



SHORT CIRCUIT

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Our 44th Year! Serving Ostomates of Eastern Iowa since 1972 www.iowaostomy.org September 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. Glad to see everyone at the last meeting. We talked just a little bit about a way to boost attendance at the picnic. We were a small but mighty group. Please be thinking of if you would join the picnic if it was on a different date.

We are heading into our last couple of meetings for the 2016 year. We still have great things planned so I hope to see a good attendance. September we will be having an ice cream social. I am also hopeful to find time to come up with some ostomy related games to do at that meeting. October we plan to have more students. That was a fun time in February so if you missed that meeting - please think about coming in October.

I sure hope everyone had a great holiday this Labor Day. It's hard to believe summer is all but gone. Though I am really looking forward for some great fall weather. I love having the windows open and fresh air coming into the house.

Until the meeting ...

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

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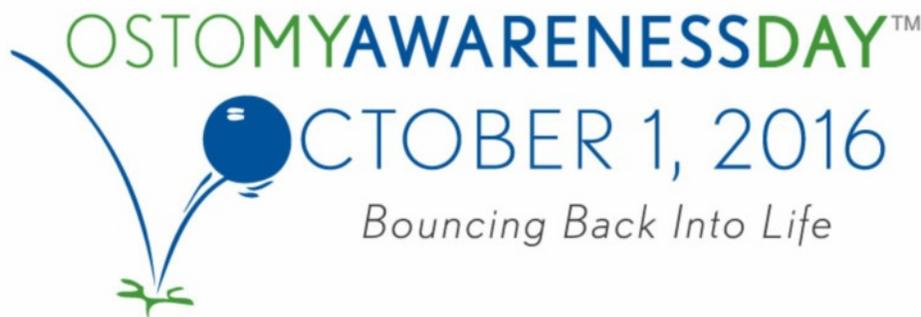
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The SHORT CIRCUIT is the official newsletter of the Cedar Rapids/Iowa City Area Ostomy Support Group #171, and is published 6 times per year.

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

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UPCOMING MEETING INFO

Tuesday, Sept. 20, 2016
6:30pm

Support Group meeting UIHC Iowa River Landing clinic in Coralville.
Meetings are in the lowest level. Ask at entrance desk if needed
We will be having an ice cream social and possibly a game night.

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

Ostomy Awareness Day!
This year's theme is Resilience: Bouncing Back Into Life.

Tuesday, Oct. 18, 2016
6:30pm

Support Group meeting St. Luke's Unity Point Hospital in Cedar Rapids.
Room 163 behind gift shop
On the schedule - college nursing students visit

Saturday, Nov 5, 2016

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

Saturday, December 3, 2016

Holiday Party - Ryan's Steakhouse, 230 Collins Rd NE, Cedar Rapids
Pay your own meal. Bring a small gift \$5-10 if interested in gift exchange.
Lots of laughs, fun, and ostomy bag decorating contest.

2017 dates to come soon!

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.

Reality ET: Dietary Considerations After Ostomy - By Mary Lou Boyer, BSEd, RN, CWOCN
Part 2 of 2: Originally presented at Cleveland Clinic Florida

Fear Factor Number 3. Diarrhea:

What is normal? What is diarrhea? Diarrhea is having more liquid stools occurring more frequently than normal. It is caused by illness, stress, certain medications (e.g., antibiotic therapy, antacids containing magnesium), environmental factors, certain foods, chemo or radiation therapy

Foods that may cause diarrhea or loosen stool are: green beans, broccoli, cabbage, spinach, raw vegetables, raw fruit, milk, beer, excessive coffee or other caffeinated beverages, fruit juice, prune juice, grape juice, chocolate, licorice, large amounts of candy, diet candy containing sorbitol, large meals, and high volume of fluids with meals.

Foods that can thicken stool or slow diarrhea are: applesauce, boiled white rice, ripe bananas, creamy peanut butter, tapioca, bread, weak tea, mashed potatoes, oatmeal, cheese, yogurt, pasta, pretzels, ginger snaps, boiled milk, cream of rice, and marshmallows.

It is very important to realize that you cannot slow or stop the bowel or bladder from working by not eating or drinking. If you have a colostomy and usually irrigate, stop irrigations until diarrhea subsides. Use a drainable pouch. Diarrhea can lead to severe dehydration and should be taken seriously. Return to a low residue diet while having diarrhea and try to prevent dehydration by replacing fluid and electrolytes. Contact your doctor if diarrhea persists.

Replacing Fluids and Electrolytes: A rule of thumb is to drink a glass of replacement fluid each time pouch is emptied. Try replacement drinks such as sports drinks, fruit or vegetable juices (V8), broth, or Cera Lyte. Electrolytes (sodium and potassium) are lost when the body loses a lot of water. Foods containing potassium are orange juice bananas and tomato juice. If diarrhea is caused by antibiotics or bacterial imbalance, replace the normal intestinal flora (bacteria) with yogurt, buttermilk, acidophilus, or VSL#3.

Fear Factor Number 4. Dehydration:

Dehydration occurs when you are losing more fluid than you can take in. It can result from: prolonged diarrhea, vomiting, excessive sweating from fever, hot weather or exercise. No matter whether or not you have an ostomy and no matter what type of ostomy you have you can get dehydrated.

Signs and Symptoms of Dehydration: Dry mouth, excessive thirst, abdominal cramping, low urine output, dry skin, fatigue or tiredness, headache, cramping or tingling sensation in hands or legs, muscle cramps, sunken eyes, nausea and vomiting, dizziness, feeling faint, shortness of breath or confusion.

Dehydration: What To Do: Increase your fluid intake, especially electrolyte replacement fluids such as Gatorade, Cera Lyte, soups, bouillon, or tea. Eat low residue foods that help slow stool output. Replace potassium with bananas or orange juice. Use a little extra salt on your food to replace sodium. Contact your physician who may want to start you on anti-diarrheal medications.

Try this recipe for homemade electrolyte replacement: 1 tsp salt, 1 tsp baking soda, 1 tsp white Karo syrup, 16-ounce can frozen orange juice, Add water to make one quart, mix well.

Fear Factor Number 5.

Food Blockage: A food blockage is an intestinal obstruction caused by eating high fiber foods too quickly or in large amounts. It is characterized by: cramping, abdominal pain, a thin watery output or flow of waste which may stop completely, increased odor of stool, abdominal swelling, stomach area swelling and/or vomiting.

Foods that may cause a blockage (high fiber foods) are: celery, coconut, corn and popcorn, chinese vegetables, dried fruits, foods with skins / peels, nuts, mushrooms, raw fruits, raw vegetables, seeds or kernels, meats with casings (skins), coleslaw, shrimp, lobster, oysters, clams, mussels, or other shellfish.

What to do if you have a blockage: Try taking a warm tub bath to relax abdominal muscles. Gently massage abdomen or around stoma area. Lie in a knee-chest position. If your stoma is swollen, remove your pouch and replace it with a pouch with a larger stoma opening. If you are able to tolerate liquids, increase fluid intake by sipping small amounts at a time. Gulping fluids too rapidly may push food mass more tightly together.

Notify your physician if: Your blockage symptoms persist; You are unable to tolerate or replace fluids; or if the signs and symptoms of fluid and electrolyte imbalance occur.

Tips to Help Avoid Blockage: Avoid high fiber foods for two weeks after surgery. Add high fiber foods to your diet one at a time. Chew food well to make it easier to digest. Avoid swallowing large bites of meat or vegetables. Remove skins of fruit if you are prone to blockage. Anything too tough to cut is probably too tough to eat. Corn kernels on the cob can be slit with a serrated knife before eating. Juice fruits and vegetables in a juicing machine. Consider taking a whole food concentrate such as Juice Plus+®.

Maintaining Health and Wellness: "Diet Talk" is everywhere. Be careful with fad diets and fad foods. Eat a well rounded diet. Moderation is the key. Natural vitamins are more beneficial than are artificial. Make sure supplements are readily absorbed. Be careful with herbal preparations. Take only medications prescribed for you. Tell your pharmacist, dentist and any physician that you have had bowel resections so they can prescribe or dispense the right kind of medication for you.

Too much output causing dehydration?

Tend to get sick and have dehydration or electrolyte imbalances?

Try these homemade recipes:

Homemade Electrolyte Drink

1 teaspoon salt

1 teaspoon baking soda

1 teaspoon white Karo syrup

1 6-ounce can frozen orange juice

Add water to make one quart, mix well

Or... Quick Fix

Orange juice - 4 ounces

Water - 4 ounces

Pinch of salt

Diluted Electrolyte Drinks (Brand Names)

Help Improve taste, tolerance, lower calories, and decrease cost!

1/2 quart (500 cc) - commercial electrolyte drinks

1/2 quart (500 cc) - water

1 teaspoon salt substitute (potassium chloride)

Mix well

Recipes

6 Signs You Love Your Ostomy Way Too Much Way Too Much

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You'll be the first to admit it wasn't love at first sight. After all, who finds out they need an ostomy and hears the saxophones from 'Careless Whisper'? (Answer: no one.) But surgery happened, and you've soldiered through recovery, and now the relationship with your ostomy has changed. Actually, you love it. Actually...you may have a bit of a problem. (Your coordinator has done all but #3 in some way)

Here are six signs you're over the moon about your ostomy:

1. Your stoma has a name. You talk to it. It's literally your friend.

- "What do you think, Minerva? Should we add bananas to this smoothie?"
- "I'm feeling grumpy today. Don't worry, it's not you."
- "Who's a good stoma? Stan's a good stoma. Who's a good stoma?"
- "Psst...I'm on a date, use your inside voice."

Conversations with your ostomy... out loud.... in public. You dare anyone to judge.

2. Your ostomy is permanent and you decide to get a permanent tattoo of your stoma's name.

Other people get their kids' names inked. You got your stoma's name inked. What? It gave you your life back and you're damn proud of it.

3. You buy it presents.

Your ostomy has its bad days, as we all do, and when they happen you don't hold back with the pampering. Now your significant other is jealous of your ostomy because it definitely gets more gifts. Your partner has also...gently suggested...you put an upper limit on your stoma spending. It's not your fault all this new bling keeps coming out. Pouch covers, ostomy apparel and underwear, wraps, accessories, etc. Are you actually expected to resist this stuff?!

4. You show off your ostomy online.

You've gone public. In fact, somewhere along the way, you started posting selfies starring your ostomy on social media. Using your preferred ostomy-related hashtags. A few times a month. Okay, a week.

5. You celebrate your stoma's birthday.

With more gifts and accessories, obviously.

6. You say a quiet "thank you" to your ostomy every time you do something you couldn't do before.

Having an ostomy means not being able to do some things. Your bathroom experience, for example, is somewhat untraditional. But your ostomy has empowered you to do so many more things. You're not sick anymore, and that means you have the strength and energy to be the person you want to be. Every time you ride a bike, sit through a movie, try that weird artisanal desert at the café down the street... you say a little "thank you" to the ostomy that rebuilt your health.





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
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