

Affiliated
with...



SHORT CIRCUIT

Cedar Rapids / Iowa City Area Ostomy Support Group #171, Inc. — an affiliate of UOAA, Inc.
Our 47th Year! Serving Ostomates of Eastern Iowa since 1972 www.iowaostomy.org August 2019

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
- The Phoenix magazine
- Special Interest Groups
- Ostomy Community Liaison
- Toll-free Help and Referral Line

For more information, contact the UOAA at 800-826-0826 or visit their website www.ostomy.org.

From the Coordinator:

Hello everyone!

August already. It took what seems like forever for the summer temps to get here and now I find myself asking ... Where has our summer gone? I hope everyone has had a chance to get away on a vacation or do something fun as a staycation. I am going on vacation the end of the month and I cannot wait.



I emailed out when it happened but just wanted to say once more that we lost a support person to a long time member. Wilma Gilmore passed away unexpected in June. Prayers to her husband, Ken and the family as I'm sure they continue to deal with their loss.

Our next meeting will be August 20th at Mercy in Cedar Rapids. I plan to have some videos to watch since we haven't done that in a while. While there - I would also like to throw some ideas around about what to do for the holiday party this year. We tend to do a place that has buffets but we keep having fewer and fewer options that do not charge a room rate. If you have ideas - please bring them to the meeting or let me know via email.

We have a speaker for the October meeting. There will be a gal coming to talk about nutrition with an ostomy. I've had some questions about nutrition, vitamins and absorption. I reached out to the WOCN teams and the St Luke's gals were able to set this up for us. Can't wait to see what kind of information she has for us.

I look forward to seeing those in attendance at the August meeting. If anyone has anything they'd like to have for meeting ideas please let me know and I can work with the WOCN nurses to try and make that happen.

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, or find us on Facebook at Cedar Rapids/Iowa City Area Ostomy Support Group.

Need a Wound/Ostomy Continence Nurse (WOCN)?

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

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

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

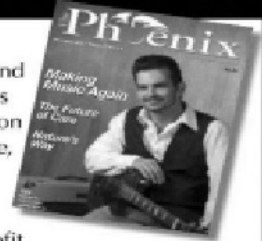
Mercy Hospital
Iowa City, IA
Wound Center
319-339-3967

Regional Medical Center
Manchester, IA
Wound Clinic
563-927-7511

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

Name _____
Address _____ Apt/Suite _____
City _____ State _____ Zip _____

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.

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

Your AmazonSmile impact

Your orders that have supported charity

Remember, only purchases at smile.amazon.com (not www.amazon.com or the mobile app) support charity.



Every little bit counts

When millions of shoppers shop at smile.amazon.com, charitable donations quickly add up.



Your current charity

[Change charity](#)

United Ostomy Association of America Inc

Location: Coralville, IA

Support your favorite charity at no extra cost when you shop at smile.amazon.com.

Share your support: [Facebook](#) [Twitter](#)

DONATE PET SUPPLIES

Explore Charity Lists



Are you an online shopper? Specifically - are you an Amazon shopper? Did you know that you can help support our support group by changing the way you shop on Amazon? By simply using smile.amazon.com you too can make a difference. Once you login with this link - all you have to do is a one-time setup for donations to go to United Ostomy Association of America - located in Coralville, IA. The site works exactly like the normal Amazon site. Please consider making this small change and add to the donations you see above.

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

Tuesday, Aug 20, 2019

Support Group Meeting @ 6:30 pm

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.

AGENDA: Video Night

Tuesday, Sept 10, 2019

Support Group Meeting @ 6:30 pm

University of Iowa, Iowa River Landing - Ask at desk for room.

Thursday, October 10, 2019

Support Group Meeting @ 6:30 pm

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

SPEAKER: Nutrition with an Ostomy

December 2019

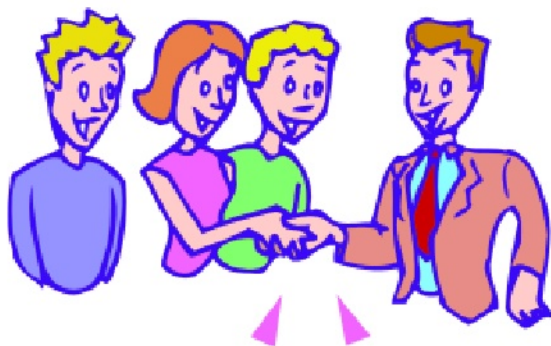
Holiday Party - all info TBD

Thursday, June 18, 2020 *NEW**

Support Group Meeting @ 6:30 pm

Mercy, Iowa City - In basement of Medical Professional building across street. Signs will be posted.

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.



Ten Tips for Living Well with an Ostomy

by Ann G. Sloane, LCSW-C; from presentation to Metro Maryland Ostomy Association, March 2019

1. Learn the basics of your ostomy care. Practice your skills. Build your confidence.
2. Anticipate solutions to potential problems. Practice them, too.
3. Live life. Hold onto your goals. Problem solve, as necessary.
4. Have compassion for yourself as you discover and embrace your "new normal."
5. If you have an intimate partner, communicate honestly with one another - you may both have new feelings and needs.
6. Know you are not alone. Use your ostomy support system for seeking and sharing help with special issues - e.g., insurance, intimacy, airport scanners, skin breakdown, scuba diving, paid caregivers, self- acceptance.
7. Take advantage of professional sources of support for further help with medical, emotional, relational or spiritual issues.
8. Acknowledge what having an ostomy has contributed to your life - the positive and the negative.
9. Use your experience to help yourself and others.
10. Consider becoming a systems advocate for issues important to many living with an ostomy.

Crusting: 3 Steps to Treat Peristomal Skin Irritation

Kelsey Scarborough: Shield Health Care: OstomyLife Co-Moderator

Keeping the skin around your stoma healthy is essential in order to create a good seal and prevent leaks. Imagine this: you remove your wafer because it feels itchy or uncomfortable, and you find that your skin is red, irritated, raw looking. How do you treat this? Normally, if you had irritated skin, you would allow the skin to rest, cover it with a wound dressing, and heal. You can't do this with an ostomy; you need to put on an appliance. In putting your appliance back on over damaged skin, it may not stick well. Your skin damage may get worse, further decreasing your ability to create a good seal - but you have to put an appliance on.

So, what do you do?

First, we need to stress that any skin irritation that isn't mild, or that is clearly worsening, should be evaluated by an ostomy nurse as soon as possible. You may need to include a special product during your pouch changes while the skin heals, or topical and/or oral medication as part of your treatment plan. You may also need to use a different appliance, or to try an appliance with different adhesive. For minor irritations, however, you may be able to use "crusting" to protect that skin from your wafer while it heals. I have used this technique, especially when my ostomy was newer and my skin was still adapting.

What is crusting?

This technique involves spreading stoma powder on the skin around your stoma (i.e. peristomal skin), especially at the site of irritation, and then sealing the powder in with a layer of skin barrier (wipe or spray - a no-sting formulation is recommended). You can do this a couple of times in order to build up a crusted barrier to protect the irritated skin.

Crusting in 3 Steps:

- Sprinkle powder all around the peristomal skin and get rid of the excess. To clear the excess powder, what I do, is tap my belly (or more like slap my belly) on the side, next to my stoma, so all the excess powder falls off and only that which is sticking to affected areas stays put.
- Use a barrier wipe or spray to seal in your layer of protective powder. For spray, apply a layer of barrier spray evenly over the powder. For a barrier wipe, pat the wipe gently over the surface of the powder so it does not wipe it off, but seals it to your skin. Once I have applied the barrier film, I will fan it dry with a card.
- You can repeat this technique once or twice more to create several layers of protection, but keep in mind that too many layers can compromise your seal, so you'll want to do only as many as necessary.

Remember to try and keep the crusting technique within the sealed area of your wafer. I have a wafer with a tape border, for example, so I try to keep the crusting within the original wafer area (where the adhesive is thickest) and avoid extending into the taped area. If crusting extends beyond the sealed area, it can create an opportunity for leaking.

This technique is helpful to protect minor skin irritations from worsening and helps protect that area so it can heal.

Note: crusting should not be used as a prevention technique; only crust if your skin is raw. Also, please note that if the irritation is not minor, you should seek medical advice from a nurse or doctor familiar with stoma site care.

The Psychological and Emotional Impact of Living with An Ostomy

Reprinted with permission of www.ostomyconnection.com

Every ostomate responds to surgery differently. It's not a "one-size-fits-all" for the emotional and mental aspect either. Some view living with an ostomy as a new lease on life, yet for others it's devastating. Some people have a strong support system, while others feel alone and isolated. It's important to be true to your own experience and try not to compare yourself with others. Acknowledge that it takes time to heal physically and emotionally. Research professor and author Brene Brown says, "Owning our story and loving ourselves through that process is the bravest thing that we will ever do." Here are five factors that can affect a person's mental health and self-esteem.

1. Disclosure Think back to when you first got your stoma. Do you remember how you explained it to others? When it comes to the level of disclosure, everyone is different with what is comfortable. Here's advice that I hope will help: When you're ready to share, start with people who care. Other ostomates and close family or friends can feel the safest. Rehearse your explanation before disclosing to acquaintances or coworkers. Have a way to deflect intrusive questions such as, "I don't really like talking too much about," or "Maybe I can explain more another time." Start by asking whomever you're telling if they've ever heard of an ostomy. If they're unfamiliar you may need to explain some basics first. However much you choose to disclose is completely up to you. However it happens, let that be okay knowing your confidence will grow with practice.

2. Social Anxiety It's common for any ostomate to have a bit of anxiety about pouch leaks, odor, or stoma noises. Although some things are outside of our control, there are ways of decreasing anxiety. Here are a few suggestions: Be prepared with an extra set of clothes and spare supplies; Control the pieces you can like diet, odor-reducing products, finding the right pouching system, and clothing you feel confident in; Be prepared with an extra set of clothes and spare supplies; Control the pieces you can like diet, odor-reducing products, finding the right pouching system, and clothing you feel confident in; Activities and sports should not be impacted. Ostomates should be able to resume normal activities but use caution in the case of high contact sports until approved by a physician: There are protective guards, undergarments, and belts for extra support; Emptying your pouch before activities and locating bathrooms ahead of time can decrease anxiety. Add new foods gradually until you know how it digests. For specific advice on diet and nutrition, talk to a certified nutritionist. If you feel overwhelming anxiety and excessive self-consciousness, that could be social anxiety disorder (also called social phobia) which is a mental health condition. Seek expert advice from a doctor or therapist.

3. Loss & Grief The term "mind-body connection" refers to the way your body responds to the way you think, feel, and act. This means that our thoughts, feelings, beliefs, and attitudes can positively or negatively affect our biological functioning. Many different emotions can come up before and after ostomy surgery, including shock (unable to process), fear, sadness, denial, retreating, anger, depression, acceptance, and bitterness. All of these reactions are normal. Ostomates experience a physical loss due to the lack of ability to control natural body function which can make us feel different or separate from others. This loss of control should not be minimized even if the ostomy saved your life. Some studies draw parallels to amputees, except ours is a hidden amputation. Mental grief can be a painful process through which ostomates adapt to loss. It's normal to have the thoughts of "why me?" but those can get us stuck. Once you're ready to move forward, instead of focusing on things you can't control, focus your energy on what can be done to improve the quality of life. Be open to getting help. It's important to be able to express your feelings to a therapist, by journaling, or with an online community. Support groups are a wonderful way for patients to share experiences and gain encouragement about their situation.

4. Body Image Appearance changes can cause feelings of inferiority, disfigurement, lack of femininity, feeling alienated from your body, or feeling angry at your body. Losing a bodily function can change your self-worth. Try these to reframe your perspective: Ask yourself: What did you lose by getting a stoma? What did you gain? Realize the lack of options you had and how severe the illness was that you had to do this. Appreciate that you get another chance at life and reconsider your life priorities. Change your perspective of yourself from victim to fighter/survivor; Define yourself and live out your purpose. An ostomy is just one small part of you- it doesn't define you; Embrace your scars, they tell your story of what you have overcome and are your battle wounds, so be proud! Stop believing in the media's version of beauty and look for beauty all around you. Cut out media that is clouding you with unhelpful messages (like TV, magazines, music); Write messages of affirmation and put them around house or in your phone as reminders; What messages do you believe about your body or tell yourself when you look at your stoma? It's important to challenge unhelpful messages.

5. Relationships One thing I hear a lot with ostomy patients is the stress about when to disclose your ostomy if you are single and dating. In my opinion, the earlier the better, but definitely once you are approaching intimate moments, you'll need to bring it up. Honestly, it's a good test. A good partner will truly be with you for you, not for how you poop. Disclose using simple language and don't get too technical. Emphasize why you chose it and what it did positively for you. Your partner will most likely take their cues from you. If you portray it as a devastating and sad, they may be concerned. If you portray it as positive and life-saving, they may not think twice about it. It is important to have an ongoing open dialogue with your partner as they may have questions or concerns. Talk through expectations for sex and make sure to ask for what you want and need. It can be helpful to talk about your fears and hopes regarding sexuality; Wearing waistline wraps can decrease anxiety such as emptying your pouch before intimate moments, and there's also ostomy lingerie that can make people feel more comfortable; Check in with yourself about your sexual desire. Low self-esteem, medications, or mood disorders can decrease this so its good to talk about this with your doctor or therapist; Experiment with different sexual positions, and have patience and humor as you do this. Allow yourself to be touched and held as is comfortable, even if you don't feel sexy; The biggest sex organ is your brain! Identify thought patterns that are not helpful during your intimate moments.

TOGETHER WE CAN CHANGE LIVES: GIVE TO MAKE AN IMPACT IN THE OSTOMY COMMUNITY

Your support makes a difference in so many lives. People often turn to UOAA in times of concern and uncertainty. UOAA's staff and volunteers provide assistance every day to people across the country who are seeking knowledge, resources and support as they navigate their way through living with an ostomy. Your donation to our mid-year campaign will ensure UOAA will continue to be a trusted resource for caregivers, family members and medical professionals. Please help us reach our fundraising goal of \$110,000 this year.

GENERAL FUND: Support UOAA as we continue to create and share our educational materials, connect people to affiliated support groups, maintain our informative website and engage with medical professionals who care for the ostomy community.

ADVOCACY FUND: Your financial contribution will help engage UOAA and its Advocacy Network (over 650 supporters) in legislative advocacy efforts.

OSTOMY AWARENESS FUND: Assist UOAA in dispelling the fear of undergoing this life-saving and life-restoring surgery. Attendees of our biennial conference (join us August 6-10, 2019 in Philadelphia) have the opportunity to learn from top medical professionals, network with fellow ostomates and share their life experiences.

Memorial/Tribute Fund: Your tax-deductible tribute gift will honor or remember a loved one, and immediately support the mission of the UOAA.

With your donation we can empower people living with an ostomy or continent diversion, promote quality of life, and continue our work to erase the myths and stigma surrounding this life-saving surgery. Together we can change lives.

Sincerely,

Susan Burns

UOAA President

UOAA's First 4 Months of 2019

10 New Support Groups Affiliated

880 Phone and Email Inquiries

7,361 New Ostomy Patient Guides Mailed

250,601 Website Views



Want a stronger core – skip the sit-ups

via Harvard Healthbeat

Sit-ups once ruled as the way to tighter abs and a slimmer waistline, while "planks" were merely flooring. Now plank exercises, in which you assume a position and hold it, are the gold standard for working your core, while classic sit-ups and crunches have fallen out of favor. Why the shift?

One reason is that sit-ups are hard on your back — they push your curved spine against the floor and work your hip flexors, the muscles that run from the thighs to the lumbar vertebrae in the lower back. When the hip flexors are too strong or too tight, they tug on the lower spine, which can create lower back discomfort.

Second, plank exercises recruit a better balance of muscles on the front, sides, and back of the body during exercise than do sit-ups, which target just a few muscles.

Finally, activities of daily living, as well as sports and recreational activities, call on your muscles to work together, not in isolation. Sit-ups or crunches strengthen just a few muscle groups. Through dynamic patterns of movement, a good core workout like plank exercises helps strengthen the entire set of core muscles you use every day.

The right stuff: these items can help strengthen your core. You needn't spend a cent on fancy equipment to get a good core workout. Many core exercises rely on your body weight alone. But with the help of some simple equipment, you can diversify and ramp up your workouts.

The following items can help you put a new twist on your core exercises. Most of them can already be found around your house or are available at low cost from a sporting goods store.

- **Chair:** Choose a sturdy chair that won't tip over easily. A plain wooden dining chair without arms or heavy padding works well.
- **Mat:** Use a nonslip, well-padded mat. Yoga mats are readily available. A thick carpet or towels will do in a pinch.
- **Yoga strap:** This is a non-elastic cotton or nylon strap of six feet or longer that helps you position your body properly during certain stretches, or while doing the easier variation of a stretch. Choose a strap with a D-ring or buckle fastener on one end. This allows you to put a loop around your foot or leg and then grasp the other end of the strap.
- **Bosu:** A Bosu Balance Trainer is essentially half a stability ball mounted on a heavy rubber platform that holds the ball firmly in place.
- **Medicine balls:** Similar in size to a soccer ball or basketball, medicine balls come in different weights. Some have a handle on top. A 4-pound to 6-pound medicine ball is a good start for most people.

Visit their website: <https://www.health.harvard.edu/search?q=Core+Exercises> for more information and exercise help

Urostomates ... Did you know...

Blue discoloration: Urostomates occasionally notice blue discoloration in the pouch or overnight drainage system. Be assured that there is nothing wrong with the appliance. In a laboratory test conducted by ConvaTec, the blue color was found to be the result of normal bacterial decomposition of an essential amino acid called tryptophan.

There is no clinical evidence, according to an article in the American Journal of Nursing, to indicate that the production of indigo blue is harmful or that dietary tryptophan should be limited. If you are concerned, please talk to your doctor. Tryptophan is part of the regular intake of dietary protein. As it passes through your system it undergoes a series of chemical changes that ultimately result in a blue color when it finally oxidizes in the pouch.

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	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	www.marlenmfg.com (directly)
Nu Hope	800-899-5017	www.nu-hope.com

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	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

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

American Cancer Society	800-227-2345	www.cancer.org
Crohn's & Colitis Foundation	800-343-3637	www.ccfa.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
United Ostomy Associations of America	800-826-0826	www.ostomy.org
Wound, Ostomy and Continence Nurses Society	800-224-9626	www.wocn.org