

Affiliated
with...



SHORT CIRCUIT

Cedar Rapids / Iowa City Area Ostomy Support Group #171, Inc. — an affiliate of UOAA, Inc.
Our 49th Year! Serving Ostomates of Eastern Iowa since 1972 www.iowaostomy.org June 2021

Welcome!

The Cedar Rapids / Iowa City Area Ostomy Support Group is dedicated to providing information, advocacy and service to our members and their caregivers. We also include the intestinal and urinary diversion community at large.

Who is U.O.A.A.

The United Ostomy Associations of America is a 501(c)(3) non-profit organization. The UOAA serves to unify and strengthen ostomy support groups in America.

UOAA services include:

- Advocacy
- Non-profit Status
- Conferences
- ThePhoenix magazine
- Toll-free Help and Referral Line
- Special Interest Groups
- Ostomy Community Liaison

For more information, contact the UOAA at 800-826-0826 or visit their website www.ostomy.org.

From the Coordinator:

Hello everyone!

I am excited to announce that we can attend our June meeting at Mercy Iowa City IN PERSON!!! I also have a presenter for that night so you will be able to join via zoom as well as promised. This one is on hernia prevention by Safe and Simple. We are not in our normal room - so directions are later on in the newsletter. I bet you are wondering about masks though. I was told you must wear them walking through the hospital but once in the room it is at your discretion. I would say we follow DCD recommendations - and if vaccinated you can remove if you feel safe.



Those of you that missed our May presentation by Stomagenics - you missed a great product presentation. These little 'cartridges' look to be super helpful and the WOC nurses on the call were super excited already thinking about patients that have skin issues. They will allow your skin to breathe and you can hold this 'cartridge' over your stoma to catch output and give skin some air time to dry up. The most amazing part - they are covered by insurance and you can get 31 ... yes 31 for the month. One other product they have - SecurPress which you can use for a better seal on the wafer. You can check out both these products here ... <https://stomagenics.com/solutions/> I can also pull this up the night of the June meeting as well if anyone wants more info. They even sent us a code to try 5 'cartridges' free - that code is CEDARRAPIDS.

I sure hope to see some of you in person at the meeting. I can't guarantee I'll bring supplies to share but if I get it together we may have some of that there. I also have several magazines and such to look at if you would like as well.

Best Regards,

Gina Carlile

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. All of our meetings will have a question and answer session with one of the local WOC nurses. Meetings can include potential new product demonstrations, guest speakers, and insurance company speakers. Families and friends of ostomy and intestinal diversion patients are always welcome to attend.

For more information about the local chapter, contact us at 319-775-0175, online at www.iowaostomy.org, or find us on Facebook at Cedar Rapids/Iowa City Area Ostomy Support Group.

Need a Wound/Ostomy Continence Nurse (WOCN)?

St. Luke's Hospital
Cedar Rapids, IA
Ostomy Clinic
319-368-5582

University of Iowa
Iowa City, IA
Nurse Line
319-356-7994

Mercy Medical Center
Cedar Rapids, IA
Healing Center
319-398-6400

Mercy Hospital
Iowa City, IA
Wound Center
319-339-3967

Regional Medical Center
Manchester, IA
Wound Clinic
563-927-7511

Buchanan County
Health Center
Independence, IA
Wound Clinic
319-332-0999

Get Ostomy Answers!

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 and more.



Subscriptions directly fund the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

The Phoenix ORDER FORM

Money Back Guarantee!

One-year subscription \$29.95 Two-years for \$49.95
Payable to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

Name _____
Address _____ Apt/Suite _____
City _____ State _____ Zip _____

The SHORT CIRCUIT is the official newsletter of the Cedar Rapids/Iowa City Area Ostomy Support Group #171, and is published 7 times per year.

MEMBERSHIP is open to ostomates along with their families, friends and caregivers. Dues are \$10 per year and include an email subscription to the SHORT CIRCUIT newsletter. Copies are also available free on our website at www.iowaostomy.org.

Don't have email? To subscribe to the printed edition of the newsletter there is an additional \$10 charge per year (to cover the costs of printing and mailing).

Membership dues and print subscription fees are collected on the honor system. If you are reading this newsletter you are considered a member even if you are not able to attend meetings. Your membership fee is tax deductible and will help support educational activities for ostomates in eastern Iowa. Send membership dues and printed subscription fees to Vicki Kee, P.O. Box 5227, Coralville, IA 52241

Your AmazonSmile impact

Your orders that have supported charity

Remember, only purchases at smile.amazon.com (not www.amazon.com or the mobile app) support charity.



Your total orders

42 orders

Every little bit counts

When millions of supporters shop at smile.amazon.com, charitable donations quickly add up.



You have generated

\$8.37



Your current charity
United Ostomy Association of America Inc
has received

\$70.45

Your current charity

[Change charity](#)

United Ostomy Association of America Inc

Location: Coralville, IA

Support your favorite charity at no extra cost when you shop at smile.amazon.com

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DONATE PET SUPPLIES

Explore Charity Lists



Are you an online shopper? Specifically - are you an Amazon shopper? Did you know that you can help support our support group by changing the way you shop on Amazon? By simply using smile.amazon.com you too can make a difference. Once you login with this link - all you have to do is a one-time setup for donations to go to United Ostomy Association of America - located in Coralville, IA. The site works exactly like the normal Amazon site. Please consider making this small change and add to the donations you see above.

Officers of the Cedar Rapids / Iowa City Area Ostomy Support Group

Gina Carlile, Support Group Coordinator

Vicki Kee, Treasurer

Newsletter Editor

PO Box 5227

New Ostomate Support Visitor

Coralville, IA 52241



Upcoming Meeting Info

Thursday, June 17, 2021

**In-Person and VIRTUAL Support Group Meeting @ 6:30 pm
Mercy, Iowa City - Classroom 4 of Education Center.
Signs will be posted - directions on page 4.
AGENDA: Speaker - Safe and Simple - Hernia Prevention**

Tuesday, August 17, 2021

**Support Group Meeting @ 6:30 pm
Mercy Cedar Rapids - Meet in Training Room B. Park in the ramp
at the east end, and enter the main doors by the Gift Shop.
Take elevator to lower level.**

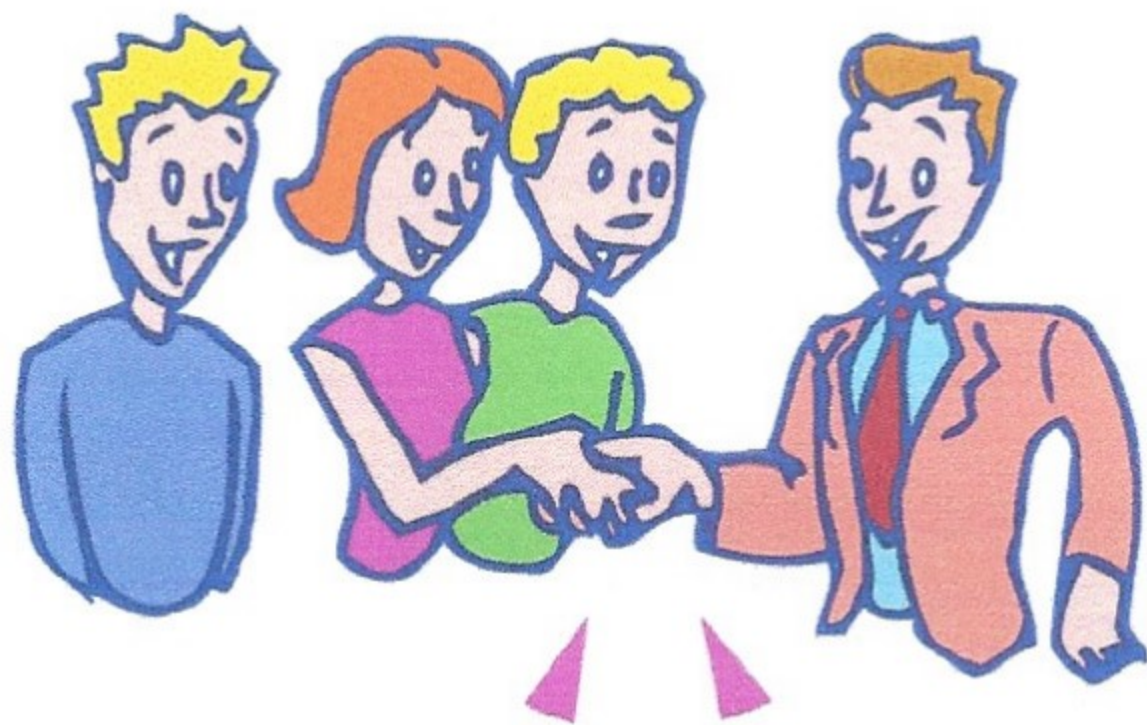
Tuesday, September 21, 2021

**Support Group Meeting @ 6:30 pm
University of Iowa, Iowa River Landing - Ask at desk for room.
AGENDA: Speaker - Nutrition Services**

Thursday, October 21, 2021

**Support Group Meeting @ 6:30
Schwartz C - behind gift shop still - just further down the hall
(towards Coe College)**

Meeting cancellations — If it becomes necessary to cancel a support group meeting due to weather conditions, the information will be posted on our website: www.iowaostomy.org. If you receive the Short Circuit via email, you will also receive an email notice of cancellations. If you suspect a meeting will be canceled because of inclement weather but don't have access to email, just give the group number 319-775-0175 a call to find out the status of the meeting.



Zoom Meeting Info

Support Group Meeting - Hernia Prevention

Jun 17, 2021 06:30 PM Central Time (US and Canada)

*Note meeting will open early for trouble-shooting

Join Zoom Meeting

[https://zoom.us/j/6129562604?](https://zoom.us/j/6129562604?pwd=TkdJVXFmSGwrMHp3SG1HT2J1Q2Mydz09)

[pwd=TkdJVXFmSGwrMHp3SG1HT2J1Q2Mydz09](https://zoom.us/j/6129562604?pwd=TkdJVXFmSGwrMHp3SG1HT2J1Q2Mydz09)

Meeting ID: 612 956 2604

Passcode: 623449

One tap mobile

+13126266799,,6129562604#,,,,*623449# US (Chicago)

Dial by your location

+1 312 626 6799 US (Chicago)

Meeting ID: 612 956 2604

Passcode: 623449

Find your local number (if outside of Chicago timezone):

<https://zoom.us/u/abDzBARweT>

UOAA Presents Ostomy Academy! A quarterly online educational seminar designed to bring trusted and comprehensive ostomy information to all members of the ostomy community. Top experts, medical professionals, and experienced ostomates will focus on a new series of quality of life topics in each presentation with special attention given to emotional well-being strategies.

If your group or members can't catch the event live no worries, We'll share an online recording of the broadcast after the event.

Visit www.ostomy.org/ostomy-academy to register and learn more about these upcoming webinar events.

June Event - hydration, nutrition and physical activity

IN PERSON Parking Directions: Park on the North side of the hospital along Bloomington St or North Van Buren only. **Do not park in the ramp after hours, the hospital entrance from the ramp is locked. Please do not park in the Emergency Room parking lot or the Emergency Room Street parking.**

IN PERSON Directions to room: You will need to enter the building through the Emergency Room (ER) Entrance located on the corner of Bloomington Street and Gilbert Street. **Enter the hospital through ER entrance. This is the only entrance open to the public after 5 pm.**

Proceed straight down the hall past ER until you see an elevator on your LEFT. Just past the EEG/Sleep lab area.

Take the elevator down to level 1.

Exit the elevator and make left hand turns following the hallway to the last classroom on your right.

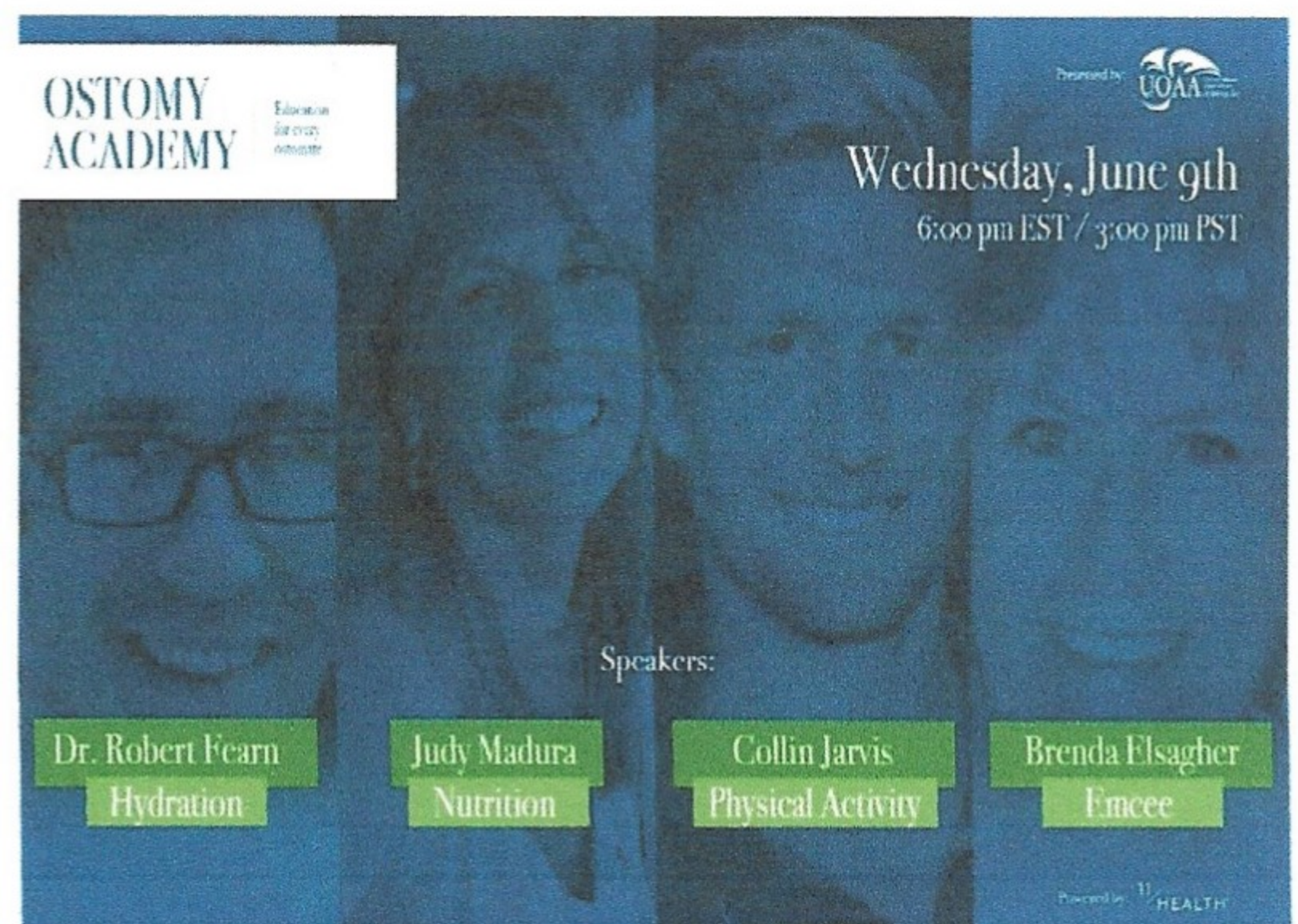
Signs will be posted as well for you to follow.

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June Event - hydration, nutrition and physical activity



The poster features a blue background with four speakers' faces. The text includes the event title, date, time, and speaker names with their topics.

OSTOMY ACADEMY Education for every ostomate

Presented by **UOAA**

Wednesday, June 9th
6:00 pm EST / 3:00 pm PST

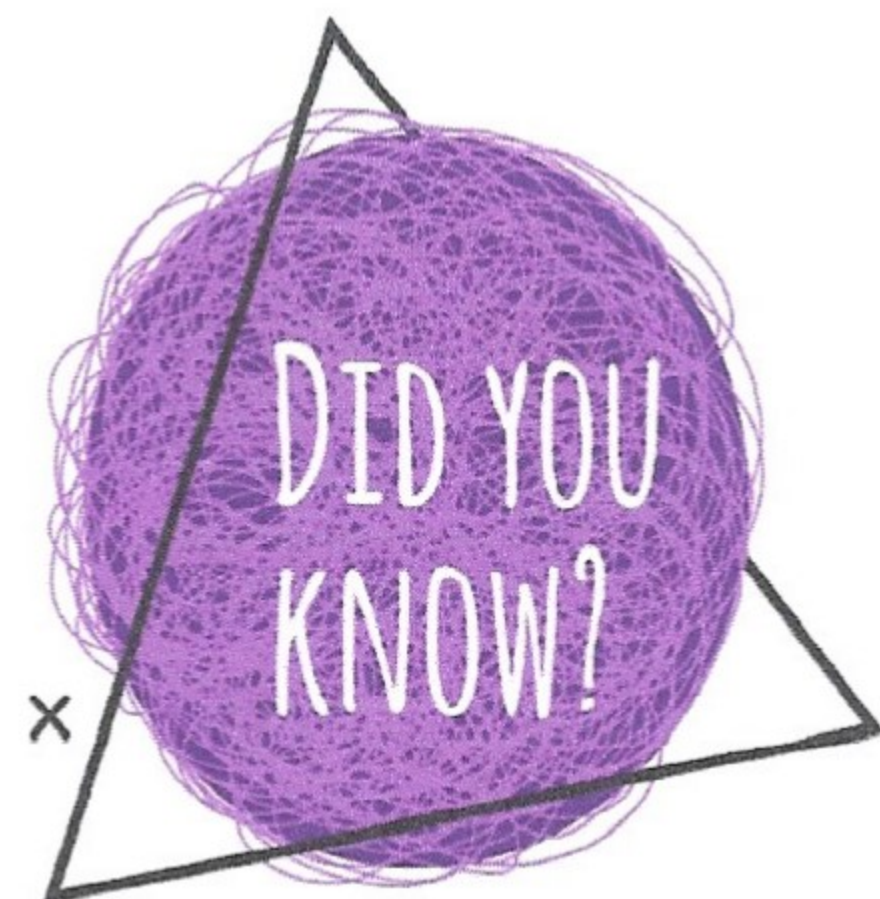
Speakers:

- Dr. Robert Fearn - Hydration
- Judy Madura - Nutrition
- Collin Jarvis - Physical Activity
- Brenda Elsagher - Emcee

Powered by **U HEALTH**

Did You Know?....

1. Hollister offers a free service to help you find the supplier that works best with your insurance and offers the lowest possible co-pay? Call 1-888-808-7456
2. Do you have adhesive sensitivity? Safe n Simple's hydrocolloid sheets provide a full coverage barrier between your skin and your appliance. These hydrocolloid sheets can also be used to help heal broken down skin around your stoma. Call 1-844-767-6334 for a sample.
3. ConvaTec offers one free telemedicine appointment with a WOCN, when you sign up for their free Me+ recovery program. 1-800-422-8811
4. Nu-Hope is known for their support belts, but did you know they offer ostomy products. NuHope is based in California and is the only company to offer custom ostomy barriers for hard to fit stomas. If you if you & your nurse have tried everything, this may be an option. Contact your WOCN for more information.



TIP OF THE MONTH

Avoiding Pancaking

Pancaking is a term often used when describing ostomy output sticking to the bag at the stoma site and not falling down as it should. This causes the stool to form around the wafer and "smoosh" itself into the shape of a pancake. Inflate the pouch. If your pouch does not have a filter, blow air into the bag and pull the walls apart from each other before putting it on. This puffs the bag out so that the stool can fall to the bottom. If the bag is collapsed, it prevents the stool from falling down.

Thanks to shieldhealthcare.com/communitylife.2018/11/21/tips-and-tricks-to-avoid-ostomy-pancaking

Advocacy News — by Jeanine Gleba, UOAA Advocacy Manager

Safe Step Act of 2021

UOAA is one of 110 organizations supporting the Safe Step Act of 2021 (S464/HR2163). The Safe Step Act amends the Employee Retirement Income Security Act (ERISA) to require a group health plan to provide an exception process for any medication step therapy protocol. Otherwise known as a "fail first" protocol, step therapy is an insurance practice that mandates that patients try and fail medications preferred by their insurer before they can utilize treatments prescribed by their doctor.

The bill will establish a clear exemption process, outlines five (5) exceptions to "fail first" protocols and requires a group health plan to respond to an exemption request within 72 hours in all circumstances, and 24 hours if the patient's life is at risk.

Please encourage your federal legislators to improve patient access and address step therapy reform by supporting the Safe Step Act. Join this advocacy effort and contact the UOAA Advocacy Office.

The importance of hydration in short bowel syndrome

When a person has a condition called short bowel syndrome or SBS, their body has a hard time absorbing all the nutrients and fluids it needs to function normally. This can put them at higher risk for dehydration, which can be a serious concern, especially for those with no colon and high ostomy outputs.

For people with SBS, battling dehydration isn't a matter of simply drinking more water. In fact, water can make the problem even worse because it does not contain the proper amount of sodium or glucose necessary to maximize intestinal absorption, which results in an increase in diarrhea or ostomy output. Other types of fluids to avoid include sodas, fruit juices, alcoholic beverages, and sweet teas because of the high amount of sugar in these drinks. Dehydration shouldn't be ignored. If it is ongoing, or left untreated, dehydration can lead to serious complications, such as kidney damage, that may require hospitalization. Here are some signs of dehydration to look out for:

- Rapid weight loss
- Diarrhea or stool output is higher than total fluid intake
- Urinating less frequently
- Dark colored urine
- Fatigue
- Lightheadedness or dizziness when standing
- Dry mouth
- Thirst



- ✓ Low calorie
- ✓ Natural Flavors
- ✓ No artificial preservatives
- ✓ Vegan friendly
- ✓ Gluten & lactose free
- ✓ Suitable for adults & kids

Many things can help manage dehydration, and a healthcare professional should be notified as soon as possible when signs of dehydration occur to help lessen or prevent serious complications. They will look at the type of food, drink, and vitamins in the diet and then take necessary steps tailored to the specific bowel function and anatomy in order to best improve the hydration status. Anti-diarrheal medications and oral rehydration solutions (ORS) are usually recommended as they can also achieve this goal for many people with SBS.

Why oral rehydration solutions can help

Oral rehydration solution (ORS) can be an optimal way to manage dehydration due to diarrhea and maintain proper hydration in people with SBS. It is a simple, yet specific, solution of sodium, glucose, and water. The special ratio of ingredients has been shown to add back what's lost and enhance absorption. Therefore, ORS will be absorbed even in the setting of diarrhea. It is important to drink fluids slowly and continuously throughout the day to avoid abdominal cramps and diarrhea.

An example of homemade ORS

- 1 quart water
- $\frac{3}{4}$ teaspoon salt
- 6 teaspoons sugar
- Optional: Crystal Light® to taste (especially lemonade or orange-pineapple flavors)

While ORS can be extremely helpful, some people do not like how it tastes. There are some other recipes that may be more agreeable. Always consult a healthcare professional to determine if ORS is right for you.

SBS management - Hydration is just one part of the big picture of SBS management. There are many more factors and strategies to consider when deciding on a plan to manage SBS. To learn more about how intestinal surgery can impact your nutrition and hydration needs, visit HydrationandSBS.com

Editor's note: This information is from a UOAA digital sponsor, Takeda. Sponsor support helps to maintain our website www.ostomy.org and the free trusted resources of UOAA, a 501(c)(3) nonprofit organization.

Ostomy Myths and Hints

From an article on Wendy Lueder's presentation to the North Central Oklahoma Ostomy Association by Joel Jacobson; Halifax (Nova Scotia) Gazette.

The invitation stood out from the North Central Oklahoma Ostomy Association to join its ZOOM meeting. The speaker, Wendy Lueder of Broward Florida Ostomy Association, was to speak on Ostomy myths and hints. Wendy has had an ostomy since 1972 and is very willing to talk about it. She travels the southeastern US to speak to groups and promote the good life an ostomate has. She de-bunked half a dozen myths.

MYTH: Things haven't changed since the early days. Equipment used to be bulky, heavy and you emanated an odor.

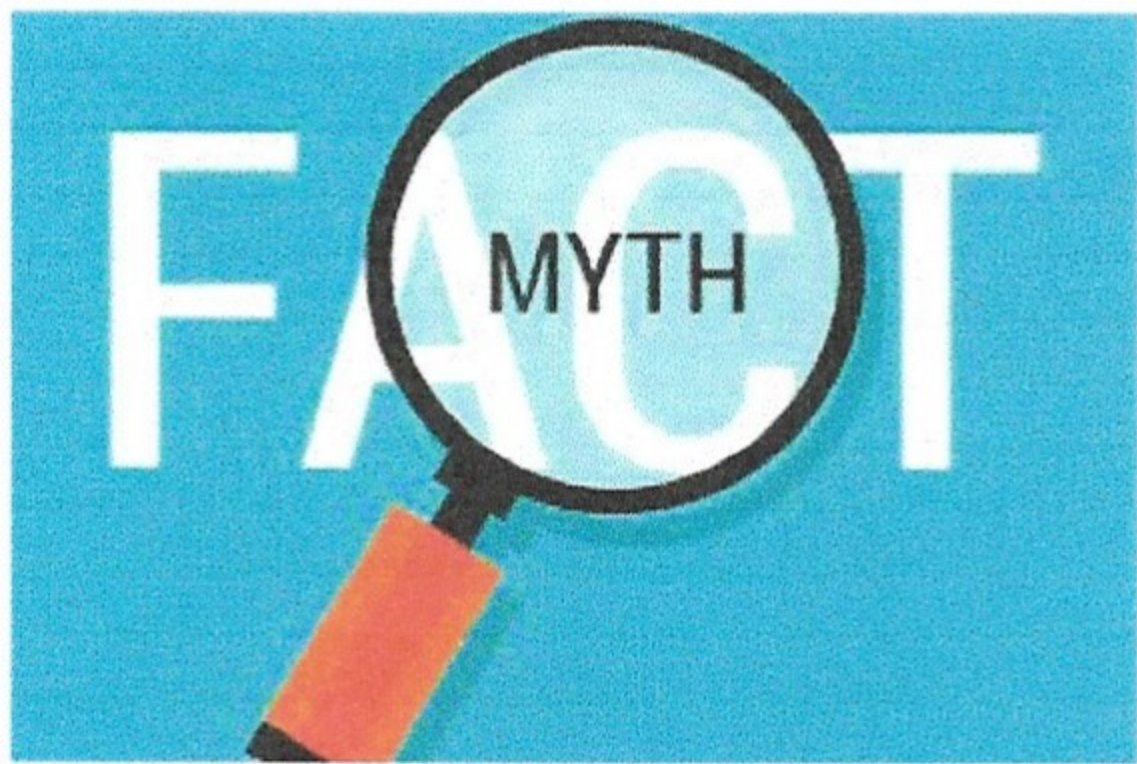
FACT: No longer the case, as we all know, with lighter, easier-to-use equipment, and ways of eliminating or reducing odors.

MYTH: Ostomates need to wear baggy, unsightly clothes.

FACT: "Today, I wear tight jeans and you can't see anything," says Wendy. "You can be comfortable in any type of clothing."

MYTH: Ostomates have odor control problems.

FACT: That used to be the case, she says, but new appliances are odor-proof.



MYTH: Once you're an ostomate, you're continuously aware of your appliance.

FACT: Once the healing starts and the complications end, it's like background music. You don't think about it. You only think about it when you have to change or empty the pouch or have a medical issue.

MYTH: Ostomates think of themselves as patients.

FACT: That isn't our identity. I'm Wendy (author).

MYTH: As an ostomate, I'm all alone.

FACT: There are almost one million people living with an ostomy. More than 100,000 surgeries performed annually. Likely over one million have had a temporary ostomy that's been reversed.

She concluded this portion by saying, "Hopefully someday being an ostomate means living in a Stigma-Free Zone." As for solutions to problems associated with ostomies and stomas and skin irritation, Wendy suggested a few things:

- Having odor problems, skin irritation and frequent leakage is not a new normal. See a WOC nurse to address these issues.
- An ostomy is a treatment and hopefully a cure for some, not a disease.
- Sounds (burps) made by your ostomy will diminish over time.
- If you itch at the stoma site or under the appliance, it can mean you are slightly dehydrated. Try drinking a glass or two of water. Wait 15 minutes and see if it goes away. If not and it persists, might necessitate a call to a nurse.
- An ostomate does not need to sponge bath. You can shower, bathe in the tub, even snorkel or scuba dive with your appliance. It can get sopping wet, and you'll have no problems.

Looking for information on ostomy products
or ostomy related organizations? Contact information below

Major Manufacturers

Manufacturers are the companies that make each type of ostomy supply. Most have an ostomy nurse on staff to answer your questions about products. Call or go to their website for free samples!

Coloplast	888-726-7872	www.coloplast.us
ConvaTec	800-422-8811	www.convatec.com
CyMed	800-582-0707	www.cymed-ostomy.com
Hollister	888-808-7456	www.hollister.com/us
Marlen	800-321-0591	(via Edgepark)
Marlen	216-292-7060	www.marlenmfg.com (directly)
Nu Hope	800-899-5017	www.nu-hope.com

Suppliers

They will send a free catalog featuring many brands of ostomy supplies. Suppliers stock all type of supplies from each manufacturer. This is a great way to compare different manufacturer's 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/ostomy
SGV Medical	800-395-6099	www.sgvmedical.com

Organizations

Great resources outside of our local chapter for ostomy related questions.

American Cancer Society	800-227-2345	www.cancer.org
Crohn's & Colitis Foundation	800-343-3637	www.ccfa.org
Friends of Ostomates Worldwide-USA	Donate unused supplies	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