



SHORT CIRCUIT



SHORT CIRCUIT

SEPTEMBER 2005 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@ihip.org

Thank you to our Officers:

Marilyn Cermak, President
 Jane Pasterski, Secretary
 Carol Haack, Treasurer

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 29, 2005
 Time: 6:30pm
 Place: St. Luke's Hospital, Cedar Rapids
 Schwartz Center
 1026 A Ave. NE
 Cedar Rapids, IA 52402

DECEMBER

Function Date: Thursday, December 15, 2005
 Time: 11:30am
 Place: Bonanza Family Restaurant
 3505 16th Ave. SW
 Cedar Rapids, IA 52404

Please note that we will continue to get together four times a year to have discussions about things that work for people with ostomies, challenges that ostomates face, and to discuss new products.

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

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 1-800-826-0826
www.uoa.org (available until September 30, 2005)

UOA E-MAIL uoa@deltanet.com

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





JOIN
US!

Upcoming Cedar Rapids/Iowa City Area Ostomates' Meeting

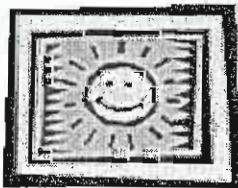
**Where: St. Luke's Hospital
1026 A Ave NE
Cedar Rapids, IA 52402**

**When: Thursday,
September 29, 2005**

Time: 6:30pm

Topic: Customizing Ostomy Pouches to meet Individual Needs

- Custom features of ostomy pouches to meet individual needs
- Custom features of ostomy pouches to meet individual needs
 - Filters
 - Closure systems
 - Convex vs. non-convex

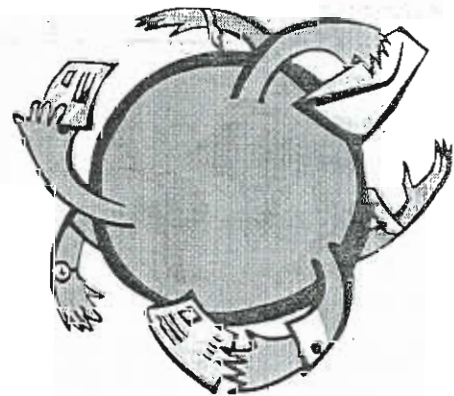


Looking for a Place to Donate Old Ostomy Products that you no longer have a use for?

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



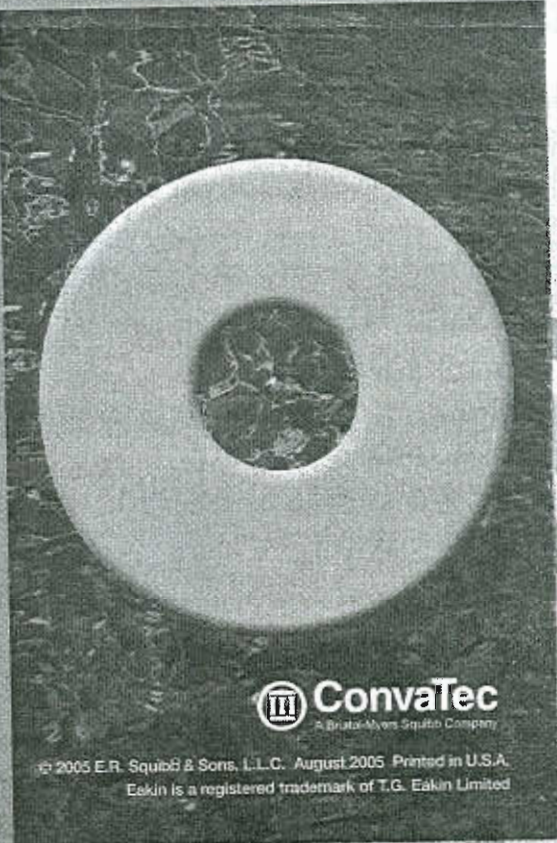


If worry about wafer
security
has left you in a
sea of
doubt...

here's your
life preserver.

EAKIN
COHESIVE SEALS

For more information, call 1-800-422-8811
or visit us at www.convatec.com



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Minutes of October 28, 2004 UOA Meeting

UOA, Iowa City Iowa Area Chapter 0206 meeting was called to order Thursday, October 28th by the president, Marilyn Cermak at Mercy Medical Plaza, Scanlon Room, 540 E. Jefferson St., Iowa City, IA.

Mary McCarthy organized meeting. Guest speaker was introduced by Lori Drabek, CWOCN. Dr. Peterson, spend 28 years in the Military, retired, and has been in Iowa City for 4 years as a general surgeon. He is originally from Southwest Iowa. Dr. Peterson led a discussion and answer session that included surgical repair of ostomate hernias.

Discussion included:

- Number of ostomy sugeries at Mercy Hospital per year
- Causes of hernias
- Holes in abdominal wall
- Alternative surgery methods, lapiscopically, surgical choices
- Risk factors
- When to avoid surgery
- Scar tissue
- Adhesions
- Family history
- Diverticulitis, Ulcerative Colitis, and Chronn's Disease
- Spousal help
- Cretivity for handling ostomy challenges
- Irrigation

Prevention

- Colonoscopy preparation different methods
- Citrate of Magnesia
- Golytely
- Dulcolax

Thank you Dr. Peterson for a most informative meeting.

Continued

Carol Haack shared some experiences she has had working for the Linn County Rescue Diving Team. She also mentioned a no-sting barrier wipe by 3M reasonably priced. Carol has graciously volunteered to be our Treasurer.

Ellen Kelley and her daughter Colleen made a surprise visit. It was so nice to see how well she is doing. Mary McCarthy improved attendance significantly by placing the meeting announcement in the Cedar Rapids Gazette and the Iowa City Press Citizen.

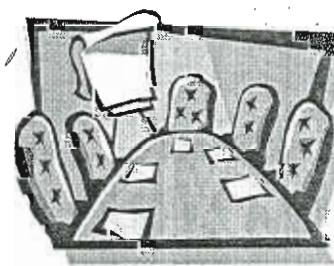
We are still looking for a Vice President to step forward. [Please note that this is no longer the case as we no longer have officers.]

Next Meetings:

February 24, 2005 at 6:30pm at University of Iowa Hospitals and Clinics, Iowa City, IA
April 3, 2004 at 11:30am at The Longbranch in Cedar Rapids, IA; Jean Beck has made reservations. Please call Marilyn (319)337-2466 or Jean Beck (319)393-0587 with RSVP for Brunch attendance.

Treasurer Balance: \$818.45

Respectfully,
Jane Pasterski



Minutes of June 23, 2005 UOA Meeting

We are sad to say since 1972, this is the last meeting of the Iowa City Area Chapter 0206 UOA Meeting. Marilyn Cermak, President, called our meeting to order at Mercy Medical Center in Cedar Rapids, June 23, 2005.

The UOA Board of Directors has made a decision to cease operations of the United Ostomy Association, Inc. as of September 30, 2005. This decision was reached after months of research, evaluation, and consideration of numerous alternatives. Ultimately, dissolving the UOA was realized as the only option. (see letter in next column, or you can find it at www.uoa.org)

The topic for our meeting was discussion of the future of our local association. We discussed the need for an ostomy support group. We need to educate and help improve the quality of life for people with ostomies. We also need to provide mutual support and comradery for fellow ostomates. We had decided to continue to meet quarterly with meeting to be announced. We elected to name our organization the **Cedar Rapids/Iowa City Ostomate Support Group**. September 29, 2005 will be the next meeting at St. Luke's Hospital. New products will be the topic. The Short Circuit will continue to be published quarterly by Fifth Avenue Medical.

Carol Haack volunteered to bring any ostomate to Cedar Rapids for our future meetings. Carol had volunteered to be our Treasurer at our last meeting. Carol is a scuba dive master and novice canoe paddler. Carol says it's not a big deal to have an ostomy, life goes on. She finds a way to do all her normal activities she did before her surgery. She also published several articles in the Ostomy Quarterly.

Respectfully Submitted,
Jane Pasterski



Letter from the United Ostomy Association, Inc.

(Retyped for those of you that have not seen this. It can be accessed on the UOA's website at www.uoa.org)

June 2005

Dear UOA Member:

The UOA Board of Directors has made the difficult decision to cease operations of the United Ostomy Association, Inc. as of September 30, 2005. This decision was reached after months of research, evaluation and consideration of numerous alternatives. Ultimately, dissolving the UOA was realized as the only viable option.

UOA was founded to help improve the quality of life for people with intestinal or urinary diversions. Initial objectives were to improve medical and nursing care and ostomy products and to provide mutual support. In many significant ways, all of these goals have been achieved and we can be proud of our success. We have helped hundreds of thousands through the UOA Visiting Program, local chapters/satellites, www.uoa.org and the UOA National Conference. We should all be pleased with what UOA has accomplished since its inception in 1962.

Much has changed in 43 years: advances in medical science, ostomy supplies and electronic communication have created less need for our programs and services. A declining membership base, inadequate financial support and increasing operating costs have also plagued our organization for several years. **Our complete range of support, programs and services will be offered through the national office until it closes on September 30, 2005.** Please continue to support the 2005 UOA Youth Rally and come celebrate 43 years of success with us at the last UOA National Conference in Anaheim, CA this August 3-6. The final issue of the *Ostomy Quarterly* magazine will be mailed this October.

We hope that you will continue to work with your local support group to help future ostomates in your community. Thank you for your support these past years.

Sincerely,
The UOA Board of Directors

Please Note:

It was decided that we will continue to meet on a quarterly basis in a more informal setting. These gatherings will be an opportunity for our group to gather and share helpful tips; swap supplies that we are no longer using, or that do not work for an individual; and just a chance to catch up with one another.

A tentative schedule for these gatherings has been organized by Fifth Avenue Medical based on feedback from the meeting on 6/23/05 and includes get togethers at Bonanza Family Restaurant in Cedar Rapids and Pizza Ranch in North Liberty. Keep watching your newsletter for details!