

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 August 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!

Happy August. Where did July go? Seems like once 4th of July gets here the rest of summer is speeds by. We have not done anything this summer other than camp. No vacation for us this year - but that's ok. We love to camp and just check out for a weekend at a time.

I have nothing planned for the August meeting - other than just a Q&A session. Attendance for the last 2 meetings have been me and the ostomy nurses. We had no attendance for a zoom only meeting and even the June in person meeting at Mercy Iowa City. With that said - I have not planned a picnic either. If anyone is still interested in a picnic please let me know. Thinking ahead - do we want to restart the Christmas time holiday party? The people that replied to the summer picnic survey were ok with support group funds being used - so maybe if we do have a holiday party we could use funds for that instead.

Back to the August meeting - we are approved to do in person so I really would like your feedback if you are going to attend IN PERSON at Mercy Cedar Rapids. The nurses put in a lot of work (time/food/money) as do I (time/fuel) getting in person meetings ready so we are asking that you RSVP if you are going to attend. If I get no response - we will be making this a Zoom only event. Even if in person - I will have the zoom link opened as well for anyone to join.

So - we will plan on in person but I will email out prior to if I decide to make it 100% virtual. Hopefully I will hear back from some of you and we can get together finally.

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

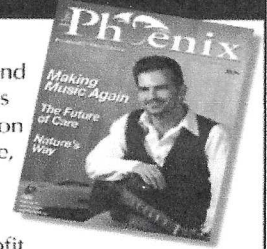
Mercy Hospital
Iowa City, IA
Wound Center
319-339-3967

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

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.



Your total orders

42 orders

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

Every little bit counts

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



You have generated

\$8.37



Your current charity
United Ostomy Association of America Inc
has received

\$70.45

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, 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 @ 6:30 pm
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

Thursday, February 16, 2023

Support Group Meeting @ 6:30 pm
Mercy Hospital - Cedar Rapids Location TBD

Thursday, April 20, 2023

Support Group Meeting @ 6:30 pm
UnityPoint Health - St Luke's Campus - Cedar Rapids
Room 163 Behind Gift Shop

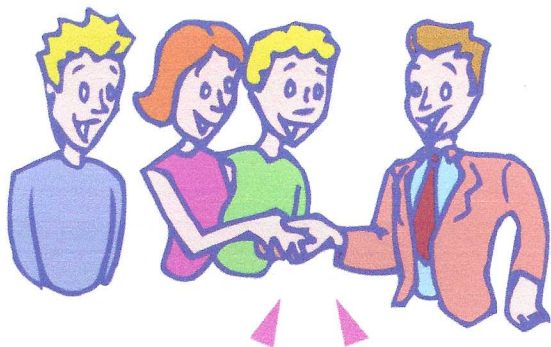
Tuesday, August 22, 2023

Support Group Meeting @ 6:30 pm
Mercy Hospital - Cedar Rapids Location TBD

Thursday, October 19, 2023

Support Group Meeting @ 6:30 pm
UnityPoint Health - St Luke's Campus - Cedar Rapids
Room 163 Behind Gift Shop

MORE 2023 MEETING DATES COMING IN SEPTEMBER!!



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.

Zoom Meeting Info

Topic: Ostomy Support Group Meeting

Time: Aug 16, 2022 06:30 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/6129562604?pwd=TKdJVXFM5GwrMHp3S61HT2J1Q2Mydz09>

Meeting ID: 612 956 2604

Passcode: 623449

One tap mobile

+13017158592,,6129562604#,,,,*623449# US (Washington DC)

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

Dial by your location

+1 312 626 6799 US (Chicago)

+1 646 931 3860 US

Meeting ID: 612 956 2604

Passcode: 623449

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



Cedar Rapids/Iowa City Area
Ostomy Support Group
@iowaostomy · Nonprofit organization

[Edit Contact us](#)

FIND US ON FACEBOOK

ABOVE IS FB page to like (friends can see you like this)
<https://www.facebook.com/iowaostomy>

BELOW IS FB group managed by me (Gina - and as a private group nobody will see you're a member or anything you post)
<https://www.facebook.com/groups/EasternIowaOstomySupportGroup>



Eastern Iowa Ostomy Support
Group

1343 posts · 64 members

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!



Keeping Your Pouch Odor Proof

Victor Alterescu, WOCN via Live and Learn, UOA of St. Louis, MO

First of all, keep in mind that the pouches we use today, unlike in the past, are made of odor-proof material. Rinsing a pouch out each time it is emptied is primarily a waste of time. For one thing, it takes longer to empty the pouch and you need more materials around you. You also may leave more foul smelling gas in the room since the pouch is kept open longer.

The water, especially if it is warm, may open the pores of the pouch material and encourage odor permeation. Also, rinsing can affect the seal of your adhesive. Rinsing a pouch after each emptying serves only an aesthetic purpose. Frankly, it does not matter whether the interior of your pouch is clean any more than it matters if the interior of your colon is clean.

The pouch is replacing an organ of storage, the colon and/or rectum. Prior to surgery when you had a bowel movement did you wash your rectum when you were done? I think not!

The most important portion of the pouch that should be cleaned very thoroughly is the end of the drainable pouch. Rinsing the interior can only increase permeation but the cleaning the exterior neck will avoid any odor that may be present as a result of having fecal residue on the end of the pouch. Therefore, I recommend that a person carry an alcohol wipe to clean the tip of the pouch. The pouch is emptied, the toilet flushed immediately, and the lower portion of the exterior cleansed with toilet tissue and alcohol disposing of it as you would a soiled paper towel.



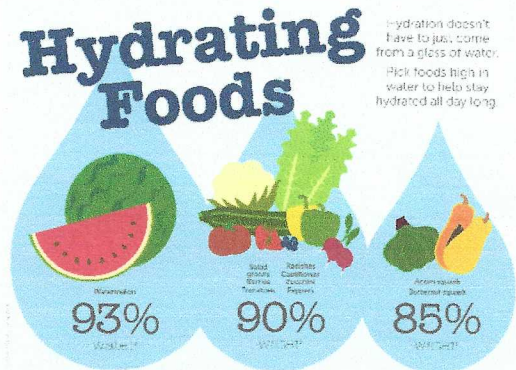
Hydrating with an Ostomy

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.

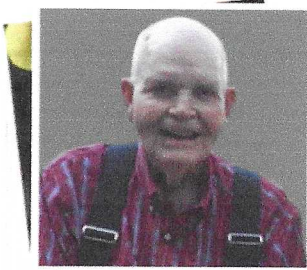
Fluids with electrolytes are best: These include: Coconut water, V8 or other vegetable juices, Gatorade, and Pedialyte

ADDED NOTE: Local group members also use Drip Drop available at Walmart or Walgreens or online

Foods with high water content: Watermelon, tomatoes, apples/applesauce, cucumbers, yogurt/pudding, smoothies and Jell



my southern health
LOOKING FOR HEALTHY RECIPES? Visit mysouthernhealth.com/recipes for some delicious ideas.



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Obituary for Kenneth Ray Gillmore

Kenneth Ray Gillmore, 85, of Marion, Iowa, passed away on Tuesday, June 21, 2022, at Terrace Glen Village in Marion. Family will greet friends and family from 4:00 to 7:00 p.m. on Thursday, June 30, 2022, at Murdoch Funeral Home & Cremation Service in Marion. A funeral service will be held at 11:00 a.m. on Friday, July 1, 2022, at the funeral home. Burial will follow at Cedar Memorial Park Cemetery in Cedar Rapids, Iowa.

Kenneth was born on November 30, 1936, in Marion, Iowa, the son of George Ivan and Ada (Scott) Gillmore. He graduated from Marion High School and went on to attend Iowa State University, where he was a member of Alpha Gamma Rho Fraternity. On January 25, 1973, Kenneth was united in marriage to Wilma Prybil at St. Patrick Catholic Church in Iowa City, Iowa. Kenneth farmed the family farm north of Marion for most of his life. He enjoyed playing the trumpet, dancing, and collecting antique tractors. Kenneth especially enjoyed spending time with his grandsons. He will be greatly missed by all who knew and loved him.

Kenneth is survived and lovingly remembered by his daughter, Kathryn (Greg) Troyer of Kalona, Iowa, and grandsons, Cole and Sam.

He was preceded in death by his parents, and wife, Wilma Gillmore.

Memorials in Kenneth's memory may be made to Hospice of Mercy at 701 10th Street SE in Cedar Rapids, Iowa, 52403. www.mercycare.org/giving/donate-now/

In Memory of one of our own long term members

Send Beautiful Flowers

Share a Memory

Share   

Nurse Shares Four Common Convex Ostomy Skin Barrier Myths

By Terri Cobb, BSN, RN, CWOCN

A convex ostomy skin barrier can help prevent output leakage and skin issues. Unfortunately, some misconceptions about convexity may keep people with ostomies from using it. A convex pouching system refers to the shape of the back of the ostomy skin barrier - the side that goes against your skin. A convex skin barrier is not flat, rather it is curved or dome shaped. Using an integrated convex skin barrier is often referred to as "adding convexity" to a pouching system. This convexity provides a gentle push on the belly, allowing the stoma to protrude up and outward. This can help output go directly into the pouch and not under the skin barrier (which can cause a leak).

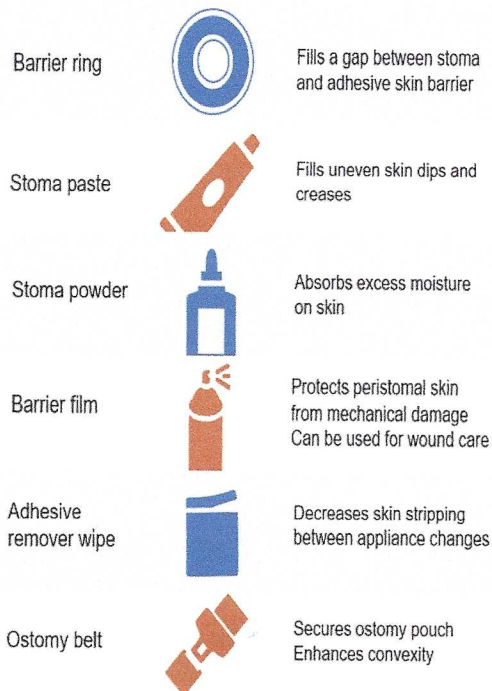
Below are a few myths or misconceptions about using convexity:

1. All convexity is the same — Convexity should be chosen and customized based on your specific stoma and body shape. There are two main types of convexity: soft and firm. Soft convexity is flexible and conforms to your body as you move. Firm convexity is rigid and provides firm support around your stoma to help it stick out. In most cases, soft convex skin barriers are used on firmer abdomens, and firm convex skin barriers work best on softer abdomens. Someone may have had a bad experience with convexity, only to learn that it was the wrong type for their stoma, body shape, or output.
2. A convex skin barrier is uncomfortable or even painful — If your convex skin barrier is causing pain or discomfort, you are not wearing the right type of convexity. Based on your needs, and with guidance from a healthcare professional, consider trying some of the many convex barrier options available and see if they make a difference. The importance of addressing leakage should outweigh the fear of trying something different. Use the health of the skin around your stoma as a barometer if your skin looks good, and you are not leaking, you'll know you're using the right type of ostomy skin barrier for a good fit.
3. I have to wait to use convexity — You don't need to wait a certain amount of time before using a convex skin barrier. Each person is different. Some may need to add convexity immediately after surgery, while others may not need to add it at all.
4. If my stoma is level with my skin, I need a convex skin barrier — In most cases this is true, but choosing a type of convexity can depend on your stoma output. There are always exceptions and everyone has different experiences. For example, someone who has a colostomy with formed stool and regular bowel habits may not need to use convexity, even if their stoma is flush to the skin. That's because formed stool is unlikely to leak underneath the skin barrier. On the other hand, more liquid output can increase the chances of leakage. Consider trying a convex ostomy skin barrier to see if it will help prevent leakage and skin issues, and increase your pouching system wear time (i.e., how long you can wear your skin barrier before it fails). Convex skin barriers come in both pre-cut and cut-to-fit options and are covered by most insurance plans. An ostomy nurse can help determine which type of convexity is right for you and when you should use it.



For more information on skin barrier convexity and other resources, visit the [Hollister Ostomy Learning Center](#).

Protecting the Skin Around an Stoma



Itching or burning are signs that the pouching system should be changed. Change the pouch regularly to avoid leakage and skin irritation.

Frequent leakage may also indicate that you would benefit from a convex barrier to prevent stool from leaking underneath.

Remove the pouch or skin barrier by gently pushing your skin away from the pouch or barrier rather than pulling it away from the skin.

Clean the skin surface around the stoma with water. A mild soap may be used, but rinse thoroughly. Dry well before applying the skin barrier or pouch. Do not use soaps or premoistened wipes containing oils or lotions.

Watch for sensitivities and allergies to adhesive, skin barrier, paste, tape or pouch material. They can develop weeks, months or even years after use of a product since the body can be gradually sensitized. You can test different products to see if your skin will react to them.

Pouches do not need to be rinsed. But, if you want to rinse, use slightly soapy water and a large irrigating syringe or baster to flush out the pouch. Too much water may cause leaks and odor.

Common abdominal stoma complications

Initial management and red flags for referral

Most patients with a stoma will have a good idea about how to manage minor issues but may present to primary care with emergency complications. This graphic presents seven common complications, and offers a quick summary of management strategies and when to refer patients to the surgical team. The full article by Catherine Strong and colleagues provides more detail on these conditions.

KEY

Likelihood of developing complication with:



Ileostomy




Colostomy




Red flag for referral



16% (end)
Up to 30% (loop)


PARASTOMAL HERNIA


37% (end)
Up to 30% (loop)





 Pain over hernia

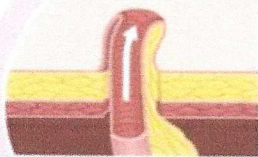
 Strangulation


 Obstruction


Often no management is required, but consider elective referral or discussion with surgeon if patient has ongoing concerns

PROLAPSE

 or 
2-26%





 Ulceration

 Ischaemia

Requires manual reduction. Patient can be taught to do this at home, as it is likely to be recurrent

STOMA STENOSIS

 or 
1-9%



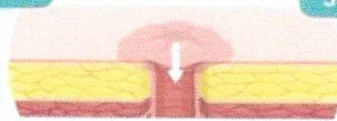
Often no management is required. Elective referral to surgical team could be considered if symptomatic

 Obstruction


3-17%

STOMA RETRACTION


Up to 30%



Often causes skin issues due to lack of 'spouting'



More common


HIGH OUTPUT



Less common





Manage mild clinical dehydration with dioralyte (or oral rehydration agent). Add loperamide and consider diet changes (such as eating marshmallows). Check bloods

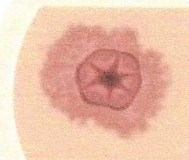
 Moderate to severe dehydration

 Not improving despite conservative measures


 Abnormal blood tests suggesting dehydration or renal impairment from fluid loss, such as: Hyperkalemia
Acute kidney injury


SKIN AND DEVICE ISSUES


 or 
Equal





Poorly fitting devices can cause skin issues. Discuss options with the stoma nursing care team

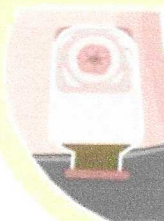
 Active bleeding

 Concern about cutaneous manifestation of inflammatory bowel disease


 Concern about malignant deposits


LOW OUTPUT

 or 
Equal



If not acutely obstructed consider low residue diet/laxatives

 Obstruction

 Strangulation

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.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