



SHORT CIRCUIT

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Our 44th Year! Serving Ostomates of Eastern Iowa since 1972 www.iowaostomy.org June 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. Reminder that we have our meeting coming up June 16th at 6:30pm at Mercy Hospital in Iowa City.

I hope everyone had an enjoyable Memorial Day weekend. That is the official kickoff of summer. Hot weather and travel season is here.

Supplies are slowly being taken but I still do not have any one that has taken the urostomy supplies. I have 2 huge boxes of bags and wafers. They are Convatec. Please let me know if you think they could work for you. I'd love to have a local ostomate use them instead of shipping them somewhere else.

We had fun at our last meeting meeting with the Convatec rep and getting some goodies from her. I look forward to the June meeting and having the Hollister rep there. I know for a fact they have a new product out so please attend to see what they now have to offer. It is more skin friendly and I've tried it already.

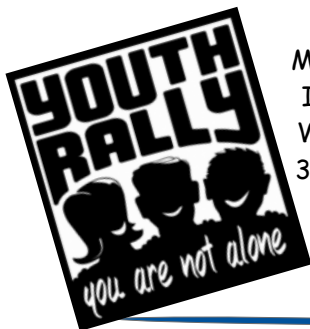
Sina Carlile

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 _____

Have you heard about the youth rally? It is a 5 night camp for youth ages 11-17 that are living with diseases and conditions of the bowel and/or bladder systems. Everyone at the camp - including volunteer counselors have the same types of conditions. This allows the youth to connect with others like them and make lasting friendships. July of 2016 the camp will be in Seattle, Washington. A couple of links to the rally are:

<http://www.youthrally.org/> and Facebook page at <https://www.facebook.com/YouthRallyInc/?fref=ts>

Every year our group sponsors a child that attends the rally. If anyone would like to make an extra donation just to the youth rally please send a check to Vicki Kee, P.O. Box 5227, Coralville, IA 52241. Make sure to designate that you would like it to go to the youth rally. We will also take money at the June meeting.

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
PO Box 5227
Coralville, IA 52241
319-775-0175



UPCOMING MEETING INFO

Thursday, June 16, 2016

6:30pm

Support Group meeting Mercy Medical Plaza, 540 East Jefferson Street, Iowa City in the McAuley II room located in the Lower Level
Hollister Rep scheduled to be in attendance.

Saturday, Aug 6, 2016 ***NEW***

5pm -10pm

Annual Summer Picnic at Lagoon Pavilion at Jones Park in Cedar Rapids. Potluck meal, so please bring a dish to share and maybe a dessert, and a beverage. We will provide plastic silverware and paper plates. There is a shelter, picnic tables, and electricity if you need to plug in a crock pot. This is always a fun get-together. Friends, families and caregivers are welcome to join us.

Thursday, Aug. 18, 2016

6:30pm

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. Byram rep scheduled to be in attendance talking about insurance reimbursement, supplies and ordering issues.

Tuesday, Sept. 20, 2016

6:30pm

Support Group meeting UIHC Iowa River Landing clinic in Coralville. Meetings have been scheduled in the lowest level. Ask at entrance desk.

Saturday, October 1, 2016 ***NEW***

World Ostomy Day

Tuesday, Oct. 18, 2016

6:30pm

Support Group meeting St. Luke's Unity Point Hospital in Cedar Rapids. Room 163 behind gift shop

Saturday, Nov 5, 2016 *** NEW ***

Ostomy Education Conference - The Double Tree Hotel in Arlington Heights, IL
Registration started May 1st (potential carpool and/or overnight stay)

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.



Medicare and Ostomy Supply Prices - By Julie Powell, WOCN

In the United States, 120,000+ people undergo ostomy surgery every year. The leading causes for ostomy surgery include cancer, trauma, birth defects and inflammatory bowel diseases. Ostomies can be permanent or temporary. No matter the cause, having an ostomy is a life altering experience. Learning to care for the ostomy can be a daunting task. The transition is eased if ostomy supplies are available and covered by insurance.

Medicare is health insurance for people who are 65+, people under 65 with certain disabilities, and all people with end-stage renal disease. Medicare has two parts. Part A is the Hospital Insurance. Part B is the Medical Insurance. In Medicare Part B, ostomy supplies are covered under Durable Medical Goods. Medicare determines the allowable fee for supplies. A yearly deductible is paid by the Beneficiary. After the deductible is paid, Medicare Part B will cover 80% of the supplies and the Beneficiary is responsible for the remaining 20%.

Medicare determines what supplies are covered and has set utilization guidelines for those supplies. For example, a one piece drainable pouch for a fecal stoma has an allowable amount of 20 pouches per month. A physician order is required in the following circumstances. 1) The first time an order is placed for supplies. 2) When a yearly order is placed. 3) When an order is placed for an increase in the number of supplies, accompanied by medical justification for the additional supplies. 4) When there is a change in the type of supplies, and if both closed and drainable pouches are utilized.

Private insurance companies often use these Medicare guidelines as a template to determine what will be covered under their policies. However, in the past some private insurers would cover the cost of the ostomy surgery but not the supplies. Under the Affordable Care Act and the individual State Health Care Exchanges it remains to be seen if ostomy supplies will be covered and if covered at what level.

Allowable Amount vs Distributor of Supplies by Deb Fox, Ostomy 2-1-1

There is a difference between how many of something (wafer, pouch, wipes, etc) you get when you start out and how many the maximum amount allowed by your insurance company is.

MOST of the time, it is the discharge planners, ostomy nurse, or someone like that, that writes out the order for your supplies and faxes it to your doctor for signature. It is THAT PERSON, suggesting how many they think you will use NOT necessarily how many your insurance company's limit is! Find out what the maximum amount allowed is from your insurance agent.

Furthermore, that order is on a form specific to the company THEY choose to be your distributor. Your insurance company may very well allow other distributors. If you are not happy with who you have right now, ask your insurance company what distributors you are allowed to use with your coverage.

Ostomy Abbreviations - By Marty Gelband

LOVE:

Life as an

Ostomate can be

Very

Exciting

POST:

Positive

Ostomy

Strategies &

Techniques

MORAL:

My

Ostomy

Really

Allows

Living

JOKE
TIME

Hello Doctor!

A mechanic was removing the cylinder heads from the motor of a car when he spotted a famous heart surgeon in his shop, waiting for the service manager to come take a look at his car. The mechanic shouted across the garage, "Hello Doctor! Please come over here for a minute." The famous surgeon, a bit surprised, came over to the mechanic.

The mechanic straightened up, wiped his hands on a rag and asked argumentatively, "So Doctor, look at this. I also open hearts, take valves out, grind 'em, put in new parts and when I finish this will work good as new. So how come you get the big money, when you and me is doing basically the same work?"

The doctor leaned over and whispered to the mechanic, "Try to do it while the engine is still running."

Bowel Obstruction - by Marshall Sparberg, MD; via Middle Georgia Ostomy Rumble; Springfield (MO) Ostomy Family Newsletter; and North Central OK Ostomy Outlook

Obstruction of the bowel may result from a variety of complications which prevent the normal passage of intestinal contents. As the flow becomes blocked, back pressure builds up, causing the bowel to enlarge and produce pain. Since everyone swallows a lot of air which is normally passed from the bowel, continuation of the obstruction soon causes vomiting, and dehydration becomes a problem. A danger of the obstruction, other than severe discomfort, is that swelling of the bowel can eventually cut off blood supply and lead to death of small intestine tissue.

An obstruction can be detected very soon after it starts in ileostomates, because the normal constant flow of intestinal waste suddenly stops, causing cramping discomfort. Occasionally, the ileostomy works intermittently with passage of particularly foul-smelling contents. Cramping doesn't always mean obstruction, but can simply indicate gas or spasm in the small bowel. Often an obstruction is temporary, with a sudden cessation of cramps and rush of intestinal waste heralding the end of the problem. Perhaps, one-third or more of ileostomates have experienced some degree of intestinal obstruction, while a small proportion of ileostomates have required one or more operations because of obstructions.

Causes of obstructions include scar-tissue formation, stenosis (constriction) of the stoma, and food blockage. Scar tissue or adhesions can form rough cord-like bands across the bowel, narrowing it to a point where slight swellings or food particles can close off the passage entirely.

Food blockage is probably the most common type of obstruction encountered by individuals with an ileostomy, particularly in new ostomates. Fibrous foods, such as tough meats and raw vegetables must be thoroughly chewed; the only teeth in the digestive system are in the mouth! Fibrous food should be avoided initially by the new ileostomate and consumed only after determining by trial and error what foods should be avoided and how long the food should be chewed. Obviously indigestible items, such as pits and seeds, should be avoided, because they may form the center to which particles cling, producing a large wad of material which is capable of blocking the bowel. As with many principles of ostomy life, prevention of food obstruction is much better than treatment.

Hot Weather via <http://www.ostomyguide.com/hot-cold-and-stoma-how-weather-affects-an-ostomy/>

Hot summer days might be great for barbecues and being outdoors, but can be a real nuisance for ostomates. Hot temperatures decrease the wear times by causing skin barriers to break down faster and excess moisture on the skin.

Here are some considerations for managing a stoma in hot climates:

1. Perspiration caused by heat gets between the skin and the barrier, which can cause adhesives to break down. If this is a problem with your adhesive, talk with your nurse and seek out something stronger and more reliable. You can also try an antiperspirant or powder around the ostomy location to keep from perspiration from building up.
2. If you have trouble with ostomy appliance leaks because of moisture, you can also try stoma paste or Eakin seals to create a stronger, more reliable seal.
3. Avoid using any Karaya rubber-based ostomy wafers in high heat conditions. This rubber material is soft and conformable, but in hot conditions it can break down and even melt. It's best to use a synthetic wafer which tends to have a higher heat threshold.
4. The skin is more susceptible to breakdown when it is hot and moist. This includes the area where the ostomy appliance sits, which can form rashes because of the friction of the pouch against the skin combined with heat. An ostomy pouch cover can be work to soften this, and is also recommended for a more comfortable wear. You can typically find ostomy pouch covers in medical supply stores.
5. Due to sweating, it is especially important for Ostomates to drink more fluids to avoid dehydration.
6. Ostomates who exercise and are more active in the summer months will likely want to keep a variety of pouches, including ostomy mini-pouches and stronger, waterproof adhesives that won't breakdown if you're running or swimming. You may also prefer to use a Waterproof tape or elastic ostomy belt with a two-piece system to increase wear time and confidence.

Protecting Yourself from Stoma Injuries

via <http://www.ostomyguide.com/protecting-yourself-from-stoma-injuries/>

Stoma injury of any kind is a constant concern for ostomates; especially those who are active in sports and activities. Injury is an unpleasant topic, but facing the reality helps prevent injuries and ensure good quality of life. Stoma injuries can be caused from incorrect pouching or pouching accidents, tight belts, or external blunt force (getting hit with something, for instance, a ball or foot). The injury may bleed some and typically looks white or red. Generally, if you're experiencing this, it's likely you know the cause - but if you don't, be mindful to understand what caused your injury so you can correct a possible persistent problem.

Tips to avoiding and treating injuring a stoma:

1. Activities with a lot of friction and impact like combat sports (martial arts, karate, wrestling) should be avoided since they put the stoma at risk of damage, or to the skin surrounding it. Weight lifting and strenuous exercise are enjoyed by many ostomates, but should be discussed with your doctor if you've recently had surgery so you're aware of any limitations (either physical or while healing) so you can be assured you won't create an injury.
2. Be Sure You're Using Your Ostomy Pouch System Appropriately - Using your appliances incorrectly increases risk of injury. If you have questions about how to use your ostomy supplies or a new product, ask an Ostomy nurse for assistance so you'll get the most out of it and prevent hurting yourself!
3. Try Ostomy Armor - a belt and plate that you use over a stoma to protect both your stoma and the appliance. It's perfect for playing sports or activities where external force is possible. It's Medicare approved for insurance reimbursement and can be worn on commercial air flights.
4. Cleanliness - If you've experienced an injury, keep the stoma and the area around it tidy and clean. Irrigate with Saline Solution (you can purchase this or make it yourself) and ostomy cleaning supplies that keep the area clean and fresh. There are also a number of skin protecting creams and products designed to keep stoma output and mucus from compromising the skin or the site of an injury/irritation. Spending the time and using the right products to keep clean will make you feel better, reduce odor and prevent infections and irritations from developing.

While most injuries can heal on their own, if you're experiencing abnormalities and discomfort from a stoma that cause you pain and discomfort, you should talk with a doctor. No advice can always address your specific personal needs, nor is it worth your health to assume so! While these guidelines can help you, if you're suffering from an injury that needs treatment, you should talk with your doctor.



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