

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 September 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!

Well this newsletter is coming out late. September has totally gotten away from me already and our meeting is a bit early this month. Of course it didn't help that we came home from a wonderful vacation in Chattanooga after the Labor Day holiday.



I have had several patient visit requests as of lately and am looking for people to maybe help me with that. I am specifically looking for colostomates that can talk to some people as I can answer most questions but since our output is different they have questions I cannot answer. If you are interested - please let me know so I can contact you and maybe sit to have a chat for a bit of 'training' needed.

I also got some donations that I will be bringing to meetings before I post them to eBay. I still have several things posted as well trying to sell. At the meeting - I do want to talk about a donation I got from an ostomate. She requested that her memorial goes to us and one other place. We have received \$100 so far but I really would like to do something with that - even if it's sent to the UOAA for something specific. We can talk about this at the meeting at the University.

One other topic I would like to discuss is our holiday party. I would like some input on where, date (keep 1st Saturday in Dec), time, etc. Wilma Gilmore used to do all that and she did not have anything set up yet and we are running out of buffet options so come with ideas for the holiday party.

I look forward to seeing everyone at the September meeting. The University has a speaker lined up who has colostomy and a PhD in rehab counseling and will be speaking about coping, managing stress, adjusting to life changes and ostomy, how support groups help etc.

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 _____

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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.

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.

Your total orders **42 orders**
[Learn more](#)

Every little bit counts
When millions of supporters shop at smile.amazon.com, charitable donations quickly add up.

You have generated **\$8.37**
as of January 29, 2019

Your current charity **United Ostomy Association of America Inc** has received **\$70.45**
as of October 2018

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:

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.



Upcoming Meeting Info

Tuesday, Sept 10, 2019

Support Group Meeting @ 6:30 pm

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

Agenda: Speaker who has colostomy and a PhD in rehab counseling and will be speaking about coping, managing stress, adjusting to life changes and ostomy, how support groups help etc.

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

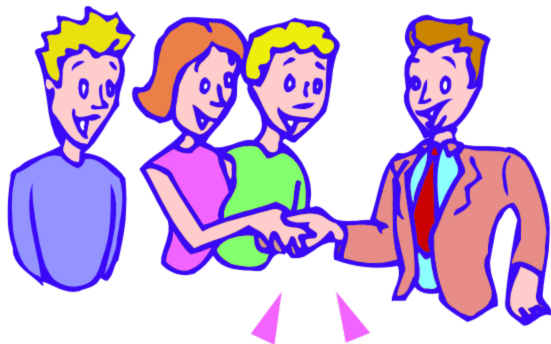
Holiday Party - all info TBD

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.



10 Everyday items for ostomates that are worth the splurge!

The best things to spend Money on.

From Ostomy Connection July 12, 2019

1) Comfizz

Comfizz originally specialized in high-performance athletic apparel in England. When a family member had ostomy surgery in 2004, the company took a new direction to provide innovative support undergarments for ostomates of all ages. From belts and waistbands, to stoma guards and swimwear, Comfizz products are created with a passion and commitment to quality.

2) Na'Scent

Na'Scent is non-toxic, unscented, effective, easy to use odor eliminator for inside ostomy pouches. The highly oxygenated liquid removes the odors associated with ostomies by inhibiting the proliferation of anaerobic microorganisms while encouraging anaerobic environment. As a result, odors are not simply masked, they are eliminated without the use of harsh chemicals or deodorants.

3) OstomyPockets

OstomyPockets by B-Lo Solutions was originally developed in 2009 by an ostomate who was frustrated with the swaying, skin-chafing movement of his ostomy pouch. Made from soft, lightweight polyester fabric, the "pocket" provides a protective barrier against skin, helps wick moisture away, and can be attached in various directions (straight up, diagonally, sideways).

4) Abilitee Adaptive Wear

In 2015, Dr. Julie Sanchez and Marta Elena began creating adaptive apparel for adults and children with disabilities and medical needs with a mission is to empower patients to feel and look good. Abilitee Adaptive Wear products include ostomy pouch covers and ostomy belts that are available in a variety of colors and prints.

5) Ostomy Resolutions

Ostomy Resolutions® stoma guard by Sure Guard Inc. protects your ostomy from impact, gives hernias or bulges added support, helps prevent pancaking, and muffles noise. The two-part system (base + adapter) is designed to be worn with or without a support belt and is available in standard and low-profile measurements.

6) Ostomysecrets

Ostomysecrets® line of high-quality ostomy wraps, underwear and swimwear feature an inner pocket that helps to conceal your ostomy pouch by holding it close to your torso. With a variety of styles and fabrics, there is a solution available for almost any person living with an ostomy. Perfect for intimacy, exercise, day-to-day, and more.

7) H2ORS

H2ORS is an over-the-counter electrolyte drink mix that reverses moderate dehydration. In multi-site trials, H2ORS has reduced the need for unscheduled intravenous fluids in cancer patients. Ostomates can use it daily as a hydration supplement to maintain fluid and electrolyte balance.

8) Stealth Belt

Stealth Belt is custom made to fit any body type and suitable for any lifestyle. It conceals and supports the ostomy appliance with a zippered pouch compartment that allows for easy access, so there is no need to remove the belt when emptying your pouch. Each belt has a double-locking adjustable velcro closure to ensure a comfortable fit.

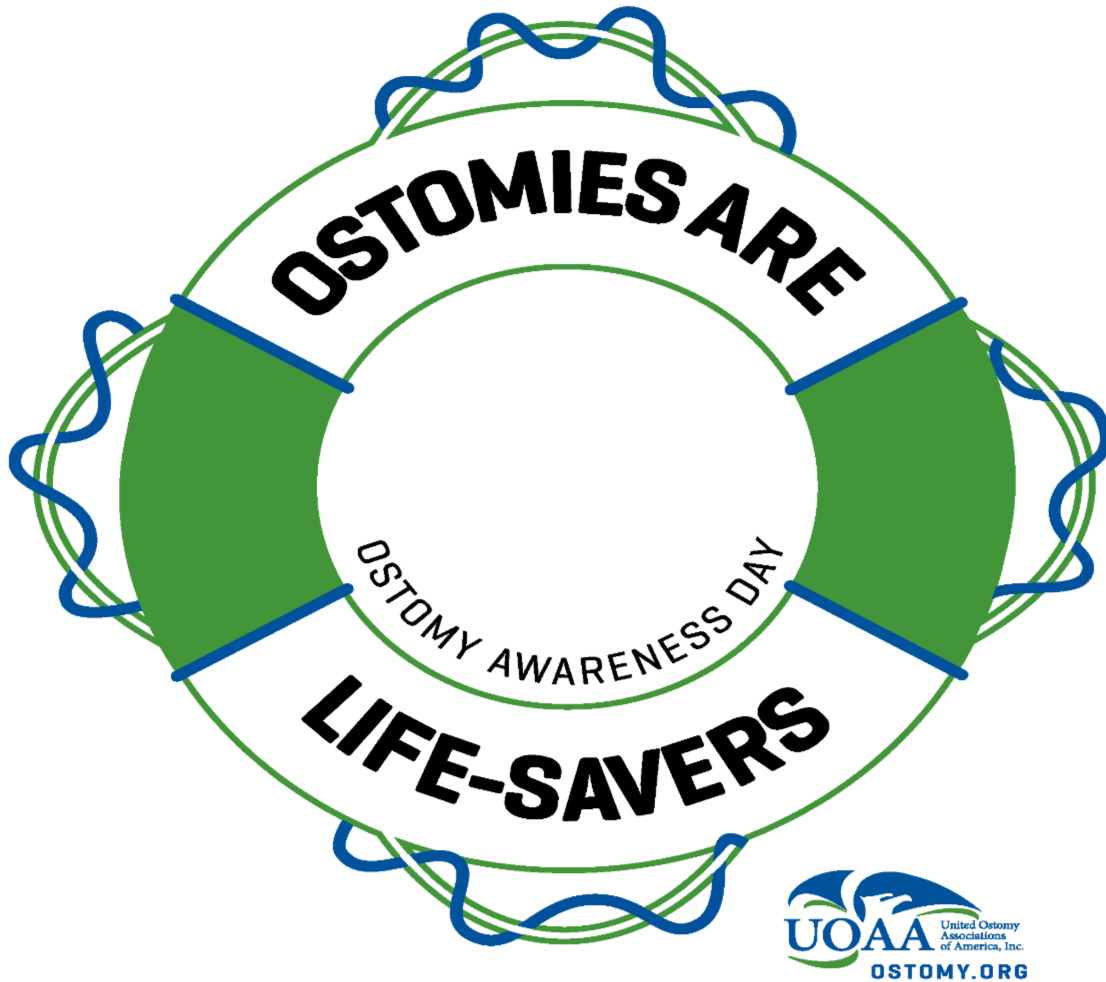
9) Devrom

Devrom® chewable tablets by The Parthenon Company deodorizes embarrassing odor from intestinal gas. The internal deodorant is approved by the Food & Drug Administration (FDA) and considered safe and effective for eliminating odor from stool and gas (flatulence) almost immediately. Each dose contains 200mg bismuth subgallate (active ingredient) and is available without a prescription.

10) Osto-EZ-Vent

Osto-EZ-Vent® by KEM Enterprises, Inc. is an innovative venting device specifically designed to quickly release air build-up inside any type of ostomy pouch. Because it is not a filtering device, the device works efficiently, lasts as long as the pouch, does not become ineffective in water, and is easy to install and use.

Ostomy Awareness Day is coming.
October 5, 2019
Use the link below to order a shirt!



<https://www.ostomysecrets.com/ostomy-awareness-day-t-shirt>

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

Did you miss our last meeting? Here are the videos we watched if you'd like to view them on your own. You need to copy/paste into browser - I can't get the program to add the links.

Shopping for a Doctor

<http://www.shieldhealthcare.com/community/ostomylife/2018/10/11/shopping-for-a-doctor/>

How to take medicine with an ostomy

<https://www.youtube.com/watch?v=BasPQWh7Bg4>

Videos: How to Help Clear an Intestinal Blockage

<http://www.shieldhealthcare.com/community/ostomylife/2017/03/02/help-clear-intestinal-blockage/>

<https://www.youtube.com/watch?v=ykfSHKUWN8c>

REJECTION, PAIN, AND FINDING MY IDENTITY

<https://www.youtube.com/watch?v=IRkL4MTgUGU>

STOP COMPARING YOURSELF!

<https://www.youtube.com/watch?v=20qCqer-i94>

Final one A HAPPY REMINDER TO ALL OSTOMATES!

<https://www.youtube.com/watch?v=IX6gPysjWqU>