

Affiliated with...



SHORT CIRCUIT

Cedar Rapids / Iowa City Area Ostomy Support Group #171, Inc. — an affiliate of UOAA, Inc.
Our 50th Year! Serving Ostomates of Eastern Iowa since 1972 www.iowaostomy.org April 2022

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.

From the Coordinator:

Hello everyone!

April is finally here. I don't know about all of you - but I think March seemed like an entire year by itself. So glad to see April here and I cannot wait for the weather to catch up and stay warm. I am so ready to get out and work on my yard.

We are not able to get together virtually for our April meeting - but we do have a presentation on the calendar from StomaGoogle. It allows us to shower - keeping our appliance dry. I thoroughly enjoyed our presentation from FOW - I hope this one is just as informative.

Shortly after sending the February newsletter - I received notice the UOAA pushed back the National Conference yet again. It is set for 2023 now. If you haven't noticed yet - 2022 is the 50th year for our support group. I would love to plan a celebration sometime this calendar year. If anyone else is interest - please reach out and we can plan something.

I am excited to see what the rest of 2022 has in store. My main hope is that we can meet in person again after this month. I will continue Zoom meetings in coordination with in person because it is a great way to get presenters.

Take care and I hope to see a good number of you join our April meeting. The information and zoom link is in the newsletter. I will send out a reminder day before or of with a reminder.

Also REMINDER - if you have not paid your 2022 dues - please send those in to Vickie at PO Box 5227, Coralville, IA 52241 Checks can be made payable to Cedar Rapids/Iowa City Area OSG.

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
319-368-5582

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

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

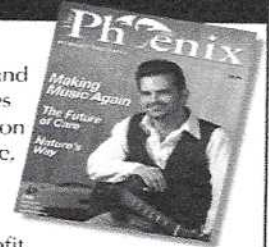
Mercy Hospital
Iowa City, IA
Wound Center
319-339-3967

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

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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.



Your total orders

42 orders

smile.amazon.com

Your current charity

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United Ostomy Association of America Inc

Location: Coralville, IA

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You have generated

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smile.amazon.com



Your current charity

United Ostomy Association of America Inc has received

\$70.45

smile.amazon.com

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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, April 21, 2022

VIRTUAL Support Group Meeting @ 6:30 pm
UnityPoint Health - St Luke's Campus - Cedar Rapids
PRESENTATION: StomaGoggle

Thursday, May 12, 2022

Support Group Meeting @ 6:30pm
University Iowa - Iowa River Landing
Building off exit 242 - usually in basement - ask at desk
PRESENTATION: Ostoform

Thursday, June 16, 2022

Support Group Meeting @ 6:30 pm
Mercy Hospital - Iowa City Location TBD

Tuesday, August 16, 2022

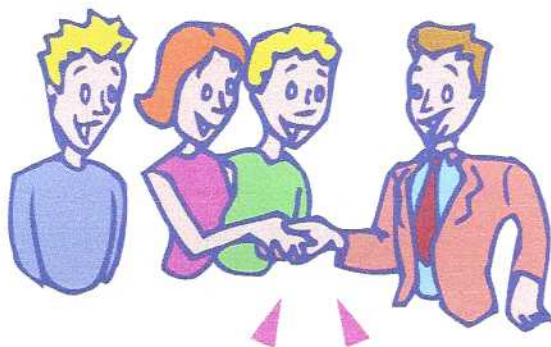
Support Group Meeting @ 6:30 pm
Mercy Hospital - Cedar Rapids
Meet in Training Room B by taking elevators by the gift shop to the basement. Left off elevators down the hallway.

Tuesday September 13, 2022

Support Group Meeting @ 6:30pm
University Iowa - Iowa River Landing
Building off exit 242 - usually in basement - ask at desk

Thursday, October 20, 2022

Support Group Meeting @ 6:30 pm
UnityPoint Health - St Luke's Campus - 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. If you receive

Zoom Meeting Info

Support Group Meeting Date/Time: April 21, 2022 06:30 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/6129562604?pwd=TkdJVXFmSGwrMHP3SG1HT2J1Q2Mydz09>

Meeting ID: 612 956 2604

Passcode: 623449

One tap mobile

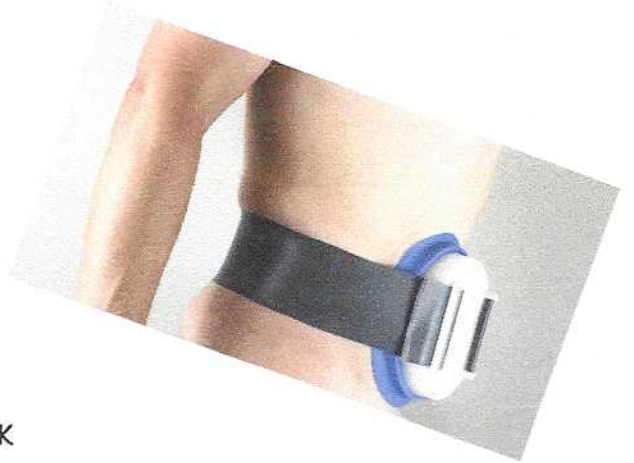
+13126266799,,6129562604#,,,,*623449# US (Chicago)

+16468769923,,6129562604#,,,,*623449# US (New York)

Meeting ID: 612 956 2604

Passcode: 623449

Find your local number: <https://us06web.zoom.us/u/kdKAmJXAKK>



To all our WOCNs out there - we celebrate each and every one of you this month. We are so fortunate to have you in our area. So many ostomates are not as fortunate.



Ostomy 101 Mobile App

Free on IOS & Android Devices - scan barcode for app

- Ostomy Surgeries Explained
- Clinician led Ostomy Education Videos in English & Spanish for Adult & Pediatric
- Free New Patient Classes
- Telemedicine Appointments with a Certified Ostomy Nurse (WOCN)
- Ostomy Lifestyle Videos, Blogs & Podcasts
- Free Manufacturer Samples & Coupons
- Ostomy Pouches & Accessories
- Free Recovery Programs
- Free Virtual Support Groups, Classes & Events
- More!



Ten Things I Wish I Could Tell Myself Before My Ostomy

by Amy Oestreicher, featured on ostomyconnection.com

When I first got my ostomy, I felt very alone. I felt self-conscious of the smell and sound, and sometimes I longed for my old body. When I couldn't take self-loathing anymore, I decided to make friends with it. I reached out. I inquired about support groups in my area and realized there are many people like me. I realize my ostomy is a beautiful thing and has enabled me to do all the things I've been able to accomplish over the years. It is my uniqueness.

THINGS TO REMEMBER

You don't have to be perfect

Having a bad day is ok

Small steps are also progress

Asking for help is strength

People love and appreciate you

These are ten things I would have liked to tell myself when I first had my ostomy, ten things I didn't know, but eventually learned, which I am so grateful for today:

- 1. What it was** — I had no idea what an ostomy was before I had one. But I have a confession: I didn't realize exactly what it was until year later! Coming out of multiple surgeries, I had so many bags and new anatomical surprises to think about that a little pink bulge on my belly seemed to be the least of my problems. I've learned things in the past ten years that have shocked, scared and relieved me, such as: you can't actually feel your stoma — no nerve ending! I've had three ostomies and four ileostomies over the years. I didn't realize how different they were. Once I learned about the differences and functions of each, I was better able to take care of them.
- 2. What my limits were** — When I saw I'd have to live life with a bag stuck to my side, I assumed I'd be "fragile" for the rest of my life. But believe it or not, there are so many active ostomates out there! Swimming, karate, ballet, yoga — I've done everything I did before my ostomy and more.
- 3. There are so many strong ostomates** — I was privileged to be the Eastern regional recipient of the Great Comebacks Award and meet five other amazing ostomates doing incredible things. There is a huge, supportive ostomy community. Did you know Great Comebacks was founded by former NFL linebacker Rolf Benirschke?
- 4. Ostomates excel at innovation and investiveness** — It turned out I was able to do all those things I thought I couldn't — but that didn't mean it was easy. Some of the best things in life take work, and that makes you appreciate it even more. Let's just say that ostomy wraps, stoma guards and pouch covers have become good friends of mine, all products that were created by ostomates. I've also created a workshop for ostomy patients and healthcare professionals!
- 5. How Amazing My Body Is** — I have a new respect for my body and the way it can function now.
- 6. Judgment Hurts, But Fear Hurts More** — Stay informed and know the facts. The more I actually understood how an ostomy worked, the more I realized how wonderful it was. After that, I took it as my responsibility to educate others. Instead of wondering if I was being "judged" by others, I took it as a privilege to inform them.
- 7. Everything is Connected** — Take care of your full self: emotional, spiritual, mental and physical. If you're stressed, you might be bloated or feel pain or discomfort. Remember to take deep breaths in difficult times.

Remember...

You are Amazing

You are Important

You are Special

You are Perfect

You are Loved

8. The People Who Love You, Love You — If you're getting comfortable with your ostomy, remember that your support system loves you for who you are. You are more than your ostomy. Reach out when you feel alone and never forget how loved you are.

9. Eat Fresh — You are what you eat, so eat whole and nourishing foods. Your ostomy will thank you, and so will you!

10. Life Can Go On — Throughout the years, I've been strong, determined, and willing to do whatever it took to stay alive. I've dealt with tubes, bags, poles, you name it. And if this ostomy is all that I am left with after everything, then I am truly grateful. More than that, I thank my ostomy for enabling me to live life to the fullest, to my fullest. I call it my Harry Potter thunderbolt scar: a symbol of strength, courage, individuality, and life.

There are a few things I didn't know before my ostomy. But what I look forward to most is everything left to learn. Thank you, ostomy, for making the world a wide-open door once again.



Top Tips to Reduce the Risk of Ostomy Bag Leakage

via UOAA Articles to Share, Nov 2021

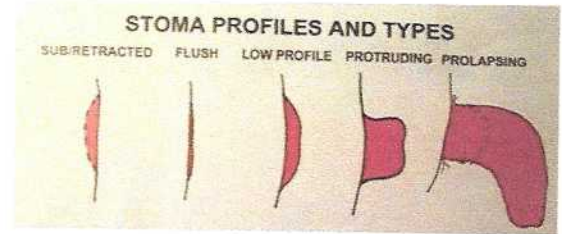
Tip 1. Get the right type of ostomy skin barrier. THIS IS BASED ON WHAT YOUR STOMA LOOKS LIKE AND WHAT THE AREA AROUND YOUR STOMA IS LIKE. The best type of skin surface for applying a pouch is one that is flat without creases or crevices. Many times, you have to use products or different wafers to achieve this. SOOOOOO... What does your stoma look like?

Drawings of what your stoma might look like. Many people have stomas that don't stick out (protrude) very far from their abdomen. This can make pouching more complicated. Remember: the goal of the correct pouch is for your stoma output to flow into your ostomy pouch and not underneath or around the skin barrier.

With Pictures #1, 2, 3, the stomas do not stick out very far so you have an increased chance of the output going under the wafer. This will degrade the seal and cause leaking and possible skin irritation. These folks will probably use a CONVEX wafer. That is a wafer whose shape has a little bowl in it to press inward on the skin and help the stoma to protrude farther from the abdomen. These come with different amounts of firmness.

Picture #4 is probably the ideal stoma to have.

Picture #5 is referred to as a prolapsed stoma. We will not spend much time on this stoma. It is distressing to see but contact me if you want more info. Usually happens more with colostomies.



Tip 2. Measure your stoma to get the right size for your skin barrier. When you get your box of wafers, there should be a paper measuring guide. They may look different depending on your manufacturer. But it should look something like the following image. REMEMBER: Every once in a while, you should re-measure your stoma. They can change in size and shape. This especially true in the first few weeks after creation. There is swelling that will usually subside, making your stoma smaller than when it was first created.

Measure (like clock #s) at 12-6 and 3-9. Turn your wafer over and mark a spot at 12 and 6 and one for 3-9. Then carefully join the dots together. Sometimes your stoma will be perfectly round. That doesn't always happen. Sometimes your width will be greater than the height. So, your stoma looks more oval. You just need to get measured twice and cut once. Don't worry if you mess up, everyone usually wastes a wafer or two.

Improvising or Fixing a Leak in a Hurry

via The Pouch Newsletter from OSG Virginia

If you happen to spring a leak, especially when away from home, it can be a cause of panic. Being prepared can help you keep your cool. Wearing an appliance cover can provide extra protection. One person noted that when he had a leak near the seal, he was able to stuff several folded tissues between the pouch and cover. This absorbed the leakage and kept him going for 90 minutes until he was able to get back home and change.

Also, a pouch cover has the advantage of soaking up perspiration on a hot day. Perspiration can quickly undermine the best adhesives. A good ostomy powder can help soak up moisture too. Lacking this, cornstarch or baby powder is equally effective.

Some people carry band-aids with them, which can be used to mend a small tear in the pouch. You may want to keep individually packaged alcohol wipes. They are easily carried and are great helpers in cleaning up an emergency.



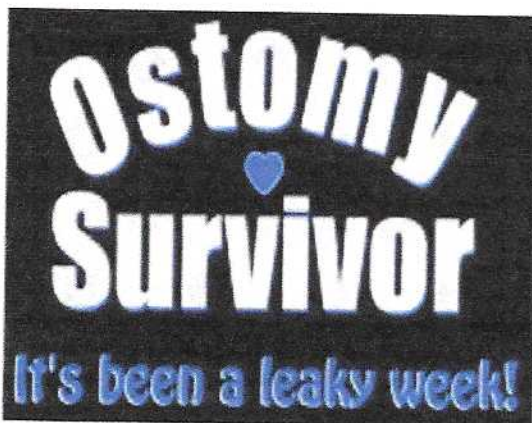
The Ostomy Trap

via Tulsa Ostomy Association

One trap we must avoid is letting our whole life revolve around our ostomy. Preoccupation with managing an ostomy can sometimes make us fail to realize how unimportant it is to other people. Our families and friends are only concerned that we join them again in our usual activities of work and play.

Sure, we have challenges managing our ostomies on occasion. However, people without ostomies have elimination problems at times, and if we think back, we can probably remember when we had more than our share. Now, we can enjoy a freedom not possible before our operation.

We will continue to have upsets from time to time, but so do those who never had an ostomy. Our own experience together with the shared knowledge of our fellow ostomy members along with the advice of our doctors and WOC Nurses will see us through these infrequent and unpleasant episodes.



Miscellaneous Questions

via Dallas (TX) Ostomatic News



1. Do skin wipes make the pouch stick better?

No, the wipes that are generally classified as "skin preps" are not adhesives. They are designed to provide a protective layer to the surface of the skin. This helps to make the removal of adhesives easier on the skin. The use of these types of products may actually decrease the wear time of some extended wear products.

2. Does paste make the pouch stick better?

No, paste helps to prevent liquid drainage from getting between the skin and the skin barrier. This protects the peristomal skin and often extends the life of the skin barrier. Paste is NOT an adhesive and too much paste can actually interfere with a good seal.

3. When should skin barrier powder be used?

Skin Barrier Powder – such as Stomahesive or Adapt Powder – is used when the peristomal skin is moist due to irritation. When the skin has recovered and healed, the powder should be discontinued. If another type of powder – such as an antifungal powder – has been prescribed, it should be used according to instructions.

4. How often should a pouching system be changed?

The answer is "it depends." It depends on many factors such as type of discharge, skin condition, type of skin barrier used, location on the body and construction of the stoma. The key is to achieve predictable wear time. Changing a pouch twice a week is very acceptable.

5. What do I need to think about before returning to work?

Make sure that you have a release from your physician to return to your job, especially if you do a lot of physical work. It is a good idea to have an emergency kit available at work in case you need to change your pouch.

6. Do I need to tell people that I have had ostomy surgery when I return to work?

The choice is yours! With a secure ostomy pouching system, nobody needs to know that you have an ostomy unless you want him or her to know. Depending on the situation and your relationship with the person you may wish to share general information about your surgery. Most people are very understanding.

7. How often should I empty a pouch?

The type of ostomy and the amount of output will influence how often emptying is necessary. You will want to empty your pouch regularly throughout the day – usually when it is $\frac{1}{3}$ to $\frac{1}{2}$ full. It is not a good idea to let your pouch overflow.

Sad News from Minnesota: The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 75.

Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch.

The grave site was piled high with many flours. Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded.

Born and bread in Minnesota, Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he still was a crusty old man and was considered a positive roll model for millions.

Doughboy is survived by his wife, Play Dough, three children: John Dough, Jane Dough and Dosey Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart.

The funeral was held at 3.50 for about 20 minutes.

If you smiled while reading this, please rise to the occasion and pass it on to someone having a crummy day and kneading a lift. Thanks to Rita, a friend in Italy, via Facebook



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	888-808-7456	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.sgvmmedical.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