



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 December 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 find it hard to believe we are in the midst of yet another holiday season. As 2017 comes to a close I am proud of what we as a group have accomplished. I also look forward to what 2018 has in store for us.

I cannot wait to see those that come to the holiday party on Saturday, December 2nd. It is always a good time with food, laughter, bag decorating, and of course our gift exchange. I am hoping to get some new people to attend since we have changed locations this year.

In case you've never been and are wondering what we do here's a run-down. First and foremost we eat lunch (everyone pays their own) and have time to chat and catch up. Then it's onto our ostomy bag decorating contest. We have all kinds of decorations and have a great time decorating. Then we have a fun gift exchange. Not much - \$10 or so is all it costs. Bring a gift to pass and have a great laugh as we read our Christmas story or try to keep up with the challenge of passing gifts. Again, hope to see more people there this year - I can't wait to see what's on the menu at our new location.

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

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. \$39.95 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

Urine pH Balance

Urostomates should check the pH of the urine about once a week to be sure the urine is acidic, with a pH of less than 6.0. Foods that effect pH balance:

Acid: Most Meats/Fish/Poultry, Breads, Cereals, Cheese, Crackers, Eggs, Pasta, Rice, Plums, Prunes, Cranberries

Alkaline: Milk, Bananas, Beans, Beets, Green, Spinach, Most Fruits (incl. Citrus) Most Veg.

Neutral: Butter, Coffee, Tea, Cream, Honey, Salad Oils, Syrups, Tapioca

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

Saturday, Dec. 2, 2017 Noon start time	Holiday Party Long Branch Restaurant inside Best Western across from Lindale Mall - gift exchange information to come
Thursday, Feb 15, 2018	Support Group Meeting Mercy, Cedar Rapids
Saturday, April 7, 2018	10 th Annual Ostomy Education Day - Sioux City, Iowa
Thursday, April 19, 2018	Support Group Meeting St Luke's, Cedar Rapids
New for 2018: Sat, Apr 21	Support Group Meeting St Luke's, Cedar Rapids
Tuesday, May 8, 2018 ***NEW***	Support Group Meeting University of Iowa, Iowa River Landing
May or June 2018	Picnic in Coralville - time and date TBD
Thursday, June 21, 2018	Support Group Meeting Mercy, Iowa City
Tuesday, Aug 14, 2018	Support Group Meeting Mercy Cedar Rapids (Saturday date also TBD)
Thursday, Sept 13, 2018	Support Group Meeting University of Iowa, Iowa River Landing
Thursday, October 18, 2018	Support Group Meeting St Luke's 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. 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.



Stoma Shape and Leakage

by New Beginnings, viaHernando Co. FL; and Contra Costa (CA) Contra Ostomy News
via OSTOMY OUTLOOK Ostomy Association of North Central Oklahoma

Are you aware that stomas sometimes change shape? This can happen when you change from a standing to a sitting position. Mirrors are handy gadgets - take a look! The stoma that is round when you are lying down or standing may be oval when you sit down. This may be a source of leakage problems and merits thought. Remember, the stoma is a portion of the intestines brought to the surface of the abdomen. The healthy red color of the stoma means there is a good blood supply. The natural lubricant of the intestines is mucus. No adhesive will stick to the stoma because of the mucosal lining.

Therefore, any part of the wafer that comes in contact with the mucus on the stoma will automatically refuse to stick. Thus, the seal around the stoma does not change even though the stoma shape changes. This means that if the stoma is oval in a sitting position, perhaps the opening on the wafer should be oval. This particularly applies to people who are sedentary most of the day. This is not an absolute rule, but a consideration if you find leakage a problem.

Heard You're An Ostomate

by Louis J. Wray, from the UOA Library Archives

I heard that you're an ostomate. Is it true what I heard about you? That you have no guts, your bladder is gone, and that you're all washed up and through?

Yet, whenever I look at you, you're beaming with joy and grace. You never hint at the strife you've borne, disguised by the smile on your face. You seem to be a special breed, bent on helping others to live. Your suffering must have battered your life, yet you reach out and always forgive.

I'd think that you might be angry at the way Fate has picked on you. But, I'd never suspect it if you are, for your love always seems to shine through.

I assume your second chance at life makes each new day a pleasure. And, your thankfulness for health and friends makes itself a treasure. Now I better appreciate the Phoenix (bird), the symbol of your dear UOA: "Reborn from the ashes of disease." What a message of help this conveys.

See, I know you are an ostomate—a pattern you have set for me. Like you, I'll try to help others cope with their new way of life, cheerfully.

A second chance, reborn to serve, and as happy as can be. Ostomates inspire me and my friends with service offered so free. So out in the open—your secret is known, your formula for success is in view. You're an asset to this weary old world; we're blessed for having ostomates like you.



7 Tips to Help Ostomates Survive the Holiday Season

Editorial Team ostomyconnection.com

The holidays are fast approaching and that means parties galore! Office get-togethers, family gatherings, and neighborhood celebrations are filling up the calendar now until New Year's Eve. As much fun as the holidays can be, it can also be a time of stress for ostomates. It's important to recognize that this can be a crazy time, and with so much going on it's sometimes easy to forget to take care of yourself and manage your ostomy. Here are 7 tips to help ostomates enjoy the holiday season, from what to wear, to what to talk about and more.

1. Plan ahead and prepare for ordering challenges. Do you have enough ostomy supplies on hand? If not, now's probably the best time to place an order. Online medical suppliers and shipping companies are extra busy during the holidays, so you may experience delays due to staff shortages or bad winter weather.

2. Let family rituals change. If you're attending a family event, it doesn't mean you need to eat food that you're not comfortable with just to please them. Consider updating holiday meals with some new recipes to go along with the familiar dishes, it's a great opportunity for everyone to try something new. Most holiday celebrations are potluck style anyway, so offering to bring something won't be too out of the ordinary. If you are the host, suggest that your guests bring a dish so that everyone can enjoy their favorite food.

3. Know what to say. Relatives and friends who know about your ostomy understand and won't insist you eat everything that's being served. If you encounter a situation where people do not know you're an ostomate, there's no need to go into any long explanations at the dinner table. Saying "no thank you" should work if you're passed a dish that you prefer not to eat.

4. Drink plenty of water. I know this is probably something you hear every time someone talks to you about an ostomy (especially an ileostomy or urostomy), but it's true that staying well hydrated can help. Water is essential for the proper circulation of nutrients in the body. Sometimes headaches can be caused by dehydration, so drinking water can prevent or alleviate the pain. Make a conscious effort to stay hydrated during the holidays!

5. Wear whatever feels right. Loose clothing that is not too tight around your belly can help you feel more relaxed about your ostomy. Whether the party is casual or formal, don't stress over your outfit. Be comfortable and remember to pack extra ostomy supplies and clothes if you're taking a road trip somewhere far from home.

6. Slow down and eat for pleasure. Eating slowly and chewing your food well is important to help prevent blockages when you have an ostomy. It may sound obvious, but enjoying the flavor of food makes it a pleasurable experience. When you savor your food, you're less likely to overindulge which can cause unwanted digestive issues.

7. Make time to express gratitude. Letting your family and friends know that you are grateful for their support during your ostomy surgery and recovery can actually make celebrations even better. If this is your first holiday with an ostomy, it might be an important thing to do. Sharing love and appreciation with others has such an uplifting effect.

Traveling With an Ostomy

Modified from original story by: Laura Cox - Shield Healthcare

Great supplies to keep in your carry-on when traveling with an ostomy:

- Hand or face towel- to clean up
- Hand sanitizer
- Wafers - precut so you don't have to bring your scissor in your carry-on (if flying)
- Safety scissors - if you don't feel comfortable pre-cutting your wafers
- Bags - I always carry all my supplies on just in case my luggage is lost
- Stoma powder and/or paste
- All pills you need for the trip
- Thin pair of sweatpants and thin T-shirt - just in case of a leak
- Grape juice - I always buy after security and put it in my carry-on in case of a blockage
- Snacks - like crackers to help retain water and keep you hydrated
- Extra supplies - with unpredictable weather and flights, it's always best to pack more than you think you'll need



The best advice I can give about traveling with an ostomy is to handle things as they come at you. Worrying will only take away from the experience. Be prepared for issues, but always hope for the best! If you are met with an issue, don't let it ruin your trip! Try to keep a positive attitude and deal with the problem, then move on. Remember, you are capable of handling any issue that comes your way! Hope you're healthy and happy! Safe travels!

Fight the Flu — One Shot at a Time

One of the best things you can do for your health is also the easiest: Get your yearly flu shot. It protects you and others in your community.



Out of the Mouths of Babes

(From the Book *Bedpan Banter*) Medical Stories of Humor and Inspiration by Brenda Elsagher

Story by Joanne Heitzman

A few months after surgery, I got the courage to venture out into the real world again. I have both a colostomy and urostomy, which I must catheterize every four hours. I am so grateful just to be alive that I don't worry too much about all the little details and have learned to just go about my own business.

We had lunch out and I had to use the restroom. There, I need to stand facing the bowl to catheterize. A mom came into the stall next to me with a young child.

She said to her little one, "Just stay here with the door closed." I was hoping the child would not appear under the partition.

I broke out laughing when I heard the child ask her Mom, "Why does the lady next door have her shoes on backwards?"

My shoes were facing the toilet rather than away-out of the mouths of babes. Who would ever have thought about it? If I could have, I might have wet my own pants laughing. I learned that you just have to laugh about most things.

A Visit from St. Ostomy

by Marjorie Kaufman, Los Angeles (CA) Los Ostomy News;
via Austin (TX) Austi-Mate, Dec 1995

'Twas the night before Christmas and all through the flat, There was general confusion including the cat.
The bathroom was strewn with the ostomy ware, That I had abandoned in utter despair.

The courage I'd had in the hospital bed, To follow instructions, had suddenly fled.
It all looked so strange, and uncommonly new; I swore I would never know quite what to do.

Now which goes to which, and what sticks to what? I fumbled each step, with my nerves overwrought.
And then in my anguish, I went to my room, To settle my brains for a night full of gloom.

With a household a-flutter in holiday matter, I shut out the sounds of excitement and chatter.
When out in the hallway I heard from below, The sound of a voice with a jolly "Hello."

As I peeked through the door, up the stairway she came; And she smiled when she saw me, and called me by name.
And I, in my wonder, just couldn't believe, That ostomy visits were made Christmas Eve. And then in a twinkling
she put me at ease, And said she could lessen my anxieties.

She was dressed all in white, in a form-fitting sheath, With nary a sign of what lay underneath.
So trim and well-groomed, a delight to behold, No one would suspect, unless they'd been told.

That standing before me so calm and serene, Was the very first ostomate I'd ever seen.
Her manner so friendly, with faith and good cheer, Soon gave me to know I had nothing to fear.

My questions, like leaves in a hurricane flew; And with each knowing answer, my confidence grew.
Then under her guidance each part fell in place, As I conquered the problem I'd just failed to face.

And all of a sudden I knew I was free, To live just as normal and happy as she.
For only an ostomate is really akin, To the fears and frustrations that lie deep within.

Her time and her friendship so willing to give, Will keep me remembering as long as I live.
And my family was grateful for what she had done, For once more the evening was festive and fun.

Now each time I meet her, more clearly I see The "Saint" who came calling with blessings for me!!





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
-

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
-

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
- 
- 