



SHORT CIRCUIT

AFFILIATED SUPPORT GROUP

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Our 45th Year! Serving Ostomates of Eastern Iowa since 1972 www.iowaostomy.org April 2017

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:

April already. So many ups and downs in the weather this year already. Extremely warm temps in February, late snow in March, severe weather season starting early. Hopefully Mother Nature calms down some for the rest of the year.

I got quite a few boxes of new donations in since our last meeting. I want to bring them to the group before trying to sell them on Ebay. I do have several things other than bags and wafers so come take a look. I also got a great resource booklet from Shield Healthcare and they are also sending me some samples that I hope to have before the meeting.

I am looking for ideas for meetings this year. This month I am inviting students again. I hope this will be a yearly event. I hope to visit the schools earlier in the year then invite them to the April meeting. Please let me know what else you would like to see at meetings for 2017.

Until then I hope everyone is well.
Sina Carlile



Need a Wound/Ostomy Continence Nurse (WOCN)?

St. Luke's UnityPoint Hospital
Cedar Rapids, IA
Ostomy Clinic
319-369-7538

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

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

Regional Medical Center
Manchester, IA
Wound Clinic
waiting on info

Buchanan County
Health Center
Independence, IA
Wound Clinic
319-332-0999

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I told you in December that Michelle at St Luke's started a new clinic at Buchanan County Health Center. I added that information in the section above.

Now I was just contacted by WOCN Dee McGraw at Regional Medical Center in Manchester, IA. She is starting a new clinic there. That's not too far away from the new one at Buchanan County.

I am excited to see the new opportunities opening up in the northern areas of our reaches. Any opportunity to help an ostomate I am in support of. Can't wait for what's to come.



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

Saturday, April 1, 2017	Ostomy Education Day - Mercy Medical Center in Des Moines
Tuesday, April 18 2017 630pm	Support Group Meeting St Luke's Hospital in Cedar Rapids. Room 163 behind gift shop
Monday, May 15, 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.
Tuesday, Oct. 17 2017	Support Group Meeting St Luke's Hospital in Cedar Rapids.
December 2017	Holiday Party - information as date gets closer

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.



How To Deal With Ostomy Overwhelm? By Stephanie Horgan, LCSW, ostomyconnection.com

What To Do When You Feel Overwhelmed With Ostomy Life. The experience of managing a new stoma or dealing with ongoing skin problems can be a lot to handle. Add in the demands of normal everyday life - it can all feel completely overwhelming. Whatever the reason you're feeling frazzled, there are ways to help prepare yourself to handle whatever may come your way. Here are eight tactics that can help you deal with ostomy overwhelm:

1. **Know how long things take.** I'm notorious for assuming tasks take much less time. For instance, I'll block out 15 minutes and then discover it actually takes 30 minutes! I've learned this simple rule: whatever time you think a task will take, double it. That way when your appliance change doesn't go smoothly, you'll feel less stress because you know you have extra time to apply it properly.
2. **Simplify your life.** Is your life too complicated? Take a good look at everything you do and ask yourself if there is a better, easier way to do it, or maybe not do it at all. If you don't get through your to-do list, it's okay. Figure out your priorities, like having a system in place for organizing and ordering ostomy supplies. Check if your supplier has automated reordering. There is also a handy ostomy tracker app available for smart phones that alerts you when supplies are low or when to get a new prescription.
3. **Get into daily habits.** Getting the most important things done in an orderly fashion is taking care of you, first and foremost. For instance, the first thing I do each morning is hydrate. Then I'll change my appliance prior to eating breakfast. Next, I might take vitamin supplements if I'm not eating properly. Then I prep for that day's events by packing healthy snacks and my water bottle. These daily tasks allow me to feel prepared for the day. And if you're not a morning person, pack things the night before.
4. **Allow for Murphy's Law.** No week is complete without something going wrong, so plan for it. Take for instance that terrifying feeling of your wafer peeling off your skin while you're at work, or a very inconvenient leak at the movie theater. Allow time in your week for preparing an emergency ostomy kit and extra clothes, and always carry it with you. You'll be better-off knowing these things are readily available just in case you need them.
5. **Lean on others for support.** Don't underestimate the power of peer support. When you ask for help in a considerate way (and understand they may need to turn you down), there's no need to feel guilty about leaning on others. It can be something as simple as coming over to watch a movie when you're not feeling well, or asking for a ride to a doctor's appointment.
6. **Be kind to yourself.** If you're having ongoing ostomy related issues, this kind of overwhelm can lead to feelings of inadequacy and failure. This is not the time to beat yourself up. It's extra important to pay attention to your mental radio and turn down the volume on your inner critic station. Practice self-compassion, and remember all the things you've been through. Talk to yourself as if you were talking to a loved one or best friend.
7. **Dump it all on paper.** When you're fed up with your ostomy, sometimes taking time to write down your frustrations can help. At Oak Park Behavioral Medicine we give our patients journals to help with this. One of my favorite assignments is having ostomates write a letter to their stoma with all their truest emotions and thoughts about it. Profanity is definitely allowed, if necessary.
8. **Connect with others who have been there.** There are many ostomates who have gone before you, and many who have yet to receive an ostomy. We can all learn from each other, so it doesn't hurt to reach out to a UOAA support group or discussion board. Sometimes this kind of understanding can really help when you're feeling overwhelmed with ostomy life. If you want a pen friend, Girls with Guts has a Pen Pal Program where you can request another ostomate to send snail mail back and forth to.

**The Rules: Just pick ONE (maybe two) of these tips and do it.
I don't want you to get overwhelmed by trying them all.**

Stephanie had ileostomy surgery in 2009 due to Crohn's disease. She is a Licensed Clinical Social Worker who specializes in health psychology and chronic illness at Oak Park Behavioral Medicine in Illinois.

Important Ostomy Questions & Their Answers

Urostomy UTI, Crusting Procedure, Peristomal Skin Problems, Hydration, Diet, Hospitalization & More!

By Amparo Cano, MSN, CWOC and Debbie Walde, BSN, CWOC

Q: What are the Signs and symptoms of UTI in people with a urostomy?

A: Fever, Strong smelling urine, Cloudy urine, increased mucus, retroperitoneal pain, bloody urine new onset confusion (in elderly patient).

Q: What is the crusting procedure which helps to cure irritated or raw peristomal skin?

A: 1) Clean the peristomal skin with water (avoid soap) and pat the area dry.

2) Sprinkle skin barrier powder onto the denuded skin.

3) Allow the powder to adhere to the moist skin.

4) Dust excess powder from the skin using a gauze pad or soft tissue. The powder should stick only to the raw area and should be removed from dry, intact skin.

5) Using a blotting or dabbing motion, apply the polymer skin barrier over the powdered area, or lightly spray the area if you're using a polymer skin barrier spray.

6) Allow the area to dry for a few seconds; a whitish crust will appear. You can test for dryness of the crust by gently brushing your finger over it; it should feel rough but dry.

7) Repeat steps 2 through 6 two to four times to achieve a crust.

8. You may apply a pouching system over the crusted area. Stop using the crusting procedure when the skin has healed and is no longer moist to the touch.

Q: What are some medication precautions for ileostomates?

A: Do not take enteric coated or time-release medications Do not crush or open medications Inform the pharmacist Never take a laxative.

Q: What foods may affect ileostomates?

A: Apple peels, cabbage raw, celery, Chinese vegetables, corn, whole kernel, coconuts, dried fruit, mushrooms, oranges, nuts, pineapple, popcorn, seeds.

Q: What is the push-pull technique?

A: Rough removal of your skin barrier wafer can tear out hair on the peristomal skin. Pulling out hair causes folliculitis, infection of the hair follicles, and is characterized by red, sore, itching and eventually weepy skin. It can also look like a pus-filled or open pimple. Never pull your skin barrier wafer off but instead hold wafer in place while pushing your peristomal skin in toward your body. This method is far more gentle to your skin.

Q: When should I seek medical assistance?

A: You should call the doctor or ostomy nurse when you have:

1) severe cramps lasting more than two or three hours

2) a deep cut in the stoma

3) excessive bleeding from the stoma opening (or a moderate amount in the pouch at several emptyings)

4) continuous bleeding at the junction between the stoma and skin m. severe skin irritation or deep ulcers

5) unusual change in stoma size and appearance o. severe watery discharge lasting more than five or six hours

6) continuous nausea and vomiting; or the ostomy does not have any output for four to six hours and is accompanied by cramping and nausea (ileostomates only.)

Important Ostomy Questions & Their Answers (Continued)

Q: What foods that cause gas?

A: Some foods cause excess gas, so these may need to be reduced or avoided. Foods such as beans, hard boiled eggs, fish, melon, milk products, onions, spicy foods, asparagus, cauliflower, cabbage family, and carbonated beverages cause flatus. Some behavioral changes to reduce flatus include avoiding drinking through a straw, smoking, and chewing gum.

Q: What are peristomal skin problems?

A: A study revealed that 61% of people with an ostomy have a peristomal skin problem as assessed by a WOC or Ostomy Nurse. The primary cause of skin problems was from effluent coming in contact with the peristomal skin. Body shape and skin type are as individual as personality - some people can establish a good seal between the skin and the barrier, while others may find it a challenge getting a tight seal to avoid leakage and may need a little extra help to make their ostomy appliance fit securely and to care for peristomal skin.

Q: How do you replace fluids and electrolytes?

A: 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.

Q: What are some hospitalization tips for ostomates?

A: Never assume hospital personnel know the difference between ostomy types. Ask if the hospital has an ostomy nurse. If they do, call them and let them know you're an ostomate and you'd love to just meet them even if they do not need to be involved in your immediate care. Never assume they have ostomy supplies you use in stock. Always keep an emergency supplies kit ready in your closet full of everything you need for at least five changes of your ostomy appliance during an unexpected stay. Bring a warm bathrobe. Hospitals are kept very cool to keep them sanitary. Never assume the medications they give you are correct.

Q: Can I skip meals from time to time?

A: No, it increases watery stools and gas

Q: I wasn't lactose intolerant before surgery but I am now. Is this normal?

A: Yes

Q: What can I eat to decrease diarrhea?

A: Tapioca, toast, applesauce, bananas, boiled rice and peanut butter.

Q: Can I go swimming?

A: Yes! UOAA has a swimming with an ostomy toolkit: Facts and your rights. You should not be denied access to a pool facility.

Q: Is it important to know what portions of my bowel that was removed?

A: Yes. This is important re: your diet, meds, and absorption of foods.

Q: Where can I get detailed information on diet, etc.?

A: United Ostomy Association of American has a very good Diet and Nutrition guide at www.ostomy.org.

How to Shave Around Your Stoma by Kathy Dalin, RN, Riverside HealthCare, Kankakee; via Hamilton (ON) Osto-Info

Many men find they must shave the peristomal skin with each change of their skin barrier. In the past, ostomy literature has usually recommended using an electric razor. I personally have never had great success with this method, although I have heard that some folks do very well with the newer small razors that are designed for trimming mustaches and sideburns.

If you use a safety razor, as we do in the hospital, be sure to apply sufficient shave cream so that this is not a dry shave.



In addition, be gentle. Most shave creams have emollients so you will need to wash the skin with plain soap and water afterwards. Rinse your skin well so no cream or soap residue remains.

If your skin is very irritated and itchy, we have found that Kenalog spray or Desonide lotion is extremely helpful. This is a steroid (cortisone) solution, which decreases the itching and irritation dramatically. Apply these lightly, and then allow to dry completely prior to placing on your new skin barrier. These medications have a slightly oily base, which means your skin barrier probably will not stay on as long as you are accustomed.

This procedure will relieve the itching and promote healing. Skin heals better covered by a skin barrier than it would if aired out. Do not use any steroidal spray as part of your regular changing routine because steroids are absorbed into your system through the skin. Moreover, steroids will thin the skin compounding peristomal skin issues.

If there are actual pustules around the irritated hair follicles, you may need to use an antibiotic powder such as Polysporin powder to clear this up.

UOAA Partners in Ostomy Webinar

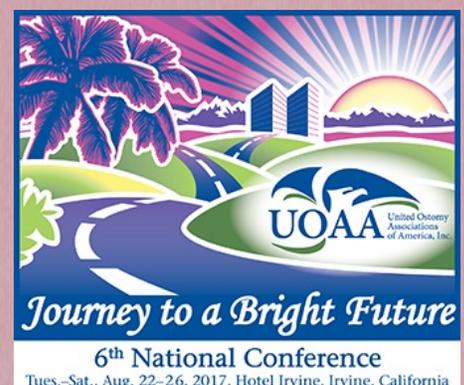
On February 14 UOAA partnered in a webinar hosted by Fight Colorectal Cancer. "Navigating the Ostomy Experience" was presented by UOAA MBoD member, and CWOCN Joanna Burgess-Stocks. It covers a broad spectrum of topics in 60 minutes and is an especially helpful education tool for the new, or soon to be person living with an ostomy. You can still share, listen or watch the presentation online. Or you can see Joanna speak in person with a new presentation at our conference this summer!



You can still view educational slideshow online

Webinar Link

<http://fightcolorectalcancer.org/fight/library/things-ostomy-feb-2017-webinar/>





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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