wound Ostomy Continence Nurse) if actual medical or physical restrictions prevent you from participating in or learning a new activity. Ostomies don't prevent work, traveling, living anywhere, swimming, scuba diving, hiking, or water skiing. Don't allow inaccurate information or a negative attitude from preventing you from doing what you want. Adjust your attitude with realistic information. Just as you adapted to the ways your body changed as you were growing up, as an adult, you can adapt again and resume living as millions of other ostomates have done. Learning how to take care of an ostomy is not as difficult as originally learned... earlier that you may remember...to walk, or later perhaps learning to drive a car, to wear contact lenses or bifocals. Ask questions. Terrific at sharing information, ostomates are resilient, inventive, practical, and

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creative. At ostomy association meetings, notice how well people look. That's due to deliberate effort and an optimistic attitude. Give yourself the same quality of care you expect from your doctors. Don't ask less of yourself. Having an ostomy might mean better health now, and living longer. Decide each day what you'd like to do. Socialize with other people, or spend time alone. Count on the people most important to you to remain loving and supportive. Call people you'd like to see. Let your family and others know when you want them to join you in various activities. Don't think or expect the worst from anyone, including yourself. An ostomy gives you health and options. Consider the Spanish Proverb: Living well is the Best Revenge. Live well! (Two recommended books provide valuable information. In The Ostomy Book, Barbara Dorr Mullen and Kerry Anne McGinn, R.N. present basic information about all three types of ostomies, (colostomy, urostomy, and ileostomy), and tips about best ways to return to good health following surgery and continuing to feel well after ostomy surgery. Maureen Bender wrote A Secret No More about her experiences as she resumed working, dating, and started an exercise program for ostomates.)

*From Evansville, Indiana Chapter Newsletter
By: Lynne Rich, Ph.D. Broward Ostomy Association
Via: Hemet—San Jacinto, CA*

How Long Will You Live

Well, prepare, for good news! There have been only a few long-term studies of the postoperative life of people with an ostomy. The findings that have been made known were mainly done since the 1990's. What do you think is the ultimate outcome? What may a person with an ostomy expect in terms of health and life expectancy?

The studies that have been done indicate that the health of a person with an ostomy is exactly the same as that of anyone else. And, of more importance, there is no difference in their life expectancy from the general population. Every part of the intestinal tract works in harmony, so it might be expected that the removal of one part, such as the colon, might affect the rest. But the studies reveal no indication of this. Diseases of the intestinal tract such as gallstones and peptic ulcers are not found to be in higher incidence after ostomy surgery. There is, however, an increase in the formation of kidney stones in the ileostomate, possibly because of the increase in the absorption of certain chemicals that stimulate the formation of stones.

There is an enormous amount of data, which indicates that women with ostomies have no more problems with their pregnancies than women without ostomies. The gastroenterologist's major thrust in therapy has always been through the patient's diet. In recent years, however, it has been found that diet really has small value in most gastrointestinal conditions.

According to dietary studies, there is no one food that affects a person with an ostomy out of proportion to other foods. To sum up, I would say that the diet of the person with an ostomy should be a normal diet and that the outlook for his or her health is on par with that of the population as a whole.

*From Chicago's North Suburban Chapter of the UOA
Chapter Newslett, "The New Outlook"*

Additional Information

Medicare Coverage MONTHLY ALLOWABLES

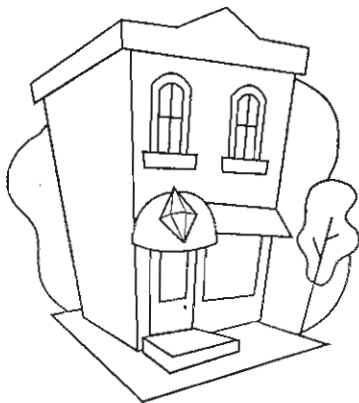
- Drainable Pouches: 20 per month
- Urinary Pouches: 20 per month
- Closed pouches: 60 per month
- Irrigation sleeves: 4 per month
- Solid skin barriers and skin barriers with flange: 20 per month
- Ostomy belts: 1 per month

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 Meetings

Thursday, September 25, 2003

We will be meeting at 6:30pm in the Schwartz Center at St. Luke's Hospital in Cedar Rapids on this date to discuss options for and control of gas build-up in pouches. Frank from Flat-D Innovations, Inc. will bring products that serve as an option for the control of gas odor in pouches. Please feel free to bring any questions that you may have.

Thursday, October 23, 2003

We will be meeting at 6:30pm in the Fanning Room at Mercy Medical Plaza, lower level, in Iowa City. The presenter will be Erin Hawley from Convatec. She will be sharing both new and old Convatec products. Please bring any questions that you have whether you are a current Convatec user, or would like to see what Convatec has to offer.

THANK YOU