



SHORT CIRCUIT

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Our 44th Year! Serving Ostomates of Eastern Iowa since 1972 www.iowaostomy.org April 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. Hope all of you had a great Easter and are excited that Spring is upon us and beautiful weather is on the way. Reminder that we have our meeting coming up April 19th at 6:30pm at St Luke's Hospital in Cedar Rapids.

I was fortunate enough to get contacted by a free clinic. They donated lots of extra ostomy supplies. I have gone through them and have all kinds of supplies by Convatec and Holister; urostomy and ostomy; skin cleaning and protection wipes. Please plan on attending to look through all that is available. I was also notified by the UOAA that I should be getting a box of supplies from them too.

As for the agenda - I asked in February if people would be interested in having student nurses come to a meeting. That seemed like a popular idea and I am trying to get that coordinated. So hopefully we will have visitors at the April meeting.

Can't wait to see everyone!

Sina Carlile

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 _____

Condolences: Cedar Rapids/Iowa City Ostomy Support Group was just notified



MARCELENE "MARCIE" ZINK

Marcelene "Marcie" Mae Zink, 86, of Cedar Rapids, passed away peacefully at home Tuesday, Oct. 27, 2015, surrounded by her loving family.

She is survived by her husband of 68 years, Robert of Cedar Rapids; her children, Marcia (John) Newmeister of Tulsa, Okla., and Bob (Sheree) Zink of Livermore, Calif.; four grandchildren, Joy, Julie, Katie and Rachel; and two great-grandchildren, Jackson and Iyla.

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

- 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. 6:30pm in Room 163 behind gift shop
- 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. 6:30pm in Room 163 behind gift shop
- 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.





FLUIDS and ELECTROLYTES with an OSTOMY

<http://www.stomabags.com/fluids-and-electrolytes-with-anostomy>

Source: It's In The Bag, Niagara Ostomy Assoc. Feb. 2015 via Ostomy Halifax Gazette Feb. 2015

Electrolytes are ionic mineral solutions that transmit electricity. Electrolyte balance refers to the combined levels of the different electrolytes found in the blood.

The balance of these ions in our body is key to regulate fluid amounts, blood acidity, muscle and nerve health, and all functions from oxygen distribution to fluid delivery to cells. Essentially, electrolytes are the chemicals needed to keep our bodies working.

Extraction of the large intestine impairs the body's ability to assimilate electrolytes and nutrients. Therefore, people that have undergone ostomy diversion surgery including colostomy, ileostomy and urostomy are more inclined to suffer electrolyte deficiencies. Especially those with an ileostomy or a urostomy need to watch for persistent diarrhea, vomiting, sweating, nausea and high fever. Ostomy patients' diets must ensure proper intake of fluids and foods containing potassium and sodium. The latter ingredient is important, but it does not require major efforts to acquire as it is present in most foods. As a note of caution, if dizziness or signs of dehydration appear, immediately drink a sports drink or an electrolyte beverage. Use sports drinks only as a boost. Electrolyte drinks may be made at home with water, salt, salt substitute for potassium, and baking soda.

Problems related to Electrolyte Imbalances.

DEHYDRATION

Symptoms: Extreme thirst, dry mouth, nausea, decreased urine, fatigue, shortness of breath, headaches, dry eyes and abdominal cramping.

Solution: Increase ingestion of fluids; water, sports drink (Gatorade), or electrolyte solution (Pedialyte). Drink throughout the day at least 8-10 glasses of 8 oz. each. All liquid counts: milk, juices, and water. Abstain from SUGARY drinks. They may result in osmotic diarrhea and weight gain.

SODIUM DEPLETION


Symptoms: Nausea and vomiting, headache, confusion, lethargy, fatigue, appetite loss, drowsiness, leg cramps, coldness of arms and legs, feeling of faintness.

Solution: Increase foods and beverages high in sodium, such as soups, bouillon, sports drink (Gatorade), electrolyte solution (Pedialyte). Examples of some foods high in sodium: Broth, buttermilk, canned soups, canned vegetables, cheese, soy sauce, table salt, tomato juice, pickles.

POTASSIUM DEPLETION:

Symptoms: Muscle weakness, confusion, irritability, fatigue, gas, shortness of breath, chronic diarrhea.

Solution: Increase foods and beverages high in potassium such as oranges, orange juice, bananas, and sports drinks (Gatorade), electrolyte solution (Gastrolyte, Pedialyte). Examples of some foods high in Potassium: Black-eyed peas, bananas, bouillon, chicken, fish, oranges, pinto beans, raisins, tomato or vegetable soup, veal, watermelon, yogurt.



URINARY TRACT STONES (aka Kidney stones)

Three times as many males suffer from stones as females. The pain associated with the disease, the result of passing of the stones, is recognized to be the most severe known. Heredity is one factor that contributes to the disease. If one member of a family has stones, most likely another family member will also develop stones. Age is also a contributing factor, with males in the 5th decade of life being at the highest risk.

Summer time is the peak season for kidney stones because outdoor activity leads to perspiration which, in turn, may result in dehydration. The drinking of ample amounts of water is most important to help prevent kidney stones.

Urostomates are at high risk of developing infections of the urinary tract and of kidney stones. Ileostomates are also at risk of developing kidney stones because they have difficulty with absorbing liquids and are thus subject to dehydration and consequently stones.

The current preferred treatment for the majority of patients suffering from urinary tract stones employs shock waves, which break up the stones rapidly and with a minimum of discomfort. Usually one day in hospital is all that is required.

In the future, we may see advances in medicine which will prevent the formation of urinary tract stones.

Our best defense remains drinking an adequate amount of fluids, and the best being water.

Source: Ostomy Halifax Gazetteer January 2016

OSTOMATE TIP:

Use a terry cloth baby bib when you get out of the shower. Put it around the neck of your appliance. The bib acts as a barrier against your skin and also dries the pouch while you are drying the rest of your body.



Improvising or Fixing a Leak in a Hurry Via UOAA Update, September 2015

If you happen to spring a leak, especially when away from home, it can be a cause of panic. Being prepared can help you keep your cool.

Wearing an appliance cover can provide extra protection. One person noted that when he had a leak near the seal, he was able to stuff several folded tissues between the pouch and the cover. This absorbed the leakage and kept him going for 90 minutes until he was able to get back home and change.

Also, a pouch cover has the advantage of soaking up perspiration on a hot day. Perspiration can quickly undermine the best adhesives.

A good ostomy powder can help soak up moisture too. Lacking this, cornstarch or baby powder is equally effective.

Some people carry Band-Aids with them which can be used to mend a small tear in the pouch. Some say that it works so well, they forget about the makeshift repair until their regular time to change pouches!

You may want to keep individually packaged alcohol wipes or towelettes. They are easily carried and are great helpers in cleaning up an emergency. Best of all though, take precautions to try to avoid having an emergency.

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.sgvmedical.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