



AFFILIATED SUPPORT GROUP

# SHORT CIRCUIT

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Our 44th Year! Serving Ostomates of Eastern Iowa since 1972    [www.iowaostomy.org](http://www.iowaostomy.org)    October 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](http://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](http://www.ostomy.org).



From the Coordinator:

Hello everyone. Fall is definitely upon us. Days are getting shorter, weather is getting cooler, and leaves are falling to the ground. I don't know about you but this is my favorite time of the year. Nice to just curl up in a blanket and chill out for a bit.

October is our last official meeting before our holiday party. We don't conduct much business at the holiday party except for collecting dues for the next year. I am planning on having nursing students from local colleges come to this meeting again. Last time we invited them we had a great turn out. This time it is only to one college so we should have a smaller group. A good time was had by all last time so if you missed it please try to attend this month.

I hope all is well for everyone heading into the fall and ultimately the holiday season. I will not have another newsletter out before Thanksgiving so I want to wish everyone a Happy Thanksgiving. Can't believe we are almost to the holidays again.

Until the meeting ...

*Sina Carlile*

## Need a Wound/Ostomy Continence Nurse (WOCN)?

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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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Where are you?  
Are you wearing  
Harry Potter's  
cloak  
of  
Invisibility?

Have you been wondering where Carol Haack has been? Well let me update everyone. She has been traveling and has bought a house in town so she's been moving. On October 12<sup>th</sup> she will be having major surgery to fix a congenital aortic valve defect. She plans on being in the hospital for a week and then 2 months of recovery at home. Want to let her know you're thinking of her? Her address is 2107 Glen Oaks Knoll, Coralville, IA 52241.

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](http://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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Newsletter Editor,  
New Ostomate Support Visitor  
319-775-0175

Vicki Kee, Treasurer  
PO Box 5227  
Coralville, IA 52241  
319-775-0175



## UPCOMING MEETING INFO

- 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 1<sup>st</sup> (potential carpool and/or overnight stay)
- Saturday, December 3, 2016  
1pm  
**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.
- Thursday, Feb. 9, 2017  
630pm  
**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.
- April 2017  
630pm  
**Support Group Meeting** St Luke's Hospital in Cedar Rapids.  
Room 163 behind gift shop
- Thursday, May 18, 2017  
630pm  
**Support Group Meeting** Iowa River Landing in Coralville off I80. Usually in the lowest level. Ask at reception desk.
- Thursday, June 22, 2017  
630pm  
**Support Group Meeting** Mercy Medical Center in Iowa City. Meet in the medical arts building across the street. Lower level. Signs will be posted by elevators.
- Thursday, Aug. 10, 2017  
**Support Group meeting** Mercy Medical Center in Cedar Rapids.
- Tuesday, Sept 19, 2017  
**Support Group Meeting** Iowa River Landing in Coralville off I80.
- October 2017  
**Support Group Meeting** St Luke's Hospital in Cedar Rapids.

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](http://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.



## The Spouse's Role

via Regina Ostomy News; Metro Maryland; and  
North Central OK Ostomy Outlook

Your role as a spouse is one of support and encouragement. These elements are vital to any relationship and provide a basis for an emotional recovery and acceptance of the ostomy. This life-saving, body-altering procedure can affect people in different ways. How you, the spouse, react to the physical changes from surgery will be conveyed to the ostomate in many ways. Watch your body language. If you were a person who liked to cuddle before the surgery, then continue to reach out to your spouse. Couples have a tendency to "protect" each other and not be truthful about their feelings. Initiate open communications with your spouse and discuss any concerns either of you may have about the surgery (i.e., fear, anger, resentment, relief). Ask questions about changes you do not understand.

It is likely that you and your spouse may have anxieties about becoming intimate. Talk to your spouse about any physical limitations, pain (if present), fears about being naked, leakage, odor and rejection. Body image is one of the major issues after ostomy surgery. A good sense of humor is an important factor that will be very beneficial during the adjustment phase. It helps you and your spouse deal with some of the unexpected events during this time.

Ostomates should have instructions about self-care from an ostomy nurse prior to leaving the hospital. Be supportive in providing assistance in caring for the ostomy but remember it is their ostomy! If the ostomy patient is physically capable, do not take on the role of total caregiver. Encourage independence in taking care of the ostomy, it can be the first step toward regaining self esteem.

REMEMBER...The person with an ostomy has not changed; only their anatomy has. How you and your spouse accept that change will influence your quality of life. Armed with adequate information and a positive outlook, you may find that having a family member who has survived body-altering surgery often leads the entire family to a greater appreciation of life.



## A Can of Peaches

A very cranky old woman was arrested for shoplifting at a grocery store. She gave everyone a hard time, from the store manager to the security guard to the arresting officer who took her away. She complained and criticized everything and everyone throughout the process.

When she appeared before the judge, the judge asked her what she had stolen from the store. The lady defiantly replied, "Just a stupid can of peaches." The judge then asked why she had done it. She replied, "I was hungry and forgot to bring any cash to the store."

The judge asked how many peaches were in the can. She replied in a nasty tone, "Nine, but why do you care about that?" The judge answered patiently, "Well, ma'am, because I'm going to give you nine days in jail — one day for each peach."

As the judge was about to drop his gavel, the lady's longsuffering husband raised his hand slowly and asked if he might speak. The judge said, "Yes sir, what do you have to add?" The husband said meekly, "Your Honor, she also stole a can of peas."



## Factors Which Influence Ostomy Function

by Liz O'Connor, RN, WOCN; via Metro Maryland;  
And North Central OK Ostomy Outlook

Quite often patients experience a sudden reversal in normal ostomy function due to medications or treatments they are undergoing. The following information might be helpful to keep in mind.

**Antibiotics** - These often cause diarrhea, even in patients without an ostomy. Ostomates are no exception and if the problem becomes severe, notify your physician immediately. In the meantime, keep Gatorade or a like drink (e.g., Oral Rehydration Solution) on hand to maintain adequate electrolyte balance.

**Pain Medications** - These are often constipating; extra irrigations or laxatives or stool softeners might be required by colostomates to combat the side effects. Perhaps the dosage of pain reliever can be reduced to eliminate the situation. If not, consider one of the above alternatives.

**Chemotherapy** - Many cancer patients have follow-up chemo after surgery or as an alternative to surgery. This often produces nausea and/or vomiting. Gatorade (or Oral Rehydration Solution) is again good to keep on hand for electrolyte balance.

**Radiation Therapy** - This often produces the same effects as chemotherapy and should be treated accordingly.

**Travel** - Travel can cause constipation in some patients and diarrhea in others. Be aware that these are possibilities. An altered diet when traveling accounts for some of this, plus the excitement of the new surroundings. Allow sufficient time for irrigations and take along an anti-diarrhea medication. Check with your doctor if you are not familiar with what works best for you to control Diarrhea.

**Antacids** - Those with magnesium can cause diarrhea. You may want to ask your doctor to suggest an antacid with aluminum rather than magnesium. Drink plenty of fluids. Tea is always a good source of potassium (so are orange juice and bananas). Coca Cola also contains some potassium.

**Bouillon cubes** are a good source of sodium. Gatorade is used by athletes for electrolyte replacement. It is better served over ice. Remember some of the signs of electrolyte imbalances are irritability, nausea and drowsiness. Be prepared and prevent this problem when possible. Keep well hydrated with adequate fluids of all types - water included.

## URINARY TRACT STONES

Ostomy Halifax Gazetteer via Inside/Out Winnipeg Ostomy Assoc.

Urinary tract stones, aka kidney stones, have been known for many years. The disease manifests primarily in adult-hood. Three times as many males suffer as females. The pain associated with the disease, (passing 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 fifth 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. Replacement of lost fluids with such liquids as ice tea or soft drinks does not adequately correct the dehydration or tendency to form kidney stones. 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.



# Stoma Output

CliniMed - UK

Normal output depends on which type of stoma you have: colostomy, ileostomy or urostomy. Like all output, it can depend on diet, liquid intake etc. For all types of stoma, it is important to drink plenty of fluids, about 6 cups of liquid a day (8-10 if you have an ileostomy). This will help keep your output stable and healthy.

**Colostomy** The colon usually absorbs water from the waste as it moves along towards the rectum, so the consistency of output will depend on where your stoma is sited: the further along the colon, the thicker the feces coming out of the stoma will be. If you have just had surgery, it may take a few days for the bowel to start functioning normally again. Passing wind or flatus is the first sign that it is starting to work again. Feces can be quite fluid in the post-operative period, but should become thicker as your bowel recovers. It's important to get into the habit of drinking plenty of fluids and gradually introducing fruit, vegetables and other high fiber foods into your diet. You can still get constipation with a colostomy. If constipation persists, it may be helpful to take a mild laxative. If you are in any doubt, ask your stoma nurse. You should also consult your stoma nurse or doctor if you experience no feces going into the stoma bag, associated with severe pain.

**Ileostomy** After bowel surgery, the small intestine gradually adapts and your stoma output should thicken up (to an oatmeal-like consistency) and reduce to around 400-800ml per 24 hours. People with ileostomies wear drainable pouches which can be emptied as often as necessary during the day. Make sure you eat regularly as this helps to regulate stoma function. Occasionally, some people have continuing problems with stool frequency or consistency in which case you may need to take medication to control it. You may find the output becomes very watery. Should this persist, or if you need to empty your stoma bag very frequently, you may need to thicken the output, via diet, medication and/or special thickening agents put in the bag. You should always ask for advice from your stoma nurse or doctor first. If the watery output is accompanied by abdominal pain, nausea or vomiting you should seek medical advice right away.

**Urostomy** When you first have your stoma surgery, the urine draining out of your stoma will be bloodstained. It will gradually clear, but can remain discolored for 2-3 weeks. You will need to empty your urostomy bag via the outlet tap several times a day, as urine flows from the urostomy continuously. To avoid getting up in the night to empty your bag, you may need to add on extra capacity by means of a 'night bag'. This is attached via a long tube to the tap at the bottom of your usual bag. You can either place the night bag on a stand or hang it out of the end of the bed resting in a bowl or bucket. The night bag should be cleansed daily and changed every week. Some people prefer to use a leg pouch at night (and some also do this in the day).

It is usual to expect mucus in your urostomy bag, as your stoma is made from a piece of bowel. The amount should decrease over time but may be helped by taking Vitamin C or a daily glass of cranberry juice. (Warning: if you take Warfarin you should not drink cranberry juice.) You may experience either diarrhea or constipation in the first few weeks after your operation; if so, speak to your doctor or surgeon.



Hints for Men - Broward Beacon, via Mayo Clinic Letter and the Space Center Shuttle Blast

A common problem for male ostomates is the location of their belts. One man who had trouble with his belt catching on the top edge of the appliance offered these helpful hints:

When applying your wafer/flange, instead of placing it with the top edge square with your beltline, rotate it 45 degrees, so the edges point up and down like a diamond, that way the belt goes across the top corner of the appliance and holds the wafer/flange in place. Also, try cutting the hole in your appliance closer to the top of the skin barrier, causing the appliance to adhere lower on your abdomen and be farther away from the beltline; or try rounding off the square 5edges of the flange with scissors, decreasing the chance of the belt catching on the corners.



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

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**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](http://www.coloplast.us)
  - ConvaTec 800-422-8811 [www.convatec.com](http://www.convatec.com)
  - CyMed 800-582-0707 [www.cymed-ostomy.com](http://www.cymed-ostomy.com)
  - Hollister 800-323-4060 [www.hollister.com/us](http://www.hollister.com/us)
  - Marlen 800-321-0591 (via Edgepark)
  - Marlen 216-292-7060 (directly) [www.marlenmfg.com](http://www.marlenmfg.com)
  - Nu Hope 800-899-5017 [www.nu-hope.com](http://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](http://www.mmsmedical.com/aos)
  - Byram Healthcare 877-902-9726 [www.byramhealthcare.com](http://www.byramhealthcare.com)
  - Duke Medical Supply 888-678-6692 [www.dukemedicalsupply.com](http://www.dukemedicalsupply.com)
  - Edgepark Medical 800-321-0591 [www.edgepark.com](http://www.edgepark.com)
  - Liberty Medical 888-844-2651 [www.libertymedical.com/ostomy/](http://www.libertymedical.com/ostomy/)
  - SGV Medical 800-395-6099 [www.sgvmedical.com](http://www.sgvmedical.com)
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**United Ostomy Associations of America**

- 800-826-0826 [www.ostomy.org](http://www.ostomy.org)

**Wound, Ostomy and Continence Nurses Society**

- 800-224-9626 [www.wocn.org](http://www.wocn.org)

**Friends of Ostomates Worldwide-USA**

- Donate unused supplies [www.fowusa.org](http://www.fowusa.org).

**Osto Group** free product for the uninsured

- 877-678-6690 [www.ostogroup.org](http://www.ostogroup.org)

**American Cancer Society**

- 800-227-2345 [www.cancer.org](http://www.cancer.org)

**Crohn's & Colitis Foundation**

- 800-343-3637 [www.ccfa.org](http://www.ccfa.org)
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