

AFFILIATED SUPPORT GROUP

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

I hope everyone had a great Memorial Day weekend. I am just getting back from a weekend camping trip. It was rainy at times but plenty of sun was soaked up too.

I am looking for upcoming meeting ideas. If anyone has anything they'd like to see, please let me know by sending an email to info@iowaostomy.org or giving me a call at 319-775-0175. I'm open to ideas from ostomates and nurses as well.

Our next meeting is Thursday, June 22nd hosted by Mercy Hospital - Iowa City nurses. We will actually meet in the Medical Arts building across the street at 500 Market Street. We are in a room in the lower level. Signs will be posted by the elevators. There should not be a charge for parking after 5pm.

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
563-927-7081

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

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Racing fans with a sharp eye may have noticed the familiar UOAA phoenix logo zipping around the track at Talladega Superspeedway on May 6th in the televised ARCA Racing Series General Tire 200.

Driver Ray Ciccarelli of Maryland was gracious enough to provide UOAA space on his Ford stock car to promote UOAA and ostomy awareness. Ray is living with an ileostomy after having surgery as a result of Crohn's disease in 2015. "I've done more in last few years than the first 15 with Crohns, wish I did something sooner." Having an ostomy was not a factor in his driving as he hit speeds up to 184 miles per hour.

Ray says he now talks openly about living with an ostomy on pit row and wants to do all that he can to raise awareness.

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 22, 2017
630pm

Support Group Meeting 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

Support Group meeting Mercy Medical Center in Cedar Rapids.

Tuesday, Sept 19, 2017
630pm

Support Group Meeting Iowa River Landing in Coralville off I80.

Tuesday, Oct. 17 2017
630pm

Support Group Meeting St Luke's Hospital in Cedar Rapids.

December 2017

Holiday Party - information as date gets closer

April 7, 2018 ***NEW***

10th 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. 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.





Belts vs Tape

via Vancouver (BC) Ostomy HighLife; and Regina (SK) Ostomy News



VS



It's sometimes necessary to use extra measures to make sure that an appliance stays firmly in place. Many factors can dictate a need for further measures to ensure a worry free fit—body shape, skin type, sports played, job demands or quantity of waste. Tape and/or ostomy belts are sometimes a solution. Each has its advantages depending on the individual. In some instances, a combination of both may be recommended. Which method might work best for you and how do you properly use them?

Ostomy belts are a frequent first choice because they are reusable, washable, adjustable, and don't have to be peeled off the skin. But a belt that is too tight can cause its own problems. Wearing the belt too tight will cause the elastic to become overextended which allows the elastic to curl, forming a rope-like fit instead of a flat fit around the waist. This could get mighty uncomfortable in a hurry. You want the belt to be snug, but not so snug it's digging into you. You also want to keep the belt from 'riding up,' which will create an off-center pull on the appliance. Try to keep the belt level with your flange. Wider ostomy belts might be more comfortable if one has rolls of fat around the midsection. Most belts are about an inch wide but you could ask your supplier if a wider model is available. You might want to allow your pouch to fill up and then test how effective an ostomy belt might be under different tensions and body movements. If presented with a choice, choose cloth rather than rubber or elasticized fiber. Cloth will be cooler. Belts can provide vital support, especially if the contents of a pouch become significant. Always empty a full pouch as soon as possible, or better yet, don't let it get that full in the first place.

Sometimes belts are just not practical. They may be too uncomfortable for the wearer, or spoil the look of some clothes. Tape can be a good solution in such cases. They come in a variety of materials, paper porous tape, all plastic tape or a combination of both. Some appliances come with a tape perimeter 'built-in' but you may still need to apply another layer over top of this. Tape is relatively inexpensive so give different materials and brands a try. To properly apply tape, it should encircle the entire flange, with one half on the flange and the other half on the skin. In time you'll get skilled at applying this. A gentle pressing-on with the finger tips will ensure that it's stuck. Most problems with tape arise from poor application technique, impatient removal or allergies to the material. Prepare the skin with careful removal of the old flange and thorough cleaning and drying of the skin. When removing the tape, use the 'two hand' method—one to gently pull the tape off and the other to hold the skin down. Too frequent or rushed tape removal can cause irritation.

Either or even both methods—tape or belt—can greatly increase your confidence and comfort. Give both a try if you have concerns about your appliance staying in place.



Retracted Stomas

via Winnipeg (MB) Inside/Out; and Regina (SK) Ostomy News

A normal stoma has a slight protrusion from the skin level; this allows it to fit with ostomy pouching systems and to protect the skin from stoma output. Retraction means that the stoma is flush or below skin level. Sometimes the stoma may protrude when standing, but disappear into the skin when sitting. Retraction is relatively common, with about 10-24% of stoma patients experiencing retraction. It's also more common with ileostomies than colostomies and tends to affect heavier patients more frequently. Retracted stomas can cause problems with leaking with standard pouching systems. A retracted stoma is far more prone to leaks since the stoma outputs its contents directly to the skin. This can compromise the adhesives on barriers and cause skin irritation if not cleaned regularly. However, there are solutions to help prevent leakage and keep the skin clean and the barrier safe:

- **Convex Barriers/Wafers** - The curved shape of the barrier helps the stoma protrude enough to keep the contents from leaking under the barrier.
- **Ostomy Belt** - Helps support the barrier and the pouching system to prevent leaks by supporting the appliance around the waist.
- **Adhesives** - Some barrier adhesives provide an extra tackiness that is far more waterproof; these adhesives can help prevent the skin and wafer from being compromised by leaks.
- In extreme cases, a doctor may recommend surgery to fashion a new stoma through the skin.

6 Ostomate Stereotypes That Are Totally True

Posted on www.ostomyconnection.com on March 9, 2017.

Ostomates are everywhere, more than TWO MILLION worldwide - that's how many people **#ROCKTHEBAG!** If you aren't an ostomate yourself, chances are you've known one at some point. There are just enough folks rollin' without a colon to start detecting some patterns. We hate to pigeonhole, but here are a few (all-awesome-in-their-own-way) personality types that crop up among ostomates. Do you see yourself in any of these?

- 1. The Show-Off** They're jogging around the park or hanging out at the beach with their pouch proudly on display. Basically dripping with swag, they're supremely courageous and tend to attract lots of attention and admiration - as they should! Also not unusual for this type: leaving the general public a bit confused about what's on their belly as they glide by on a cloud of confidence.
- 2. Best Friends For Life** This type's got nothin' but love for their stoma. They're like, "You saved my life!" so the least I can do is give you a name... and get a tattoo about you... and buy all the bag covers and belts and other things... and tell everyone how awesome you are. All this talk may create some awkward friendships, that's fine. They love their ostomy way too much to keep quiet.
- 3. Bad Mamma Jamma** These ostomates are comfortable in their own skin and radiate beauty way beyond skin-deep. These osto-celebs glam it up and make us all look good.
- 4. The Secret Society** There's no way in hell this ostomate is showing off their ostomy bag! It's their best-kept secret and you'll never know about it unless something accidental happens - and even then they're pros at covering their tracks. As the old saying goes, denial is not just a river in Egypt.
- 5. Meet The Incredibles** These ostomates were athletes before surgery and aren't about to let a little bag get in the way. When it comes to fitness, they can grind with the best of 'em! Their healthy lifestyles and firm determination inspires the rest of the ostomy community to keep on striving
- 6. The Goofball** For this ostomate, wearing a "happy sack" has really cranked up the wackiness. When the going gets tough, they're known to crack jokes because laughter is what gets them through. These ostomates are spinning off YouTube vids like [Rebecca Zamolo's "Poop in a Bag"](#) * - easily the world's greatest ostomy-themed parody (though we'd love to see some challengers!).

*No foul language in video but my apologies for word in parenthesis for name of video



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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