



SHORT CIRCUIT

AFFILIATED SUPPORT GROUP

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Our 46th Year! Serving Ostomates of Eastern Iowa since 1972 www.iowaostomy.org August 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.

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:

August already. Why is it that time goes so much faster now as I get older? Why do I feel I've used this line before also. Maybe it's because I stay so busy now too. I'm always on the go. July was a mixed bag on temps - what will August hold? I don't know about you, but I really would like to see the cooler temps like the end of July.

I feel so blessed that we had so many new faces at our June meeting. I sure hope we, as a group, helped each of them. I also enjoy seeing that each of them had such a great network of friends or family helping them and being there for them. That is one of the most important things in healing; support from friends and family.

Our August meeting is at Mercy Hospital in Cedar Rapids. I have yet to decide on a topic but I'm sure I will come up with something interesting. If anyone has any ideas - WOCNs included - please feel free to offer suggestions.

Hope to see all the usual faces at the meeting as well as some of those we welcomed lately and all our other members we don't see very often.

Best Regards,
Gina Carlile

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

6:30pm Start Unless otherwise noted

Tuesday, Aug 14, 2018

Support Group Meeting Mercy 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.

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.
Coloplast Rep Scheduled to be in attendance

December 2018

Annual Holiday Part - TBD



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.

Need a Wound/Ostomy Continence Nurse (WOCN)?

St. Luke's Hospital
Cedar Rapids, IA
Ostomy Clinic
319-369-7331

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

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

University of Iowa
Iowa City, IA
Nurse Line
319-356-7994

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

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

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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 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

New from The Phoenix: Ask Nurse Brown, CWOCN - Showering With An Ostomy

Dear Nurse Brown,

I really enjoy a long, hot shower. The problem is my pouch gets wet and then takes too long to dry. Is there a way to keep my pouch dry in the shower?

W.R.

Dear W.R.,

There are many products on the market to cover your pouch, but with a long, hot shower, even the steam will dampen the pouch. Have you tried drying your pouch and wafer using a hair dryer on a cool setting? You can also fold your empty pouch up during the shower and secure it with a clip or large bobby pin. This can limit the amount of the pouch that gets wet and then towel dry or use the hair dryer. Some ostomates that use a two-piece system keep a "shower pouch" that they only use during showers, replacing it with the pouch they were going to wear, and allowing the wet pouch to dry until the next shower.

SKIN HYDRATION BEAUTY TIPS FOR LIVING WITH AN ILEOSTOMY

BY ELLYN MANTELL (Modified version for Short Circuit Newsletter)

What does an ostomy do to our system that impacts our facial appearance, you may be wondering? I believe that our loss of fluids, particularly for ileostomates, is major, so we need to talk about moisture and hydration. Although I am always looking for new products to rejuvenate and enhance the aging skin, I am very aware that all ostomates need to be mindful of how to get well-needed moisture and hydration into the skin, regardless of our age.

HOW DO WE ABSORB THIS VERY VALUABLE AND SOMETIMES UNATTAINABLE MOISTURE?

Like anything worth doing, there are steps to absorbing moisture. First, we must drink lots of fluids, primarily water. Many beverages do not add hydration, and may even leach hydration from our bodies. Some believe coffee, tea and soft drinks are culprits. I believe, however, that in moderation, they are fine, as long as lots of water is added to the daily diet. I love hot water, with or without lemon, and drink it all day, along with cold water, with or without lemon. UOAA's Diet & Nutrition Guide even has recipes for hydration drinks and more ostomate specific information. You may be interested to know that fatigue is lessened, especially midday, by binging on water, rather than a fattening treat.

In caring for our skin, ostomates should use a gentle cleanser most nights, but 2-3 times a week, an exfoliant is a great addition to the routine. The exfoliant can be chemical (vitamin c or acids) or natural, such as grainy or mealy. The skin will glow and the new soft skin will let you know your skin is ready to receive moisture!

Serums are a vehicle of introducing treatment to the skin, and can add vitamins, minerals, usable acids, etc. Every day I read more and more about the addition of serums to beauty regimens, and since they are light and easy to apply, I use them morning and night.



Next, we need to use moisturizing products, and there is a myriad from which to choose. Lotions are lightweight, and wonderful for younger skin, which requires less hydration and may be producing much-needed oils, whereas creams are recommended for the aging skin.

Lastly, sunscreen every day, and oh, by the way, sunscreen, even when it is cloudy! The debates go on about what is the appropriate designated number of SPF (Sun Protection Factor) but my sources tell me 30-70 is best, taking into consideration that any less than 30 isn't worth the product, and any higher number than 70 is just loading on more chemicals. And if we are in the sun for a long period of time, we should reapply as the day goes on. Be sure to wash off sunscreen and all makeup before bed, apply a night cream for optimal hydration...and let your skin breathe and rebuild during sleep!



5 Foods to Eat If You Have Diarrhea or Chronically Loose Stool

via Vancouver (BC) Ostomy HighLife

- Bananas. Bananas are a great food to eat when you have diarrhea. Bananas are easy to digest, and they are high in potassium which is lost through diarrhea. Bananas are soothing, filling and readily available.
- Rice. Eat plain rice during bouts of diarrhea. Rice is easy on the digestive system. It is also low in fiber and helps slow down the gastrointestinal tract, which is beneficial for cases of diarrhea.
- Applesauce. Incorporate applesauce into your diet when you are suffering with diarrhea. It contains pectin, a water-soluble fiber, which is known to help reduce diarrhea. It is also very nutritious, containing an appropriate balance of vitamins and sugar.
- Boiled Eggs. The body loses energy during diarrhea. Eggs provide protein which energizes the body and gives it strength. Avoid fatigue by eating well-cooked eggs during periods of diarrhea.
- Pretzels. Eat salted pretzels while dealing with diarrhea. This will help your body retain water and keep you from becoming dehydrated from your diarrhea. The salted pretzels will also help soothe and settle your stomach.



wiseGEEK



Plan Ahead for An Unexpected Change in Your Ostomy Routine

by Janet McNiven, Editor of The Ostomist, Seattle WA;
via Metro Maryland Ostomy Association

Recently I had an accident that put my right hand out of commission for 12 days. While sitting in the emergency room, I thought not about my injury, but how am I going to change my ostomy wafer and bag left-handed? My right hand was not only unable to be used, but unable to get wet. The way it was bandaged and with a splint, all sorts of images flashed through my brain.

It was very interesting and difficult when I started my new left-handed routine for my colostomy. I wish that I had pre-cut a box of wafers (I cut them myself since my stoma is oval). Wow, would that have helped! My husband said he would help me, and he cut the wafer but I could not even mark it with my right hand, and anyway, I just "cut the wafer" by doing it for over 13 years. Struggling and frustrated I did manage to cut the wafer with the last three digits of my right hand...not the best; but it was functional.

Taking the wafer off with one hand and not pulling the skin was a challenge, but finally I just dripped the remover on the edge of the wafer and worked the wafer off. Carefully, I placed the new wafer on. I started celebrating - oops, too soon.

I use a two-piece system and trying to attach the bag to the wafer was interesting. I must have checked all around the seal numerous times and usually found an area that had not been attached properly.

Finally on, and my change complete, I was thrilled to get that over with. I now keep my wafers cut in advance and still try completing my routine left-handed once a week - just in case. Things were going great until the strong antibiotics kicked in and then came diarrhea - an ostomate knows about that clean up!

Hollister Secure Start Services Basic Ostomy Accessories

Accessories are optional items. Each serves a specific function and is used only when indicated. For example, there may be times when you need to protect your skin from adhesives or treat a minor skin irritation. Perhaps you are looking for a way to reduce odors or enhance the performance of your pouching system. The chart below can help you address these issues without compromising comfort.

IF	You want to seal around the skin barrier opening.	You want to fill in an uneven skin surface or there is a gap between the stoma and the skin barrier opening on your pouch.	Your skin is slightly irritated* and moist.	You want to eliminate odor when you empty or change your pouch, or you want to more easily empty the contents of your pouch.	You want an added sense of security.
THEN USE	Paste as a caulk.	Barrier rings to help protect the skin, fill in uneven skin areas or provide an alternative to paste.	Stoma powder to help absorb moisture on the skin.	Lubricating deodorant to help eliminate odor and help make emptying easier.	An ostomy belt to help secure an ostomy pouch. Sometimes a healthcare professional may recommend a belt to help enhance convexity.
ACCESSORY	 <p>Paste</p>	 <p>Barrier Rings</p>	 <p>Stoma Powder</p>	 <p>Lubricating Deodorant</p>	 <p>Belts</p>
COMMENTS FOR USE	This accessory is not an adhesive or glue. Too much paste can interfere with a good skin barrier seal.	Rings may be stretched to fit your stoma size. Apply to clean, dry skin or to adhesive side of skin barrier on pouching system.	Dust on. Brush off excess powder. Stop using when your skin heals.	Add approximately one teaspoon or one packet to your pouch, then rub to coat the inside of the pouch. Repeat every time you empty or change your pouch.	Should be worn around the body in line with the stoma. Can only be used with a pouch that has belt tabs. Washable and reusable.

*Consult your healthcare professional if experiencing peristomal skin problems.

Do you have questions about using ostomy accessories?
Hollister Secure Start services is here to help. Give us a call at **1.888.808.7456**.



Prepare for Take Off - Pack These Tips and Advice When Traveling with an Ostomy

by Wil Walker, Manager, Clinical Education, Hollister Incorporated

Traveling with an ostomy does not have to slow you down. Whether you're traveling by car or plane, here are some suggestions on how to make your trip worry free.

How many extra ostomy supplies should I pack when traveling?

When traveling, you should pack double the number of supplies you would normally need to make sure you have plenty of pouches and supplies on hand. That way, you are ready for the unexpected, such as a delay in returning home, lost pouches, or changes in climate and environment that call for more pouch changes than usual. In the event that you do need additional supplies while traveling, most manufacturers have products available around the world. Before you leave home, check to see where you can purchase new supplies in the areas where you plan to travel.

Which supplies should I keep with me in my carry-on when I fly?

Your short-term items should go in carry-on luggage so they remain with you at all times and are within easy reach. It's advisable to keep these supplies in a separate, small travel kit to make visits to the toilet simple and discreet.

On long car trips, what should I do about emptying my ostomy pouch?

It could be very messy to attempt emptying an ostomy pouch during a car trip, especially on bumpy roads without the correct type of receptacle in which to empty it. Frequent restroom stops are recommended for the most hygienic emptying.

What should I expect when going through airport security?

Pack all of your ostomy supplies in a separate, small travel kit that can go through security independently from your other carry-on items. Your hand luggage will be inspected at the security baggage check before boarding an aircraft. If you have any prescription drugs with you, have your healthcare professional prepare a card explaining that they are medical supplies. You may be searched before boarding the aircraft, so be prepared to explain about your stoma and ask to be searched in a private area for medical reasons.

I heard that I can get a special travel certificate explaining what I am bringing. What is this and how do I get one?

Travel certificates available through ostomy associations are available to help explain your need to carry ostomy pouches, skin barriers and medications. It is recommended to search online for travel certificates available for ostomy patients. Read: [UOAA's Travel Communications Card](#)

What if I have to use the restroom when the "fasten seat belt" sign is on?

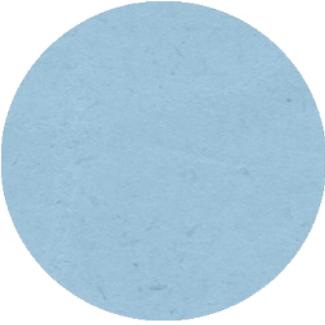
Government and airline restrictions could interfere with your access to the restroom during flight. Plan accordingly by emptying your pouch before takeoff. You may also want to consider a private conversation with the flight attendants to inform them that you require restroom trips throughout the flight, and ask them to help you plan accordingly based on your flight schedule.

Will the pressure in the cabin affect my pouch?

A change in cabin pressure on a plane could create a small amount of gas in the pouch. You may consider using a pouch that includes a filter while traveling to help deodorize and slowly release gas from the pouch.

Helpful Links: [Hollister Travel with an Ostomy: securestartservices.com/travel](https://www.hollister.com/securestartservices/travel)

Hollister Secure Start services provide ongoing support to people living with an ostomy. We are here to help! Call us today at 1.888.808.7456.



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

They 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

Organizations

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

