

Affiliated
with...



SHORT CIRCUIT

Cedar Rapids / Iowa City Area Ostomy Support Group #171, Inc. — an affiliate of UOAA, Inc.
Our 51st Year! Serving Ostomates of Eastern Iowa since 1972 www.iowaostomy.org August 2023

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!

August already. That means I am super close to leaving for the National Conference in Houston, TX. Please say some prayers for not only safe travels but lower heat down there as I'd like to take a few days to explore the city as well. If you are not a member of either our support group page or the Eastern Iowa FB Group - please take the opportunity to follow or join as I hope to be posting from the conference.

Looks like Mercy in Cedar Rapids will allow us to have an in person meeting for August. I will be back for doing in person as well. I look forward to seeing your lovely faces so we can catch up and I can share some of my adventures at the conference. I hope to have some new product information as well. I know they have a HUGE vendor fair at the conference too.

I would like to request that you try to RSVP for the meeting - since we haven't been having great online attendance. Plus our few in person ones have not been attended either. Email me back - or give me a call and let me know please - so the nurses at Mercy do not have too much food on hand.

Best Regards,

Gina Carlile

Hello August

Authenticity starts with
Understanding your worth and
Glowing in your way because a
Unique, imperfect, and different
Self is much better
Than the perfect clone



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

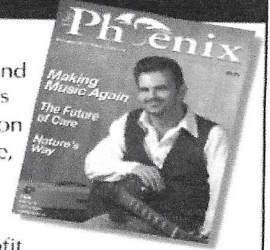
Mercy Hospital
Iowa City, IA
Wound Center
319-339-3967

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 _____

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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

The screenshot shows the iGive.com website interface. At the top, the iGive.com logo is on the left, and the tagline "You Shop. Your Charity Gets Money. For Free.™" is on the right. Below the logo is a navigation menu with links: Home, Search Stores/Web, My Stores, Stats, Cause, Tell a Friend, Settings, All Stores, Promote Your Cause, and Logout. The main content area features a personalized welcome message: "Welcome back Gina!" with a sub-message "Remember to save your favorite stores!" and a note "You and all iGive members have collectively raised \$10,187,955.90". To the right, it shows "You've raised \$39.29" and "YOUR SUPPORTING CAUSE: CEDAR RAPIDS/IOWA CITY AREA OSTOMY SUPPORT GROUP". A search bar for "iGive Stores" is also visible. A large promotional banner at the bottom reads: "\$5 New Member Shopping Bonus! Recruit friends to support Cedar Rapids/Iowa City Area Ostomy Support Group, when they join today and make their first purchase within 30 days they'll earn a \$5 bonus!". The banner includes a photograph of two people sitting at a table with a potted plant.

Are you an online shopper? Consider creating an account with iGive.com and setting up to link to the support group. For your computer browser, you can then download the iGive button located at the bottom of the website. Then every time you're at a store supported by iGive you'll be alerted that a donation will be made to the support group. Prefer mobile apps? Also at the bottom of the webpage there is a mobile app option to be able to download as well.

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 22, 2023

IN PERSON Support Group Meeting @ 6:30 pm
Mercy Hospital - Cedar Rapids Location
Training Room B - in basement
Use elevators by gift shop to get there

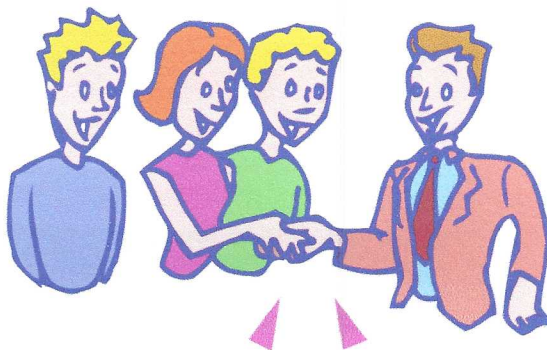
Thursday, September 14, 2023

Support Group Meeting @ 6:30pm
University Iowa - Iowa River Landing

Thursday, October 19, 2023

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

2024 Meetings Coming Soon



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

TBD:

Let me know if you would like the zoom link open and I will create a meeting

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!



Cedar Rapids/Iowa City Area
Ostomy Support Group

www.iowaostomy.org

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

Max group: 64 members



Belching, gas and bloating: Tips for reducing them

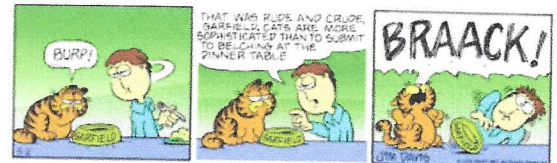
By Mayo Clinic Staff via New Ostomy Newsletter

Belching or passing gas (flatus) is natural and common. Excessive belching or flatus, accompanied by bloating, pain or swelling of the abdomen (distention), can occasionally interfere with daily activities or cause embarrassment. But these signs and symptoms usually don't point to a serious underlying condition and are often reduced with simple lifestyle changes. When belching, gas or bloating interferes with your daily activities, there may be something wrong. Find out how to reduce or avoid gas and gas pains, and when you may need to see your doctor.

Belching: Getting rid of excess air

Belching is commonly known as burping. It's your body's way of expelling excess air from your upper digestive tract. Most belching is caused by swallowing excess air. This air most often never even reaches the stomach but accumulates in the esophagus. You may swallow excess air if you eat or drink too fast, talk while you eat, chew gum, suck on hard candies, drink carbonated beverages, or smoke. Some people swallow air as a nervous habit even when they're not eating or drinking. Acid reflux or gastroesophageal reflux disease (GERD) can sometimes cause excessive belching by promoting increased swallowing. Chronic belching may also be related to inflammation of the stomach lining or to an infection with *Helicobacter pylori*, the bacterium responsible for some stomach ulcers. In these cases, the belching is accompanied by other symptoms, such as heartburn or abdominal pain. You can reduce belching if you:

- **Eat and drink slowly.** Taking your time can help you swallow less air. Try to make meals relaxed occasions; eating when you're stressed or on the run increases the air you swallow.
- **Avoid carbonated drinks and beer.** They release carbon dioxide gas.
- **Skip the gum and hard candy.** When you chew gum or suck on hard candy, you swallow more often than normal. Part of what you're swallowing is air.
- **Don't smoke.** When you inhale smoke, you also inhale and swallow air.
- **Check your dentures.** Poorly fitting dentures can cause you to swallow excess air when you eat and drink.
- **Get moving.** It may help to take a short walk after eating.
- **Treat heartburn.** For occasional, mild heartburn, over-the-counter antacids or other remedies may be helpful. GERD may require prescription-strength medication or other treatments.



Flatulence: Gas buildup in the intestines

Gas in the small intestine or colon is typically caused by the digestion or fermentation of undigested food by bacteria found in the bowel. Gas can also form when your digestive system doesn't completely break down certain components in foods, such as gluten, found in most grains, or the sugar in dairy products and fruit. Other sources of intestinal gas may include:

- Food residue in your colon
- A change in the bacteria in the small intestine
- Poor absorption of carbohydrates, which can upset the balance of helpful bacteria in your digestive system
- Constipation, since the longer food waste remains in your colon, the more time it has to ferment
- A digestive disorder, such as lactose or fructose intolerance or celiac disease

To prevent excess gas, it may help to:

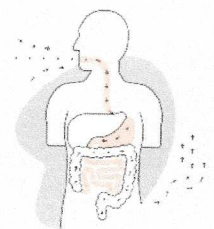
- Eliminate certain foods. Common gas-causing offenders include beans, peas, lentils, cabbage, onions, broccoli, cauliflower, whole-grain foods, mushrooms, certain fruits, and beer and other carbonated drinks. Try removing one food at a time to see if your gas improves.
- Read labels. If dairy products seem to be a problem, you may have some degree of lactose intolerance. Pay attention to what you eat and try low-lactose or lactose-free varieties. Certain indigestible carbohydrates found in sugar-free foods (sorbitol, mannitol and xylitol) also may result in increased gas.
- Eat fewer fatty foods. Fat slows digestion, giving food more time to ferment.
- Temporarily cut back on high-fiber foods. Fiber has many benefits, but many high-fiber foods are also great gas producers. After a break, slowly add fiber back to your diet.
- Try an over-the-counter remedy. Some products such as Lactaid or Dairy Ease can help digest lactose. Products containing simethicone (Gas-X, Mylanta Gas, others) haven't been proved to be helpful, but many people feel that these products work.
- Products such as Beano, particularly the liquid form, may decrease the gas produced during the breakdown of certain types of beans.

Fart Facts

• Farting is good! It's a natural bodily function that indicates your gut is healthy.

• Flatulence is composed of nitrogen, oxygen, hydrogen, carbon dioxide, and methane. (Yes, farts are flammable!)

• The average person farts 12-25 times per day.



Belching, gas and bloating: Tips for reducing them (Continued)

By Mayo Clinic Staff via New Ostomy Newsletter

Bloating: Common but incompletely understood

Bloating is a sensation of having a full stomach. Distension is a visible or measurable increase in abdominal size. People often describe abdominal symptoms as bloating, especially if those symptoms don't seem to be relieved by belching, passing gas or having a bowel movement. The exact connection between intestinal gas and bloating is not fully understood. Many people with bloating symptoms don't have any more gas in the intestine than do other people.

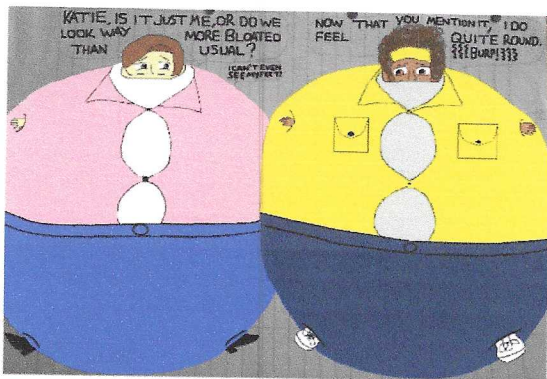
Many people, particularly those with irritable bowel syndrome or anxiety, may have a greater sensitivity to abdominal symptoms and intestinal gas, rather than an excess amount. Nonetheless, bloating may be relieved by the behavioral changes that reduce belching, or the dietary changes that reduce flatus.

When to see your doctor

Excessive belching, passing gas and bloating often resolve on their own or with simple changes. If these are the only symptoms you have, they rarely represent any serious underlying condition. Consult your doctor if your symptoms don't improve with simple changes, particularly if you also notice:

- Persistent or severe abdominal pain
- Diarrhea, Bloody stools or Changes in the color or frequency of stools
- Unintended weight loss
- Chest discomfort
- Loss of appetite or feeling full quickly

These signs and symptoms could signal an underlying digestive condition. Intestinal symptoms can be embarrassing — but don't let embarrassment keep you from seeking help.



United Ostomy Associations of America

8th NATIONAL CONFERENCE

2023
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TEXAS

Embracing New Frontiers

August 10-12, 2023

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Hotel Reservations: 855-463-3091
Room Block "2023 UOAA National Conference"

- Ask Questions of Top Ostomy Experts
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- Product Exhibit Hall with 35+ Vendors
- Surgery Specific Meet & Greets
- Young Adult and Pediatric Workshops
- Fun Social Events and Activities
- Dedicated Sessions for Caregivers
- IBD & Crohn's Disease Program

National Sponsors to date:



Visit www.ostomy.org/2023Conference for continued updates. Registration opens 1/1/2023

I will be on my way to the National Conference and look forward to being able to get lots of information and make many connections while there.

I heard back via email from several people that they were ok with helping me get to the conference. There was only 1 person on the June meeting that also ok with me having some money to go.

I appreciate your support and look forward to filling you in at the August meeting. I will try to post to the FB page and group as mentioned in my 'From the Coordinator' piece as well.



from the bottom
of my heart.

Securing an Ostomy for Travel

Via HyTape article, June 26, 2023

Traveling with an ostomy can be difficult. Ensuring that the ostomy is secured properly, does not smell, and is convenient can be tough without the right planning. Here, we'll discuss several tips for making the travel experience easier, what to pack when traveling with an ostomy, and how Hy-Tape can help secure the ostomy no matter how long the trip.

Tips for Traveling With an Ostomy It's always a good idea to be prepared for your travel and to take extra steps to ensure your medical needs are met. There are several steps you can take to make traveling with an ostomy much easier. Below are some guidelines for ensuring safe and simple travel when using an ostomy:

- **Pack the right supplies:** It's a good idea to pack all the ostomy supplies you think you will need for your trip. Having enough supplies for travel days as well as your time away from home can help ensure that you don't need to worry about obtaining supplies at your destination.
- **Use the right ostomy bag:** Ostomy users tend to have a preference for the type of bag that suits them best. Choose a bag that's comfortable and discreet so you can travel confidently.
- **Wear comfortable clothing:** Loose, comfortable clothing makes traveling with an ostomy much easier. Avoid tight clothing that could push or rub against the ostomy and cause issues.
- **Use a deodorizing spray:** Bring along a deodorizing spray to ensure that you don't have to stress out about odors from your ostomy. A small bottle of spray can easily be packed in your carry-on luggage if flying.
- **Be prepared for delays:** As is common with travel, delays can happen. Be sure to pack enough supplies to handle an extra day or two of travel issues.
- **Keep your bag secured:** Securing your ostomy may be the most important part of your travel experience. A variety of ostomy supplies can help keep the bag in place and attached properly.



It's also a good idea to inform anyone you travel with that you have an ostomy. In the event of an emergency, they may need to know how to reattach it or clean things up.

How to Secure Your Ostomy for Travel Just like any other day, securing your ostomy is essential. Travel can complicate the securing of your ostomy due to the amount of movement experienced when walking, driving, or riding. Be sure to use the right items to secure your ostomy and enjoy an easy and safe travel experience:

- **Adhesives:** One of the most common ways to secure an ostomy is with adhesive medical tape. Tapes can be used to seal around the stoma and attach the ostomy bag to the skin. Many different tapes are available on the market, such as Hy-Tape which provides flexibility, low skin irritation, and a waterproof seal.
- **Support belts:** While traveling, a support belt may also be helpful. These belts allow for extra securing of your ostomy bag in addition to tape. They can be helpful for those who don't want to deal with medical tape or who need extra support for the bag.
- **Stoma powder:** This powder can help absorb moisture at the stoma site to help ensure a strong bond between the skin and the ostomy. It's applied before attaching anything else.
- **Stoma guards:** Guards are small, flexible pouches that fit over a stoma and can be attached with medical tape. They can be helpful for those with a large or protruding stoma and offer extra security and peace of mind.
- **Stoma covers:** Covers are small, round pieces of fabric that go over a stoma. They help to avoid skin irritation at the opening and to hide the stoma when wearing tighter clothes.

With the right items, securing an ostomy during travel can be easy. Make sure to try different techniques before your trip to make sure you know the most comfortable combination of items.

Use Hy-Tape for a Secure and Comfortable Adhesion

When securing an ostomy for travel, high-quality medical tape can be invaluable. Hy-Tape provides a strong hold and improved comfort compared to many other options.

Hy-Tape is designed to be sensitive to the skin. It features zinc oxide to help protect the skin from irritation. It's also made with flexible materials so users can move comfortably, which is important for the walking and movement of travel.

Hy-Tape adhesive is also waterproof, helping to ensure a tight seal over the stoma. This can help keep odors and liquid from escaping at the stoma site, providing a sanitary feel for the user.

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