

Affiliated  
with...



# SHORT CIRCUIT

Cedar Rapids / Iowa City Area Ostomy Support Group #171, Inc. — an affiliate of UOAA, Inc.  
Our 46th Year! Serving Ostomates of Eastern Iowa since 1972 [www.iowaostomy.org](http://www.iowaostomy.org) April 2018

## Welcome!

The Cedar Rapids / Iowa City Area Ostomy Support Group is dedicated to providing information, advocacy and service to our members and their caregivers. We also include the intestinal and urinary diversion community at large.

## Who is 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
- ThePhoenix magazine
- Toll-free Help and Referral Line
- Special Interest Groups
- Ostomy Community Liaison

For more information, contact the UOAA at 800-826-0826 or visit their website [www.ostomy.org](http://www.ostomy.org).

## From the Coordinator:

Hello everyone. April is upon us I and that means the official start to spring. I know I'm ready to start seeing some of the spring temps and leaves on the trees.

Our next meeting is set for Thursday, April 19th at St. Luke's Hospital. I plan to dig through websites to find some helpful videos to share. As always, we will have a WOC nurse there and open the floor to Q&A opportunities.

I am looking forward to our first Saturday meeting. That is set for April 21st and is also at St Luke's. 10am is the start time and the WOC nurse on duty will make time to stop by for questions. Supplies will also be available at both meetings.

Since our last meeting I have been contacted by 2 separate wives to report the loss of members. The first, Steve Weston, may not be well known. I don't recall him being at meetings but



know I received supply best she can with life's donations from him a few events. She knows life does different times. The second move on and has plenty of is more well known - Everett friends and family around to Kroeze. He came to meetings keep her busy. I gave her and I remember some of you condolences from the group. talking to him about his apple orchard. I had the pleasure I hope to see you all at the of speaking to his wife since upcoming meetings. Please let he passed. It was a quick me know if there is anything I illness and surprise to the can do for you in the entire family. He did not meantime. suffer and she is doing the

Best Regards,

Gina Carlile

## 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. All of our meetings will have a question and answer session with one of the local WOC nurses. Meetings can include potential new product demonstrations, guest speakers. and insurance company speakers. 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.

Need a Wound/Ostomy Continence Nurse (WOCN)?

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

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

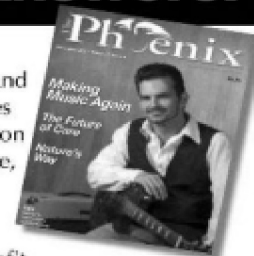
Center Mercy Hospital  
Iowa City, IA  
Wound Center  
319-339-3967

Regional Medical Center  
Manchester, IA  
Wound Clinic  
563-927-7081

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

## Get Ostomy Answers!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.



Subscriptions directly fund the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

**The Phoenix**

**ORDER FORM**

**Money Back Guarantee!**

One-year subscription \$29.95  Two-years for \$49.95

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

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State \_\_\_\_\_

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The *SHORT CIRCUIT* is the official newsletter of the Cedar Rapids/Iowa City Area Ostomy Support Group #171, and is published 7 times per year.

**MEMBERSHIP** is open to ostomates along with 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).

Don't have email? 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 considered 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 printed subscription fees to Vicki Kee, P.O. Box 5227, Coralville, IA 52241

### **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.

Officers of the Cedar Rapids / Iowa City Area Ostomy Support Group

Gina Carlile, Support Group Coordinator

Vicki Kee, Treasurer

Newsletter Editor

PO Box 5227

New Ostomate Support Visitor

Coralville, IA 52241



# Upcoming Meeting Info

630pm Start time unless otherwise noted

Thursday, April 19, 2018

Support Group Meeting  
St Luke's, Cedar Rapids. Room 163 behind gift shop.

New for 2018: Sat, Apr 21

Support Group Meeting @ 10am  
St Luke's, Cedar Rapids Room 163 behind gift shop

Tuesday, May 8, 2018

Support Group Meeting  
University of Iowa, Iowa River Landing Ask at desk for room.

May or June 2018 Picnic in Coralville

time and date TBD

Thursday, June 21, 2018

Support Group Meeting  
Mercy, Iowa City In basement of Medical Arts building across street.  
Signs will be posted.

Tuesday, Aug 14, 2018

Support Group Meeting  
Mercy Cedar Rapids (Saturday date also TBD)  
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.

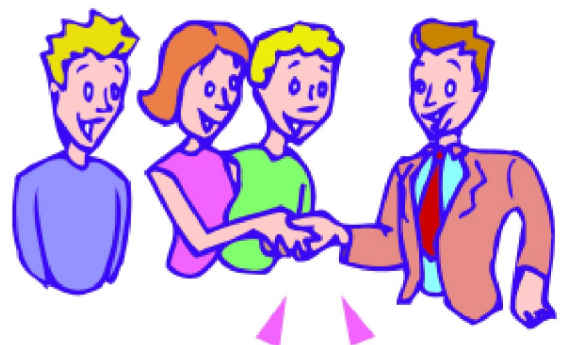
Thursday, Sept 13, 2018

Support Group Meeting  
University of Iowa, Iowa River Landing Ask at desk for room.

Thursday, October 18, 2018

Support Group Meeting  
St Luke's Cedar Rapids Room 163 behind gift shop.

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.





## ***You Matter! Know What to Expect and Know Your Rights Ostomy and Continent Diversion Patient Bill of Rights***

The Ostomy and Continent Diversion Patient Bill of Rights is a tool for patients to advocate for their own care. It is meant to empower those who live with an ostomy (temporary or permanent) or a continent diversion. It identifies the needs and expectations for those needing this type of surgery and for the community of people who are currently living with an ostomy or continent diversion. In order to achieve a desirable quality of life, a person undergoing ostomy or continent diversion surgery must have access to high-quality care in all healthcare settings. Counseling and Care in the patient bill of rights should be provided by a trained medical professional such as a Certified WOC/OstomyNurse/Ostomy Management Specialist. The patient shall be involved in all phases of the surgical experience except in emergent situations and shall:

### **Receive preoperative counseling that must include:**

- Preoperative stoma site marked by a medical professional following Standards of Care (established by the Wound, Ostomy and Continence Nurses Society, American Society of Colon & Rectal Surgeons and American Urological Association position statement)
- Explanation of surgical procedure and the rationale for surgery
- Discussion of ostomy/continent diversion management
- Impact of surgery on activities of daily living such as physical adaptation, clothing choices, exercise, possible changes in sexual activity and treatment, and dietary needs
- The opportunity to talk with someone who has been through ostomy or continent diversion surgery
- The opportunity to discuss the emotional impact of surgery
- Counseling in a language and at a level of understanding that is comfortable for the patient

### **Receive during the operative phase:**

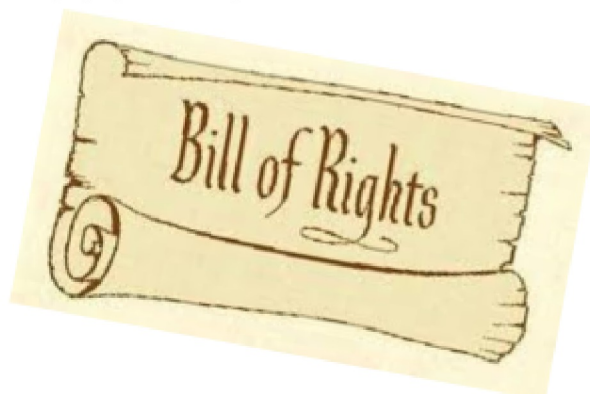
- A stoma that can be fit with a quality functioning pouching system
- A stoma that is appropriately positioned for their unique body, needs and comfort (if medical condition allows)

**Receive postoperative nursing care** specific to ostomy/continent diversion type and include the patient as well as their designated advocate (if any). Preparation for discharge will include:

- Individual instruction in care of ostomy including demonstration of emptying and changing pouch
- Ways to troubleshoot difficulties with basic skin and stoma issues including blockage and hernias
- Dietary and fluid guidelines given both verbally and in a written format such as UOAA's Ostomy Nutrition Guide
- Information on the availability of a variety of supply and product choices
- Information about the supply ordering process
- Resources for obtaining supplies specific to patient circumstances (e.g., uninsured/underinsured)
- Concierge services through ostomy manufacturers
- Resources to organizations who support and advocate for patients living with an ostomy or continent diversion
- Educational materials (such as UOAA's New Ostomy Patient Guide)

**Receive during the lifetime** of the ostomy or continent diversion the patient/designated advocate will benefit from ongoing support and care to include:

- Access to healthcare professionals with knowledge specific to the care of an ostomy or continent diversion in the outpatient setting
- Recognition of the need for reevaluation of care with the changes caused by aging and change in medical status



***If you believe your rights are not being met, speak up – be a force for change!***



## Mailing of New Medicare Cards to start in April 2018

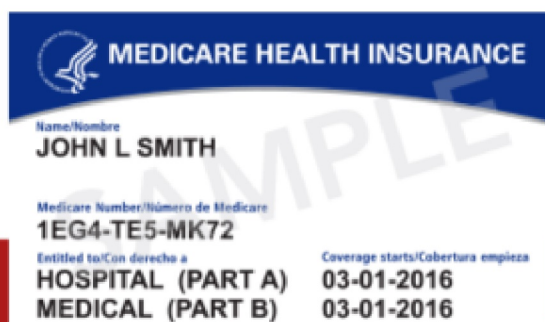
by Bob Baumele, North Central OK Ostomy Association

Over roughly the next year, everyone with Medicare will receive a new Medicare number which no longer includes social security numbers, thereby reducing the chance of identity theft. The new numbers will be provided in new Medicare cards, which should all be mailed between April 2018 and April 2019. The timing of mailing the new cards will vary by state. Best timeline for Iowa is after June 2018. See more at [go.medicare.gov/newcard](http://go.medicare.gov/newcard)

The 10 things to know about your new Medicare card information below is taken from that page:

1. Your new card will have a new Medicare Number that's unique to you, instead of your Social Security Number. This will help to protect your identity.
2. Your Medicare coverage and benefits will stay the same.
3. Your new card will automatically come to you. You don't need to do anything to get your new card.
4. Mailing takes time. Your card may arrive at a different time than your friend's or neighbor's.
5. Your new card is paper, which is easier for many providers to use and copy.
6. Once you get your new Medicare card, destroy your old Medicare card (the one with your social security number) and start using your new card right away.
7. If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare—you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.
8. Doctors, other health care providers and facilities know it's coming and will ask for your new Medicare card when you need care, so carry it with you.
9. Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
10. If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.

Watch out for scams Medicare will never call you uninvited and ask you to give us personal or private information to get your new Medicare Number and card. Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call us at 1-800-MEDICARE (1-800-633-4227). Learn more about the limited situations in which Medicare can call you by visiting <https://www.medicare.gov/forms-help-and-resources/identity-theft/identity-theft.html>



**MEDICARE HEALTH INSURANCE**

Name/Nombre  
**JOHN L SMITH**

Medicare Number/Número de Medicare  
**1EG4-TE5-MK72**

Entitled to/Con derecho a	Coverage starts/Cobertura empieza
<b>HOSPITAL (PART A)</b>	<b>03-01-2016</b>
<b>MEDICAL (PART B)</b>	<b>03-01-2016</b>

*Note: The card contains a large 'SAMPLE' watermark.*

# Ostomy Care: Preventing Skin Irritation Around the Stoma

Posted on February 26, 2018 via HyTape website

One of the more common issues that ostomates face is skin irritation. While it is annoying and often times itchy or painful, it is also preventable and manageable. Remembering that your skin is under stress from adhesives, abrasion, and various chemicals is paramount. We've done our best to collect information on how to keep your skin healthy.

**Your Ostomy Gear:** Like shoes, the better the fit, the more comfortable and better your equipment will perform. Not all ostomy devices are the same and when you find the right one, you will also find that your skin will appreciate it. There are plenty of recourse available. A healthcare provider, ostomy nurse, or a call to the UOAA can answer many of your questions and concerns. Below are a few simple things that we have learned in our years of helping ostomates:

- When applying your skin barrier, be sure to keep your skin smooth in order to prevent wrinkles. Wrinkles lead to gaps in the barrier and eventually leakage which will irritate the skin.
- Monitor the skin surrounding the pouching system. Look closely through a mirror all around the stoma. As soon as irritation begins clean the skin around the stoma with water alone, using a cotton wipe. If a cleanser is used, it should be thoroughly rinsed away. Avoid oily and perfumed products.
- Shave hairy areas about once a week, using a clean razor to ensure the best possible wafer adhesion.
- A full pouch will become heavy and pull on the wafer which will either result in a leak or stress the skin.
- When extra support or waterproofing is needed many nurses recommend the 1.5 inch Hy-Tape to boarder the wafer as it is waterproof, has zinc-oxide to sooth the skin, and removes very gently.

**Removing the Ostomy Pouch:** It is important to remember the the adhesive on the skin barrier is strong, so a gentle touch is needed in order to avoid damaging the skin.

- Loosen edges and push down the skin very gently.
- Slowly peel away the barrier starting at the top so that any liquid will drain into the pouch.
- Slow and steady is the key. If adhesive remover is needed it is important to use it sparingly and when done use a clean towel with soap and water to remove the chemicals.

**Skin Cleaning:** Warm water and a mild soap on either a soft paper towel or washcloth are usually all that is needed to ensure an adequately clean skin surface. It is important to remember your skin is under continuous stress from the adhesives, abrasion, weight, and whatever chemicals you are using.

- Use an oil free, mild, and non-scented soap.
- Rinse thoroughly before reattaching the pouching system. Soap residue can hinder the way the pouch connects to the body.
- Avoid alcohol based cleaners or wipes as they dry out the skin.
- Dry, clean skin will ensure a good surface for sticking. Dab the area with a soft towel and if possible, use a hair dryer on low heat.

When traveling or during times of extreme weather you may want to read our article on Ostomy Securement & Fluctuating Weather. If your skin becomes irritated, please be sure to contact your physician or an ostomy nurse. They can advise on what would be best.

If you need extra support while wearing your ostomy device or if you want to swim or bath and require waterproofing and support, please call 800-248-0101 to try a sample of Hy-Tape.



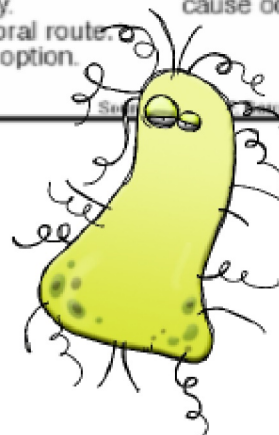
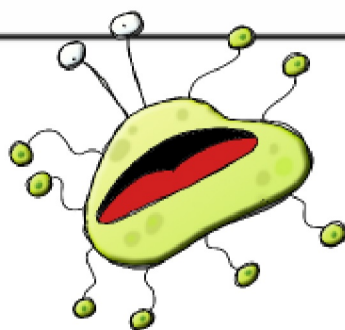
## Avoiding Medication Issues with an Ostomy

Know how your medications are absorbed and how they can affect your ostomy. Considerations if you have an ileostomy, urostomy or colostomy from our *Ostomy Nutrition Guide*. Don't have one? It is available at any support group meeting or by contacting the UOAA.

### MEDICATION AND THE OSTOMATE CHART

The following information was developed to focus on a person with an ostomy. Absorption may vary with individuals and type of medication. Certain drug problems may arise depending on the type of ostomy you have and the medications you are taking. Make sure all your healthcare providers know the type of ostomy you have and the location of the stoma. This information will help your pharmacist and other healthcare providers monitor your situation.

Drug Group	Colostomy	Ileostomy	Urostomy
<b>Antacids</b>	Products containing aluminum may cause constipation (e.g., Amphogel <sup>®</sup> , Basaljel <sup>®</sup> , Maalox <sup>®</sup> , Fast-Acting Mylanta <sup>®</sup> ).	Products containing magnesium may cause diarrhea (e.g., Maalox <sup>®</sup> , Fast-Acting Mylanta <sup>®</sup> , Mylanta <sup>®</sup> Gelcaps, Mag-Ox 400, Uro-Mag).	Products containing calcium may cause calcium stones (e.g., Children's Mylanta <sup>®</sup> , Mylanta <sup>®</sup> Gelcaps).
<b>Antibiotics</b>	Caution—May destroy normal flora (may cause diarrhea).	May lead to diarrhea and risk of dehydration (e.g., ampicillin, cephalosporins, sulfonamides, etc).	Usually no problem.
<b>Birth Control Pills</b>	Usually no problem.	Birth control pills may not be fully absorbed. There may be a possible need to use other forms of birth control.	Usually no problem.
<b>Corticosteroids (Cortisone)</b>	Sodium retention. Possible fungal infection under face-plate due to suppression of immune system.	Sodium retention. Possible fungal infection under face-plate due to suppression of immune system.	Sodium retention. Possible fungal infection under face-plate due to suppression of immune system.
<b>Diuretics</b>	Usually no problem.	Caution--may cause electrolyte imbalance.	Will increase urine flow--may cause electrolyte imbalance.
<b>NSAIDS Nonsteroidal anti-inflammatory agents (e.g., Motrin<sup>®</sup>, Aleve<sup>®</sup>, etc.)</b>	May cause bleeding from stomach or duodenum-gastric distress. Do not take on an empty stomach.	May cause bleeding from stomach or duodenum-gastric distress. Do not take on an empty stomach.	May cause bleeding from stomach or duodenum-gastric distress. Do not take on an empty stomach.
<b>Sulfa Drugs</b>	Usually no problem.	Usually no problem.	Caution—use lots of water.
<b>Vitamins</b>	Liquid form is best. B complex may cause odor.	Liquid form is best. Vitamin B-12 is best by injection or nasal spray. Not absorbed well by oral route. Sublingual may be an option.	Tablet/Capsule okay. B complex may cause odor.





## Looking for information on ostomy products or ostomy related organizations? Contact information below

### Major Manufacturers

Manufacturers are the companies that make each type of ostomy supply. 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	<a href="http://www.coloplast.us">www.coloplast.us</a>
ConvaTec	800-422-8811	<a href="http://www.convatec.com">www.convatec.com</a>
CyMed	800-582-0707	<a href="http://www.cymed-ostomy.com">www.cymed-ostomy.com</a>
Hollister	800-323-4060	<a href="http://www.hollister.com/us">www.hollister.com/us</a>
Marlen	800-321-0591	(via Edgepark)
Marlen	216-292-7060	<a href="http://www.marlenmfg.com">www.marlenmfg.com</a> (directly)
Nu Hope	800-899-5017	<a href="http://www.nu-hope.com">www.nu-hope.com</a>

### Suppliers

They will send a free catalog featuring many brands of ostomy supplies. Suppliers stock all type of supplies from each manufacturer. This is a great way to compare different manufacturer's products!

AOS Medical Supply	800-858-5858	<a href="http://www.mmsmedical.com/aos">www.mmsmedical.com/aos</a>
Byram Healthcare	877-902-9726	<a href="http://www.byramhealthcare.com">www.byramhealthcare.com</a>
Duke Medical Supply	888-678-6692	<a href="http://www.dukemedicalsupply.com">www.dukemedicalsupply.com</a>
Edgepark Medical	800-321-0591	<a href="http://www.edgepark.com">www.edgepark.com</a>
Liberty Medical	888-844-2651	<a href="http://www.libertymedical.com/ostomy">www.libertymedical.com/ostomy</a>
SGV Medical	800-395-6099	<a href="http://www.sgvmedical.com">www.sgvmedical.com</a>

### Organizations

Great resources outside of our local chapter for ostomy related questions.

American Cancer Society	800-227-2345	<a href="http://www.cancer.org">www.cancer.org</a>
Crohn's & Colitis Foundation	800-343-3637	<a href="http://www.ccfa.org">www.ccfa.org</a>
Friends of Ostomates Worldwide-USA	Donate unused supplies	<a href="http://www.fowusa.org">www.fowusa.org</a>
Osto Group - free product for the uninsured	877-678-6690	<a href="http://www.ostogroup.org">www.ostogroup.org</a>
United Ostomy Associations of America	800-826-0826	<a href="http://www.ostomy.org">www.ostomy.org</a>
Wound, Ostomy and Continence Nurses Society	800-224-9626	<a href="http://www.wocn.org">www.wocn.org</a>