



SHORT CIRCUIT

AFFILIATED SUPPORT GROUP

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

Hello everyone. We are officially on the downhill slide of summer. Can't believe another summer is behind us. I tell ya, the years seem to go faster and faster the older I am getting.

I just wanted to update everyone on some of the responses I've gotten back on the surveys I sent out. One suggestion was to have some Saturday meetings. For 2018 I am working on doing at least 2 Saturdays just to see how it goes. In the beginning it will most likely be just getting together to talk but I'm still hoping for the WOCNs to be able to stop by. Stand by for more information on that.

Also, I got feedback to try and rotate the picnic and holiday party between Cedar Rapids and Iowa City. Speaking of the holiday party, we learned that Ryan's has closed so this year we will be changing location. We are anticipating going to Long Branch Restaurant inside the Best Western by Lindale Mall. More information as we get that solidified.

One final reminder that our next meeting is August 10th at Mercy in Cedar Rapids. I have booked a yoga instructor and she will be doing some teaching on core training to help alleviate hernias.

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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The Right Thing to Do by Raymond Miller; via Chicago (IL) The New Outlook

A male acquaintance of mine has a colostomy. When asked why he did not join our local ostomy association he said, "I have adjusted just fine. I do not need the group." His complacency set me back a bit. Maybe he does not need our support group, whatever that means. However, our group needs him. We need well-adjusted people with ostomies who walk around flat-tummied and non-odorous, people who look and feel good. An ostomy support group is not like a halfway house. We do not come together to feel sorry for ourselves or to talk exclusively about all the problems that arose because of our operations. We get together because we want to help each other or maybe to obtain some advice with some little issue that has been bugging us. We may have some questions our doctors and nurses cannot answer for us but another person with an ostomy can. We want to prove to all those skeptics and people without ostomies who may think an ostomy is the end of the world that it is not. In most cases, that is. What is most usual is that ostomy surgery is a wonderful beginning. All of us are alive because of ostomy surgery.

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, Aug. 10, 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
*** Scheduled to attend - yoga instructor to help core muscles for herniation

Tuesday, Sept 19, 2017
630pm

Support Group Meeting Iowa River Landing in Coralville off I80. Ask at the desk for location.
*** Scheduled to attend - Coloplast Rep

Tuesday, Oct. 17, 2017
630pm

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

Saturday, Dec. 2, 2017 ***NEW***

Holiday Party - tentative at Long Branch Restaurant inside Best Western across from Lindale Mall - more information to come

April 7, 2018 ***NEW***

10th Annual Ostomy Education Day - Sioux City, Iowa

May or June 2018 ***NEW***

Picnic in Coralville - time and date TBD

Thursday, June 21, 2018 ***NEW***
630pm

Support Group Meeting Mercy, Iowa City



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.





Walk Yourself to Better Health

Medford UOA



Although recovering strength after surgery or an illness can be a challenge, walking is one of the best and simplest ways to build stamina, according to Margi Morris, Stanford University.

Begin by deciding on a manageable amount of walking. Plan to walk for a short amount of time, and walk slightly more briskly than is comfortable, in order to increase the heart rate slightly. Increase the time walked by five minutes each week.

Ignore the idea of distance walked; the amount of time spent in exercise is more important. Work up to

a walk of 45 minutes, and do it three times each week to maintain stamina, or walk 20 minutes six days a week.

Walking is a common and automatic activity; almost everyone can do it to some degree. It makes you breathe deeply, which pulls oxygen into your lungs, making you feel energetic. It improves circulation, lowers blood pressure, and generally strengthens your cardiovascular system.

In bad weather try walking in a shopping mall. Some malls have formal walking programs; if you don't want to be part of a group, pick your own time and walk at your own speed.

If you cannot walk, do something else to increase your heart rate. Water aerobics classes are another good form of exercise, although the usual one-hour sessions are too long for some older people. If you take part in such exercise and are exhausted when you get home, you are overdoing it and should try something less strenuous.

Heat Exhaustion

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting



What You Should Do:

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

Heat Stroke

- High body temperature (above 103°F)*
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness



What You Should Do:

- Call 911 immediately — this is a medical emergency.
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do NOT give fluids.

How Your Body Adapts to the Heat

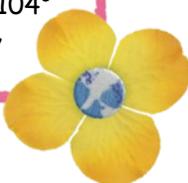
Better Health

Your body cools itself primarily by sweating. Think of it as built-in air conditioning. (How much you sweat is mostly genetics)

If you are active for an hour or more in high heat or are sweating a lot, a sports drink (i.e., Gatorade) can help prevent an imbalance of electrolytes; minerals like sodium and potassium. Otherwise water is fine for hydrating. Salty foods (pretzels, crackers) offset low sodium levels, too. Bananas, blackberries, cantaloupe and plums replenish potassium.

Adjusting to exercise in the heat can take two weeks or even a little longer. During this time, your sweat rate increases as your body begins to better regulate its temperature. Your kidneys and sweat glands retain more electrolytes, so you lose less salt. Go easy on outside activities during those first hot days.

Stay safe... watch for warning signs of heat exhaustion and heatstroke, especially in others since those affected often fail to recognize the developing situation. Use proven cooling techniques; apply ice packs to the neck, armpits, and groin, and/or rotate ice water soaked towels to these and other areas of the body. Heatstroke symptoms include red skin, difficulty breathing, rapid pulse, fainting, lack of sweating, and a body temp of 104° or higher. Exertional heatstroke is a medical emergency affecting multiple body systems. Call 911 and apply cooling techniques. Note: Heat exhaustion doesn't always precede heatstroke.



UOAA News: Greetings From Our New Executive Director, Christine Ryan

I was very pleased to accept the position of Executive Director of UOAA on May 1st. I know I have big shoes to fill with Jay Pacitti's departure from the organization, but am up for the challenge! Jay, the Management Board of Directors and staff have been very welcoming and patient with me, which I'm extremely grateful for, as I learn about the impressive and vital services, fundraisers and support UOAA provides to individuals living with ostomies and continent diversions.

Just a little about myself...my background in the nonprofit world began in Denver, Colorado in 1998 when I accepted the position of Marketing Director and then President & CEO of a non-profit training organization supporting the educational needs of financial services professionals. I was born and raised in New Hampshire and recently returned to New England. Having lived in the land-locked State of Colorado for over 30 years, I'm happy to be closer to my family and looking forward to enjoying the lakes, ocean and all the outdoor activities Maine has to offer.

I do have firsthand knowledge and experience with ostomies, as my former husband was diagnosed with rectal cancer last year. He underwent surgery and went home with a temporary ileostomy. I watched him struggle after this life saving but also life altering procedure, including leakage and skin issues, all while he was going through months of chemotherapy. I'm happy to report the cancer is in remission, and he's on the road to recovery at this time.

I am honored to be leading the UOAA team in Kennebunk as we work to achieve the goals and fulfill the mission of the organization of promoting quality of life for people with ostomies and continent diversions through information, support, advocacy and collaboration. I will be attending UOAA's 6th National Conference this August in Irvine, California, and hope to meet you in person there!

Ostomy Reversals By Joanna Burgess-Stocks, BSN, RN, CWOCN

Not everyone who has an ostomy as a result of colorectal cancer and other diseases will have the option of having their ostomy reversed. Some people will need to keep their ostomy for life.

Your surgeon will determine when an ostomy will be reversed. There are many factors that determine a reversal such as the extent of the disease, a patient's overall health and treatment process (radiation and chemotherapy). Most patients with temporary ostomies will have the ostomy for about 3-6 months.

Surgery for reversal of an ostomy is usually much less involved than the surgery that you had to create the ostomy. So if you are feeling nervous, keep that in mind. A typical hospital course is 3-4 days on average.

For some patients, interrupting bowel function with a temporary ileostomy increases the chances that you will experience alterations in bowel function after reversal of your stoma. These symptoms can include rectal urgency, frequency, fragmentation of stool and incontinence. It is important that you notify your surgeon as soon as possible with these symptoms. Treatment includes behavioral strategies based on the symptoms and includes dietary modifications, incontinence products, skin care (use of barrier creams such as zinc oxide) and medications such as loperamide. More involved but helpful recommendations are pelvic muscle retraining (PMR) to regain sphincter strength and biofeedback. This therapy is done by a highly trained physical therapist.

If the temporary ostomy is due to cancer some physical therapists recommend PMR prior to surgery or radiation to assess muscles and teach strategies for ongoing muscle strengthening that can be carried over after surgery. This helps to address any coordination or existing weakness prior to radiation due to chemo or post-operative recovery. If PMR is recommended after surgery, it is best to wait at least 6 weeks and with the surgeon's approval.



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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