

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 October 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!

I cannot believe that I am putting together the final newsletter for 2019. This year has flown by and I hope you agree that we have had some great content at our meetings this year.

I thoroughly enjoyed our speaker Michael from the September meeting. He was full of insight on coping and so glad we were able to speak with him. He also does a lot with the Youth Rally so hearing his stories and how he helps there was also great.

For those that were not at the meeting - we got a thank you letter and picture of the kid our donation helped to sponsor - Josh. He lives in Washington, IA and actually was known by a few of our members in attendance at the meeting. Here's hoping we can support more kids next year for camp.

I cannot wait to hear what our October speaker has for us. This gal is supposed to be helping us with foods and digestion of pills and nutrition from my understandings. I think that will be beneficial to everyone. Hope to see a number of you at the meeting on October 10th at St Luke's. We should be back in our original room as well.

One final call-out. We have not nailed down a place for our holiday party. I hope to still have one and will send out details for that as it gets closer so please stand by. We are limited on all-you-can-eat places anymore except for Chinese and pizza. We also tossed around maybe having it at one of the hospitals and just have a pizza party. So stand by for final details on that later. If you have suggestions or a preference - please let me know.

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

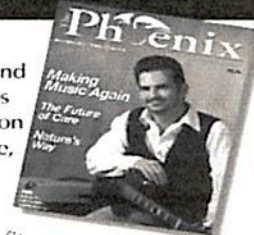
Mercy Hospital
Iowa City, IA
Wound Center
319-339-3967

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

View more

Every little bit counts

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



You have generated

\$8.37

View more



Your current charity
United Ostomy Association of America Inc
has received

\$70.45

View more

Your current charity

Change charity

United Ostomy Association of America Inc

United Ostomy Association of America Inc

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

Share your support



DONATE PET SUPPLIES
Supporting Charities 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

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

Tuesday, February 18, 2020

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.

April 2020 - TBD

Support Group Meeting @ 6:30
St Luke's, Cedar Rapids

Tuesday, May 12, 2019

Support Group Meeting @ 6:30 pm
University of Iowa, Iowa River Landing - Ask at desk for room.

Thursday, June 18, 2020

Support Group Meeting @ 6:30 pm
Mercy, Iowa City - In basement of Medical Professional building across street. Signs will be posted.

Tuesday, August 18, 2020

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.

Tuesday, September 15, 2019

Support Group Meeting @ 6:30 pm
University of Iowa, Iowa River Landing - Ask at desk for room.

October 2020 - TBD

Support Group Meeting @ 6:30
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.

FIND SOLUTIONS TO PROBLEMS THAT CAN OCCUR WITH AN OSTOMY

via UOAA and Coloplast

Many people with an ostomy find that once their stoma has settled and they are in a normal routine, they are able to live their life with few ostomy related issues. However, as you are adjusting to life with a stoma, you may experience some problems that are quite common. We have put together a list of some common ostomy related problems and solutions so you can be well prepared if and when they occur.

Many ostomates continue to live with stoma issues and problems unaware that there are solutions available to them. Learning how to care for your stoma and understanding these common problems will help you to find normalcy and routine after your surgery. Access to this information will help you to take charge of your life and increase your confidence.

Before we get into the common problems and solutions, it might be helpful to mention proper cleaning and application. With proper care of your stoma and the skin around your stoma you may reduce the risk of the below problems. Proper care begins with proper application. Make sure your barrier hole fits tightly around your stoma, and that the skin is clean and dry for application. When removing your barrier, it is important to lift it gently off of your skin while using your other hand to press down on your skin. Ripping the adhesive off quickly can cause redness and irritation that can lead to other problems. To clean your stoma and the area around it, use a soft cloth or towel and warm water. Be gentle when cleaning, as aggressive rubbing or wiping can irritate the skin. It is not necessary to use soap, as soaps can leave residue and irritate the skin. When changing your pouching system, it can be helpful to use a small hand-held mirror to see all around it. If there is leakage, use the mirror to check all areas of your barrier and stoma for gaps and creases. Once you've identified the problem area, it will be easier to address.



Leakage: Two of the main factors of leakage problems are: how you prepare your skin before you apply your barrier, and your barrier size. You should make sure to clean and dry your skin completely before applying a new pouching system. If you are having trouble getting the area dry, an absorbing powder might be a good solution for you. If your pouch gets too heavy and tends to pull away from your skin, or if your barrier does not fit correctly, a protective seal between your stoma and the barrier can prevent leakage and seal the pouching system.

Skin Problems: The skin that surrounds your stoma is called peristomal skin—it should be smooth and healthy and look like the rest of your skin. If it is red or irritated, you should address the problem immediately. If you have problems with adhesive residue or are unable to get the area completely clean before application, you may want to try to use an adhesive remover.

Odor: New sound and smells coming from your pouching system can be embarrassing and induce anxiety. Many new pouching systems have filters to neutralize the odors caused by gasses in your pouch. What you eat can have an effect on gasses you produce. It is recommended to avoid carbonated beverages and limit high-fiber foods. If the filter in your pouch gets blocked, you may experience ballooning. Ballooning happens when air from your stoma cannot escape the bag and it fills up like a balloon. Depending on the type of system you are using, you may want to release air from it throughout the day. If the odor is strong when you are changing your pouch, you may want to try a lubricating deodorant which can help mask the smells during a pouch change. Simply place 6-10 drops into the pouch when you change and empty it and spread it around inside the pouch by rubbing the inner sides together, avoiding the filter. This helps the output to make its way more easily to the bottom of the pouch.



Recipes for DIY Rehydration Solutions

Your rehydration solution should contain higher levels of carbohydrates, sodium, potassium and other electrolytes.

Four recipes for a good rehydration solution:

1 $\frac{1}{2}$ cups of water, 1 $\frac{1}{2}$ cups of Gatorade, $\frac{1}{4}$ teaspoon salt

2. 6 oz. Pedialyte (unflavored), 2 oz. chicken broth

4 cups of coconut water or water (or a mix of both), 1 cup freshly juiced/squeezed orange juice, 1/2 cup of freshly juiced/squeezed lemon juice, 6 - 8 tablespoons of sweetener (raw honey is best), 1/4 teaspoon unrefined salt

32 oz. water 1 orange or cucumber sliced (both with peel), 1 lemon sliced (with peel), 1/4 tsp. Himalayan sea salt or other unrefined sea salt, or Trace Mineral Drops

Combine ingredients in a glass water bottle, shake and cool in the refrigerator.

Sources: Mayo Clinic and Harvard Health Publishing

Hydration with an Ostomy

Laura Cox via Shield HealthCare 06/17/15

The Importance of Hydration

Water makes up 60% of our bodies and is crucial to every bodily system. Because of the important role of water, proper function and survival depends on hydration. The functions of water in the body include:

- Regulating body temperature
- Lubricating joints
- Flushing waste from the body via urination, perspiration and bowel movements
- Helping prevent constipation
- Carrying nutrients and oxygen throughout the body
- Moistening mouth, eyes and nose



When it comes to staying hydrated, there is no "one size fits all" recommendation. The amount of water individuals need greatly vary and depend on environment, exercise, overall health, pregnancy and breastfeeding. To determine if you are properly hydrated: pay attention to your thirst and urine color. Signs of dehydration include: weakness, confusion, dizziness, low blood pressure and dark colored urine. A well hydrated individual should rarely be thirsty and have colorless to pale yellow urine. A doctor or registered dietitian nutritionist can help determine how much water you need to drink daily.

Hydrating with an Ostomy

Hydration with an ostomy can be difficult due to an interruption of the large intestine (colon) — where water is mostly absorbed. Since some water is absorbed in the small intestine (duodenum, jejunum and ileum) it is possible to stay hydrated but can be difficult with a colostomy or ileostomy.

Fluids, Foods and Tips That Help with Hydration

Electrolytes are minerals that help balance water in your body. To stay properly hydrated it's best to drink electrolyte beverages that are also low in sugar content.

- Coconut Water
- V8 or other vegetable juices
- Gatorade (G2 has less sugar) or other low sugar sports drinks
- Pedialyte
- Homemade oral rehydration solutions (recipes on page 4)

Eat foods that have high water content, this makes absorption more efficient - remember to avoid foods that do not work for you, or chew well when foods have skins/seeds/are difficult to fully digest.

- Watermelon
- Tomatoes
- Apples/applesauce
- Cucumbers
- Yogurt/pudding
- Smoothies
- Jell-O



Also eat foods that are not high in water content, but still assist in absorption and slowing down transit time.

- Potatoes
- Bananas
- Bread
- Crackers
- Pretzels

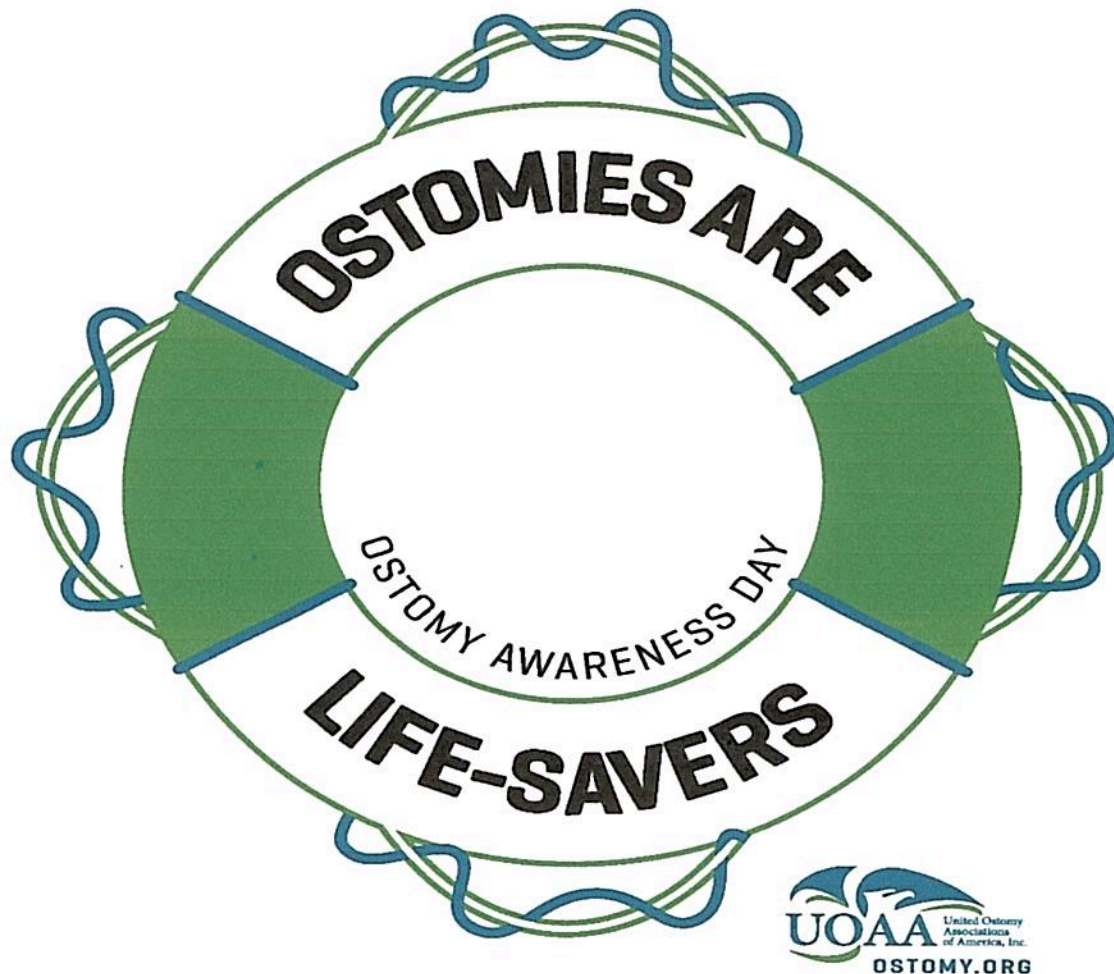
Additional tips:

Always carry a water bottle with you and make sure you refill it whenever it is empty. Sip, don't chug! Chugging fluid will make fluid go through your system too fast to hydrate properly. Eat before drinking. This helps absorb fluids. Mix up what you're drinking. You're more likely to drink things you aren't bored of and enjoy. Infuse water with fruits. Drink smoothies for an added nutritional bonus.

Also, if you only drink water you may need to add fluids with more electrolytes.

Ask your doctor about taking Imodium or Metamucil to slow transit time and optimize water absorption.

Ostomy Awareness Day is coming.
October 5, 2019
What can you do to spread awareness?



Participation in UOAA's First-Ever Research Study

We are excited to announce that UOAA is conducting its first-ever research study to examine components of UOAA's Ostomy and Continent Diversion Patient Bill of Rights to demonstrate best-in-practice standard guidelines for ostomy care. The data collected will help us make improvements to the underserved ostomy population.

We are seeking voluntary participants to complete our survey. We are recruiting as many ostomy patients as possible, including those that are members of ostomy support groups and/or in UOAA's community including the Advocacy Network. Participation should take approximately 12 minutes. There are no risks or benefits.

We would greatly appreciate you forwarding this invitation to participate in our research study with the members of your Affiliated Support Group.

Survey link: <https://www.surveymonkey.com/r/uoa-patients>



SOME REASONS OSTOMY SURGERY IS PERFORMED TO SAVE A LIFE

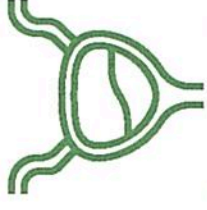
DURING COMPLICATIONS & ADVANCED STAGE:

- 1 **Crohn's disease** or **ulcerative colitis** complications
- 2 **Cancers** such as colorectal, bladder, cervical and others
- 3 **Infection (sepsis)** of the abdomen
- 4 **Perforated diverticulitis** or an abscess
- 5 **Birth defect** (for example imperforate anus or spina bifida) Rare diseases (such as Hirschprung's disease and FAP)
- 6 **Blunt or penetrating abdominal trauma** to the bladder, rectum or colon (for example stabbing, gunshot wound, or sexual violence)



OSTOMY SURGERIES PERFORMED **ANNUALLY IN THE U.S.**

"My daughter's ostomy saved her life at the age of four." Elsa Y.



80,470

NEW **BLADDER CANCER** CASES ANNUALLY



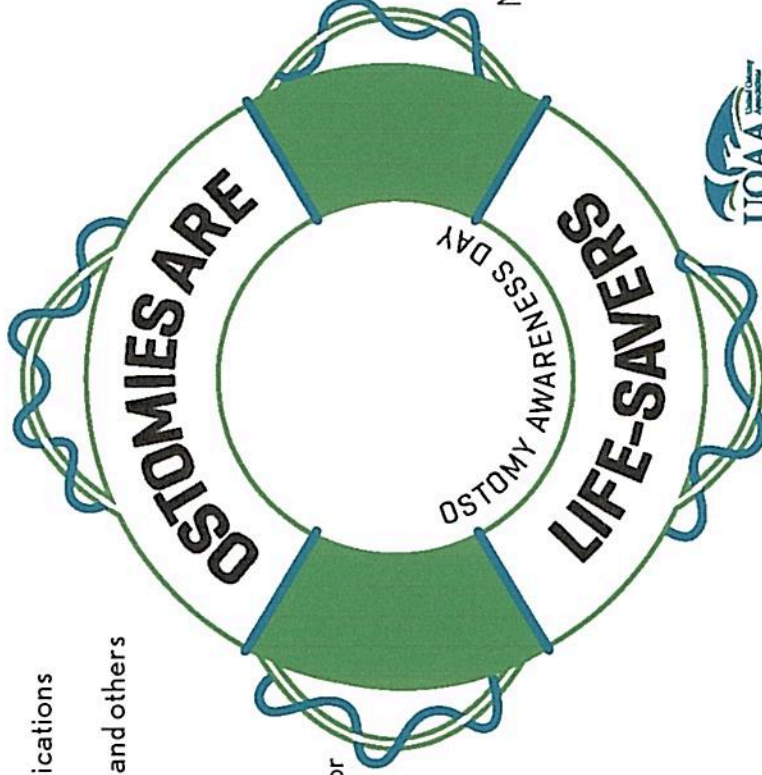
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MOST COMMON CANCER IS **COLORECTAL CANCER**



2 MOST COMMON

ORGANS WITH PENETRATING ABDOMINAL TRAUMA ARE **SMALL BOWEL (50%)** **LARGE BOWEL (40%)**



"Without my ostomy surgery I wouldn't be here today." Mary F.

SPREAD OSTOMY AWARENESS... IT CAN BE A LIFE-SAVER.

OSTOMY.ORG
Advocates for a Positive Change

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