



# SHORT CIRCUIT

## AFFILIATED SUPPORT GROUP

© 2016 Cedar Rapids / Iowa City Area Ostomy Support Group #171, Inc. — an affiliate of UOAA, Inc.  
Our 45th Year! Serving Ostomates of Eastern Iowa since 1972    [www.iowaostomy.org](http://www.iowaostomy.org)    May 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](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:

We have started the month of May. Graduations will be a plenty for most of us. By the end of the month we will have the official start of the summer season with Memorial Day weekend. I hope everyone has some type of plans to do over the summer and everyone is capable of getting out and enjoying life.

I will be working on and sending out a few short surveys in the coming weeks. They will be powered by Survey Monkey and I hope you take the time to complete them for me. They are looking for feedback for what I can do for you as the group leader. I'm looking for feedback on meetings and our yearly picnic and holiday party.

Just one note - this will only be going out to those on the email list so if you get this via regular mail you will not be receiving a survey. Please don't think your voice is not important. Believe it or not, most of those we send via mail attend the functions I am trying to get information on. You can, however let me know at upcoming meetings if you have ideas for upcoming meeting dates.

Until then I hope everyone is well.

*Sina Carlisle*

## 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  
563-927-7081

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

# Get Ostomy Answers! Save 38%\*

## The Leading Source for Information, Education and Inspiration!

Each *Phoenix Ostomy Magazine* answers the many questions about returning to a full and active life after surgery. Topics include diet, exercise, intimacy, skin care, odor control, new products and so much more. Medical doctors and nurses offer concrete advice and solutions while personal stories show that almost anything is possible with an ostomy. - **Subscribe Today!**

**Privacy Guarantee:** The *Phoenix* is mailed with discretion. Your contact information will never be given, rented or sold to a third party.

### FREE New Patient Guide!

Get real-world answers to common questions after ostomy surgery. Yours free with a subscription.



Choose Your FREE New Patient Guide:  Colostomy  Ileostomy  Urostomy

Please send me FREE ostomy product samples, special offers and product information\*\*

One-year \$29.95 (Save 25%\*)  Two-years \$49.95 (Save 38%\*)



### Send Magazine To:

Name \_\_\_\_\_ Email (opt.) \_\_\_\_\_  
Address \_\_\_\_\_ Apt/Suite \_\_\_\_\_ Phone (opt.) \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Send Payment to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

Satisfaction Guaranteed!

\*Based on cover price of \$39.95. \$19.95 for Canadian one-year subscription. U.S. funds only. \*\*Your contact information will be disclosed to third party companies to fulfill the request. Published March, June, September and December. If you are not satisfied for any reason, we will gladly refund the unused portion of your subscription.

NSC016

Changing or emptying your ostomy pouch in public can be a daunting task. Here are some tips to help that process be easy and discreet.

- Use a Moldable skin barrier so you can avoid prepping your supplies in a public restroom.
- Always carry extra supplies in case you are stranded where supplies may not be available.
- Create a buffer with a layer of toilet paper in the toilet bowl to avoid splashing when emptying your pouch.
- You can Download the Traveler's Communication Card to help communicate when you urgently need access to a restroom and get more travel tips by clicking this link:  
[http://www.ostomy.org/Ostomy\\_Travel\\_Tips.html](http://www.ostomy.org/Ostomy_Travel_Tips.html)

\*\* information above is from Convatec website

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

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

Monday, May 15, 2017 630pm	<b>Support Group Meeting</b> Iowa River Landing in Coralville off I80. Usually in the lowest level. Ask at reception desk. Nurses have lined up a guest speaker. An art therapist will be joining us.
Thursday, June 22, 2017 630pm	<b>Support Group Meeting</b> Mercy Medical Center in Iowa City @ 500 East Market Street. Meet in the medical arts building across the street. Lower level. Signs will be posted by elevators.
Thursday, Aug. 10, 2017 630pm	<b>Support Group meeting</b> Mercy Medical Center in Cedar Rapids.
Tuesday, Sept 19, 2017 630pm	<b>Support Group Meeting</b> Iowa River Landing in Coralville off I80.
Tuesday, Oct. 17 2017 630pm	<b>Support Group Meeting</b> St Luke's Hospital in Cedar Rapids.
December 2017	Holiday Party - information as date gets closer
April 7, 2018 ***NEW***	10 <sup>th</sup> Annual Ostomy Education Day - Sioux City, Iowa

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.





## How Wounds Heal: The 4 Main Phases of Wound Healing

By: John Maynard; Wound and Ostomy Product Manager @ Shield HealthCare

The body is a complex and remarkable machine, and the dynamic process of wound healing is a great example of how our body's different systems, along with the proper wound care products, work together to repair and replace devitalized tissues. But how, exactly, does our body heal?

When the skin is injured, our body sets into motion an automatic series of events, often referred to as the "cascade of healing," in order to repair the injured tissues. The cascade of healing is divided into these four overlapping phases: Hemostasis, Inflammatory, Proliferative, and Maturation.

**Phase 1: Hemostasis Phase** is the first phase of healing, begins at the onset of injury, and the objective is to stop the bleeding. In this phase, the body activates its emergency repair system, the blood clotting system, and forms a dam to block the drainage. During this process, platelets come into contact with collagen, resulting in activation and aggregation. An enzyme called thrombin is at the center, and it initiates the formation of a fibrin mesh, which strengthens the platelet clumps into a stable clot.

**Phase 2: Defensive/Inflammatory Phase** focuses on destroying bacteria and removing debris—essentially preparing the wound bed for the growth of new tissue.

During Phase 2, a type of white blood cells called neutrophils enter the wound to destroy bacteria and remove debris. These cells often reach their peak population between 24 and 48 hours after injury, reducing greatly in number after 3 days. As the white blood cells leave, specialized cells called macrophages arrive to continue clearing debris. These cells also secrete growth factors and proteins that attract immune system cells to the wound to facilitate tissue repair. This phase often lasts 4 to 6 days and is often associated with edema, erythema (reddening of the skin), heat and pain.

**Phase 3: Proliferative Phase** is where the focus is to fill and cover the wound and features 3 distinct stages: 1) filling the wound; 2) contraction of the wound margins; and 3) covering the wound (epithelialization).

During the first stage, shiny, deep red granulation tissue fills the wound bed with connective tissue, and new blood vessels are formed. During contraction, the wound margins contract and pull toward the center of the wound. In the third stage, epithelial cells arise from the wound bed or margins and begin to migrate across the wound bed in leapfrog fashion until the wound is covered with epithelium. The Proliferative phase often lasts anywhere from 4 to 24 days.

**Phase 4: Maturation Phase** is when new tissue slowly gains strength and flexibility. Here, collagen fibers reorganize, the tissue remodels and matures and there is an overall increase in tensile strength (though maximum strength is limited to 80% of the pre-injured strength). The Maturation phase varies greatly from wound to wound, often lasting anywhere from 21 days to 2 years.

The healing process is remarkable and complex, and it is also susceptible to interruption due to local and systemic factors, including moisture, infection, and maceration (local); and age, nutritional status, body type (systemic). When the right healing environment is established, the body works in wondrous ways to heal and replace devitalized tissue.



## Pancaking ... do you know what it is and how to prevent it?

via Hartford (CT) Ostomy Update

Pancaking occurs when stool does not fall into the bottom of the pouch and instead collects around the top near the stoma. This can build up to the point where it gets under the flange or bulges under your clothing. Pancaking affects almost all colostomates at some time or other (and some ileostomates).

The most common cause of pancaking is stool that is too dense or sticky to slide cleanly down the inside of the pouch. Clothing that is too restrictive across the top of the appliance can also cause pancaking. In some cases, it's believed that if the pouch has no air in it, this causes a vacuum which prevents the stool from going to the bottom. Whatever the cause, it's really annoying.

How can you prevent pancaking? The first and easiest solution is to lubricate the inside of the pouch near the top. Apply some lubricating deodorant—any of the brands made by the manufacturers will do—to the inside top of the pouch and smear it around. If you don't have any ostomy lubricant, baby oil or olive oil will do, or non-stick cooking spray, though these don't have any deodorant qualities. Whatever you use, don't get lubricant on the flange or the stoma itself. None of these products will hurt the stoma but oil around the base of the stoma will most likely decrease wear time. Another trick is to put scrunched up tissue inside the bag. This will help eliminate the vacuum effect and hold the sides apart so things don't get stuck so easily.

Consider changing your diet to include more roughage or old standbys like prune juice. Drink more water! If the problem is really persistent, you might consider a bulkforming type of laxative—ask your pharmacist to recommend a mild form of this laxative (Check with your doctor or WOCN before trying this). Last—are you getting enough exercise? Lack of movement can contribute to, well, lack of "movement." Get off that couch and get some exercise! Conversely, have some applesauce at breakfast. It's an old standby.

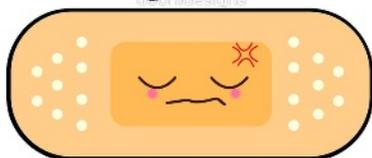
## What's Happening

### OSTOMY WORLD REPORT: A new feature from R. S. Elvey, OAGC

Interesting, relevant, and darn right strange tidbits from the ostomy world....

Would you love to know more about biodegradable and flushable two piece colostomy pouches and barriers being sold by CliniMed, England, they claim it flushes 95% of the time and degrades and disperses in the sewer in two to three weeks.... Also from CliniMed a barrier which has Manuka Honey to promote healthy skin around your stoma. Manuka Honey is from New Zealand and supposed to have germ-fighting properties.... Aloe Vera is also being used on barriers to promote skin health.... From Australia news of Australian stoma nurses traveling to Kenya to teach their skills to Kenyan nurses.... Insulated sandwich size reusable bags by InsuBag, available on Amazon, are being used by ostomates to keep supplies cool in the summer.... Tregunna, a crime novel by Carla Vermatt has a lead detective with an ostomy, the character is based on her husband who had an ostomy as a result of bowel cancer.... Stomawise, an English ostomy charity is collecting and shipping supplies to war-torn Syria.... Make driving more comfortable with the ComfeeDrive seat belt cover shipped internationally for \$22.95 by ([www.weircomfees.ca](http://www.weircomfees.ca)) .... Ostomi Alert Sensor, \$125.00, combines Bluetooth technology and an I-Phone app to provide connected technology to tell you when to empty your pouch, the app also captures output volume. Contact: Health Technology at 657.266.0570.... Jearlean Taylor, a Convatec Great Comeback award recipient, has become a top runway model in her state wearing colostomy and urostomy pouches.

**OUCH!**



## DOES YOUR STOMA HURT?

By Victor Alterescu, ET via United Ostomy Association of Chicago's "The New Outlook"

Quite often people tell me their stomas hurt. This surprises me a great deal since stomas don't have any sensation. You could cut, burn, do virtually anything to the stoma and you would not feel a thing. That's hard to believe but true. Stomas do not have receptors for pain.

Sometimes the lack of stoma sensation can lead to problems. For example, an incorrectly fitting ostomy system may cut into the stoma, but no pain will be felt. A stoma can be badly damaged before the problem is noticed. For this reason, it is important not to wear your barrier for more than a week. It is necessary to see the peristomal skin and see if the stoma is in good condition.

Actually, when people talk about stoma pain, they are usually talking about pain from the skin or tissue from around the stoma. Peristomal skin is full of nerve receptors that are sensitive to such things as heat, cold, chemicals, and adhesives that can cause significant pain. It is the skin or surrounding tissue that is sensing the pain and not the stoma itself.

In addition, severe pain may be caused by a blockage, either in the bowel or at the point where the intestine comes through the skin. These are different types of nerves that will sense this effect. Plus, the systems in the body are related and when one system is causing a problem another may cause a sensation to take place, alerting us. These types of systems should not be confused with the absence of feeling in the stoma.

If any unusual symptoms or irritations are noticed, contact your ET or Wound Ostomy Nurse for an evaluation. He/She can offer advice and treatment for virtually any problem you have with your stoma. Do not settle for mediocrity in ostomy management.



## Ostomy Q & A

**Q: My ileostomy produces a lot of waste. Is it okay to fast so I don't get this output at inconvenient times?**

A: Some ileostomates delay eating or time their meals so they have less waste at certain times (e.g., intimate moments, going to the movie). However, your ileostomy will continue to produce gas and digestive juices even if you haven't eaten, and an empty digestive tract seems to produce excessive gas. Starving yourself to avoid producing waste is foolish and dangerous. (Angela Kelly, RNET, High Life)

**Q: What causes warts to form on the edge of the stoma?**

A: A poorly fitted appliance can cause nodules to form around the edge of the stoma. They are benign and will do no harm. If they get in the way, they can be removed by cauterization. (ET Panel, Vancouver Ostomy High Life)



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](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)
- 

**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)
- 

**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)
- 
- 