



SHORT CIRCUIT

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Our 44th Year! Serving Ostomates of Eastern Iowa since 1972 www.iowaostomy.org Feb 2016

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, potential 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 319-775-0175, online at www.iowaostomy.org, or find us on Facebook at Cedar Rapids/Iowa City Area Ostomy Support Group.

The 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 • 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.ostomy.org.



From the Coordinator:

Hello everyone. I want to take just a minute to wish everyone a Happy Valentine's Day! Reminder that we have our meeting coming up Feb 11th at 6:30pm at Mercy Hospital in Cedar Rapids.

I have been working feverishly since the new year started trying to get organized and fully into my role as new coordinator. The website is up and running. If you haven't checked it out I would love for you to do so and give feedback. Let me know if there is something you feel is missing. You can find it at the link <http://www.iowaostomy.org/>

I have also been trying to organize a book for the coordinator to keep a hold of. My vision is it to have visitor training info and contact info for everyone that comes to meetings. That way it will make it easy to find someone if we have a special visitor request.

At our meeting we will be discussing some new things I'd like to try. Stay tuned. Hope to see everyone at the February meeting.

Need a Wound/Ostomy Continence Nurse (WOCN)?

St. Luke's Unity Point Hospital
Cedar Rapids, IA
Wound Clinic
319-368-5582

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

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

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



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 _____

Winter and Cold Weather

There is indeed more concern over heat and its effects on ostomy appliances than cold. Colder climates are actually far more ideal than excessively hot temperatures when it comes to ostomy appliances, but dry air can sometimes be an issue, causing dryness and irritation. A dry skin surface is actually the best condition for applying adhesives and ostomy appliances, but excessive dryness on any part of the skin (especially parts covered with adhesives and appliances) are more susceptible to irritation. A solution for dry air may be to try a low-cost humidifier indoors to increase the moisture in the air. Use moderation in how much humidity you increase indoors, however, as excess moisture can cause adhesives to loosen, and can also cause issues with mold in the home. How much humidity is good? Sticking within a range of 30-50% relative humidity (measured with a hygrometer) is a good range to keep skin from getting too dry without overwhelming you or your home.

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.

MEMBERSHIP is open to ostomates and 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.

If you wish 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 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 subscription fees to Vicki Kee, P.O. Box 5227, Coralville, IA 52241

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

Gina Carlile, Coordinator, Newsletter Editor, New Ostomate Support Visitor
319-775-0175

Vicki Kee, Treasurer
P.O. Box 5227
Coralville, IA 52241
319-775-0175

UPCOMING MEETING INFORMATION

Thursday, Feb. 11, 2016 6:30 pm

Support Group meeting Mercy Medical Center in 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.

Saturday, Apr. 16, 2016

Ostomy Education Day Sponsored by Iowa WOCN, Davenport, IA Most likely some members of the group will go so a car pool will be available.

Tuesday, Apr. 19, 2016

Support Group meeting St. Luke's Unity Point Hospital in Cedar Rapids.

Tuesday, May 17, 2016

Support Group meeting UIHC Iowa River Landing clinic in Coralville.

Tuesday, Jun. 16, 2016

Support Group meeting Mercy Medical Plaza in Iowa City

Thursday, Aug. 18, 2016

Support Group meeting Mercy Medical Center in Cedar Rapids.

Tuesday, Sept. 20, 2016

Support Group meeting UIHC Iowa River Landing clinic in Coralville.

Tuesday, Oct. 18, 2016

Support Group meeting St. Luke's Unity Point Hospital in Cedar Rapids.

December 2016

Holiday Party - more details to come

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.



WHEN TO CONTACT A WOC NURSE

BY JULIE POWELL, WOCN

LIVING WITH AN OSTOMY CAN BE A BIT CHALLENGING AT TIMES. ONE OF THE MOST IMPORTANT THINGS TO REMEMBER IS THAT EVERYONE'S OSTOMY IS DIFFERENT. THE FOLLOWING ARE REASONS TO CONTACT A WOC NURSE FOR ADVICE:

- A CHANGE IN THE SIZE OR APPEARANCE OF THE STOMA.
- SKIN PROBLEMS AROUND THE STOMA INCLUDING A RASH, OPEN SORES, REDNESS OR WEEPING.
- ONGOING LEAKAGE OF THE POUCHING SYSTEM.
- WEIGHT GAIN OR LOSS THAT MAY CAUSE DIFFICULTY WITH POUCHING SYSTEM.
- A CUT IN THE STOMA.
- DIFFICULTY IN GETTING AN APPLIANCE TO SECURE TO THE SKIN AROUND THE STOMA.
- GENERAL QUESTIONS REGARDING OSTOMY CARE AND MANAGEMENT. ISSUES MAY REVOLVE AROUND DIET, BATHING, ACTIVITY, ODOR, DIET AND TRAVEL.
- CONTEMPLATING A CHANGE IN POUCHING SYSTEM.



HANDICAPPED BATHROOM -- USED WITH PERMISSION FROM BRENDA ELSAGHER FROM:
I'D LIKE TO BUY A BOWEL PLEASE: OSTOMY A TO Z, WWW.LIVINGANDLAUGHING.COM

AN USHER AT THE THEATER DOWNTOWN WOULD GUARD THE HANDICAPPED BATHROOM AND ONLY LET "HANDICAPPED" PEOPLE IN TO USE IT BEFORE OR DURING THE PLAYS. WHEN I WALKED TOWARD THE DOOR, SHE SAID, "THIS BATHROOM IS FOR HANDICAPPED PEOPLE ONLY." AM I HANDICAPPED I THOUGHT? NO, BUT I KNEW THE BATHROOM UPSTAIRS HAD NO SINKS IN THE STALLS, AND I HAD NOT BROUGHT THINGS WITH ME THAT I WOULD NEED. INSTEAD, I SAID, "SOME HANDICAPS CANNOT BE SEEN. ALTHOUGH I AM NOT HANDICAPPED LIKE SOME PEOPLE, I WOULD PREFER TO USE A STALL WITH A SINK IN THE SAME ROOM." SHE SEEMED PERPLEXED, BUT I WOULD HAVE DONE A SHOW-AND-TELL AND EMBARRASSED HER IF I NEEDED TO GET MY POINT ACROSS. LUCKILY, SHE STEPPED ASIDE.

MOST OF THE TIME, I COPE WITH MY OSTOMY AND COLON CANCER WITH HUMOR. IT SEEMED TO RELAX ME AS WELL AS THOSE AROUND ME. IT GAVE THEM PERMISSION TO TEASE ME WHEN THEY SAW I COULD LAUGH ABOUT IT. CONVERSATIONS WERE LESS STRAINED BECAUSE WE DIDN'T PRETEND; WE JUST DEALT WITH IT HEAD ON USING A WELL-PLACED LAUGH.

The Doctor/Patient Partnership By Carol Larson

When support groups of people who have survived a serious illness gather, it's a good bet that eventually their doctors become the topic of conversation. Because of the life and death issues involved, strong feelings emerge. Good experiences tend to breed hero worship, while unpleasant encounters can leave everyone bitter. The impressions that make these relationships work the best are based mostly on the gifts of a good diagnostician and the ability of doctors to connect with their patients while dispensing care. Stories about insensitive physicians top the list.

We have our good stories too, praising the doctors who have what is known as "a good bedside manner." The realities of modern medicine make it hard to establish much of a personal exchange. Time allocated for most appointments is short, and patients are usually scheduled in tightly. Instant judgments abound. Some hasty comment, look of boredom, or impatience on the part of the doctor can influence the effectiveness of care more than it should. But rudeness works both ways. Patients need to do their part to pay attention and make the best use of this time.

How to get the best care possible:

Be Selective

- If you have insurance, call the number on your card and find out which doctor is in your network.
- Call another doctor you admire and ask for a referral.
- Find a doctor who is convenient for you to see and who works in a hospital you would prefer.

Be Efficient

- Be on time for your appointments.
- Bring in a list of your medications and insurance information.
- Deliver your information concisely. If you are experiencing pain, grade the pain from 1-10. Be specific about your concerns.
- Don't expect a doctor to want to listen to unrelated facts.
- Don't overwhelm the doctor with a diagnosis you pulled off of the Internet or from well-meaning friends.

Listen Carefully

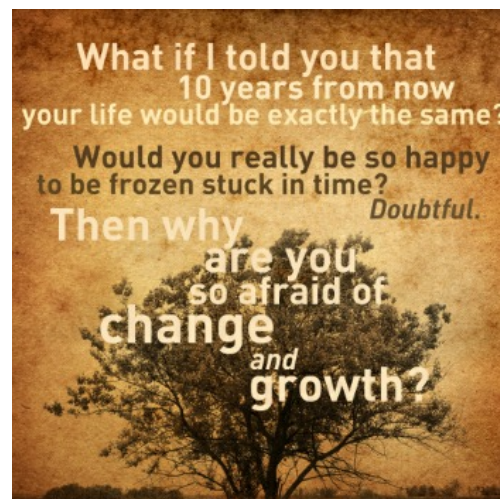
- Take notes. Bring a list of questions you had beforehand.
- Write down treatments or words you don't understand.
- Be reasonable and respectful. Understand that both of you will not always be at your best, especially when an illness is hard to treat.
- It is primary to your care to be able to accept honesty and not try to persuade your doctor to give you glib promises.
- Repeat the doctor's message out loud so that you truly understand what is being said.

News from the Convotec Website

Eating well is a big part of living life on your own terms. The good news: having a stoma should not stand in the way of enjoying good food. There are no set dietary rules for people living with stomas. It may just take a bit of time to find out what works for you.

With the "OK" from your healthcare team, you can eat what you like, when you like. Here are some general guidelines:*

- Eat regularly
- Drink plenty of fluids
- To avoid blockages chew your food well
- Ask your ostomy nurse or a dietician if you need to take vitamins
- After surgery, try new foods one at a time, in small quantities. If there is a problem (such as gas), you can make simple adjustments that work for you.
- Most importantly, enjoy your food!



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

Major Manufacturers - 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 800-323-4060 www.hollister.com/us
 - Marlen 800-321-0591 (via Edgepark)
 - Marlen 216-292-7060 (directly) www.marlenmfg.com
 - Nu Hope 800-899-5017 www.nu-hope.com
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Suppliers - will send a free catalog featuring many brands of ostomy supplies. 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.sgvmc.com
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United Ostomy Associations of America

- 800-826-0826 www.ostomy.org

Wound, Ostomy and Continence Nurses Society

- 800-224-9626 www.wocn.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

American Cancer Society

- 800-227-2345 www.cancer.org

Crohn's & Colitis Foundation

- 800-343-3637 www.ccfa.org