



8703 Cypress Club Drive
Raleigh, NC 27615



NEXT MEETING: Tuesday, December 4, 2012 at 7:15 pm Rex Hospital

PROGRAM: TAOA Member, Joanna Burgess
Winter Social

Triangle Ostomy Association Membership Application

Name _____ Today's Date: _____
Spouse's Name _____
Mailing Address _____
Phone Number: _____
Email: _____

I would like to receive the newsletter by email

I have a Colostomy Ileostomy Urostomy (Ileal conduit)
Other Year of Surgery _____

I am not an Ostomate, but would like to be a member and support the organization ____


I cannot afford the dues but would like to be a member ____ (Confidential)

We welcome ostomates and other persons interested in this group and its activities for membership and appreciate the help they can provide as members. To join, complete the above form and send it with a check or money order for \$20.00 made out to Raleigh Chapter of UOA and mail to **Mrs. Ruth Rhodes, 8703 Cypress Club Drive, Raleigh, NC 27615**. Dues cover membership in the local chapter, including a subscription to the local By-Pass publication and help support the mission of our organization.

Triangle Area Ostomy Association

The By-Pass

December 2012

Affiliated with...  **UOAA** United Ostomy Associations of America, Inc.

President's Message:

Season's Greeting!

Hope that you all had a very nice Thanksgiving and that the coming holidays are good ones for you and family. Our December meeting is Tuesday, December 4. It is our annual Christmas party. Please bring a small refreshment to share. Drinks and paper products will be provided.

Our own, Joanna Burgess, will be our program for the evening.

Sam Bundy, *President*
sambundy5@aol.com



SAVE THE DATE



NEWS AND UPDATES

- Our apologies to Sandeep Chawla and wife, Anu for the misspellings of names in our previous newsletters!
- We had two new ostomates at our November meeting---Jori Jordan and Gay Brinkley Miriello. We hope that hey will continue to join us.
- Do not forget that our January meeting will be on Tuesday, January 8th. **It is the 2nd Tuesday of the month!**
- Jett Thomas Ormondroyd was born on Saturday, November 10, 2012 at 11:46 am. He weighed 6lbs5oz and was 20 inches long. Jes, Tom, Tia and baby are all doing well. Tia is ecstatic about FINALLY being a big sister! (see page 5 for pictures!)

MISSION of the Triangle Area Ostomy Association:

The mission of our organization is to assist people who have or will have intestinal or urinary diversions: including a colostomy, ileostomy, urostomy, and continent diversions including j-pouches. We provide psychological support, educational services, family support, advocacy and promote our services to the public and professional communities.

MEETING INFO:

Meetings are held the first Tuesday of each month (except July and August) at 7:15 PM in the **Rex Surgical Center Waiting Room, 4420 Lake Boone Trail, Raleigh, NC.** Enter through the Rex Hospital Main Entrance, which is near the Parking Garage.

REMINDER:

In the event of inclement weather on the day of a scheduled meeting, please contact Rex Healthcare at 919-784-3100. **If Wake County schools are closed due to weather, then we will not meet.**

DISCLAIMER

Articles and information printed in this newsletter are not necessarily endorsed by the Triangle Ostomy Association and may not be applicable to everybody. Please consult your physician or WOC Nurse for medical advice

GROUP OFFICERS AND CONTACT INFO:

All officers are available for member support

- President: Sam Bundy 919-876-0736
- VP: Jeff Burcham 919-847-9669
- Secretary: Bonnie Sessums 919-403-7804
- Treasurer: Ruth Rhodes 919-782-3460
- Editor: Jes Ormondroyd 508-654-6073
- Webmaster: Ed Withers 919-553-9083
- Visitor Coordinator: Gloria Rose 919-622-0026
- Visitor Co-Coordinator: Stephanie Hughes 919-480-1172
- Prof. Advisor: Stephanie Yates 919-668-0124

**Website: www.RaleighUOA.org
Email: TriangleUOAA@EmbarqMail.com**

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CALENDAR OF EVENTS:

- Dec 4 TAOA Meeting, Rex 7:15 pm
- Dec 8 Hanukkah begins at Sundown
- Dec 11 Bladder Cancer Support Group, 7 pm, Chapel Hill
- Dec 17 CCFA Meeting, Rex 7:30 pm
Wright Brother's Day
- Dec 22 Winter Begins
- Dec 25 Christmas Day
- Dec 26 Kwanzaa Begins
Boxing Day



CCFA SUPPORT GROUP

Date: Third Monday of the Month
Time: 7:30 pm – 9:00 pm
Place: Rex Healthcare
Contact: Reuben Gradsky
gutcheckrdu@gmail.com

MINUTES OF THE NOVEMBER 6, 2012

MEETING OF THE TRIANGLE AREA OSTOMY ASSOCIATION

Sam Bundy, President, called the November meeting to order at 7:30 PM by welcoming 24+ members and guests. Two new ostomates were visiting for the first time and introduced themselves to the group. Milt Musiker provided delicious refreshments that everyone enjoyed.

Sam reminded everyone to bring finger foods to the December meeting and that Joanna Burgess will speak about her national Great Comeback Award. This meeting is also our annual Christmas social. Stephanie Yates will provide paper products and beverages. Sam also reminded us that the January meeting will be held on Tuesday, January 8th, the second Tuesday of January, as the first Tuesday falls on January 1st, New Year's Day.

Ruth Rhodes, treasurer, read parts of a letter from FOW USA (Friends of Ostomates Worldwide) that stated the organization sent 11,871 pounds of ostomy supplies to 33 countries. This was a much larger amount than last year as they only shipped over 7,000 pounds to 24 countries. She quoted a nurse from Chile who said that some of her patients have to choose between buying food to feed their families or ostomy supplies and that the donated supplies really helped them. It costs FOW \$750.00 to send one shipment so donations are always welcome. Bonnie Sessums moved that we send a donation to FOW and Karen Whitney seconded the motion. We will send \$400.00.

Sam then introduced Stephanie Hughes, our Visitor Coordinator, who will be participating in the Crohn's and Colitis Foundation's triathlon in Las Vegas along with Reuben Gradsky. They need to raise \$3,500.00 and she told members any donations would be appreciated. Our group will donate \$100.00 to Stephanie and members are encouraged to make additional donations. Her web site is <http://www.active.com/donate/carolinasLV12/stephaniehughes>.

Stephanie Yates explained that our scheduled guest speaker, Dr. Ben Hopkins, surgeon at Raleigh Duke Hospital, had called her earlier in the afternoon and said he had more surgeries and may not be able to attend. Since she had not heard from him, Stephanie brought her "Ostomy Stumpers" game for everyone to play. This is a "Jeopardy" type game with "answers" regarding ostomies and members had to state the matching questions. Everyone had fun and also learned some things about ostomies. Stephanie will try to reschedule Dr. Hopkins for a later date.

Sam thanked Milt Musiker again for bringing the refreshments and adjourned the meeting at 8:15 PM so everyone could go home and watch the Presidential election results. The December meeting will be on Tuesday, December 4.

Respectfully submitted,
Bonnie Sessums



WOC NURSES

Wake Med

Leigh Ammons 919-350-5171
Melanie Johnson 919-350-5171

Wake Med, Cary

Joanna Burgess 919-350-5231

UNC Hospital

Michael Kalos 919-843-9234
Barbara Koruda 919-843-9234
Lara Leininger 919-843-9234

Durham Regional

Tom Hobbs 919-470-4000
Felicia Street 919-471-4561

Duke

Jane Fellows 919-681-7743
Michelle Rice 919-681-2436
Angela Richardson 919-681-7743
Leanne Richbourg 919-681-6694
Stephanie Yates 919-613-2035

Duke Health Raleigh Hospital

Krys Dixon 919-954-3446
Erika Dickerson

Maria Parham Hospital

Kathy Thomas 919-431-3700

Durham VA Medical Center

Mary Garrett 919-286-0411
Reba Giles 919-286-0411

Rex Hospital

Ann Woodruff 919-784-2048
Susan Beyer 919-784-2048

The Phoenix

The official publication of UOAA

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.



Half of each subscription funds the nonprofit UOAA. Subscribe Today!

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December and January Birthdays

Charis G. Kirk—December 4

Christie Moses—January 9

Tom Hemma—January 27

**please email or let us know if we have forgotten your birthday!



Triangle Bladder Cancer Support Group

Date: Second Tuesday of the Month

Time: 7-8:30 pm

Place: Carolina Pointe, Chapel Hill, NC

Contact: David Langham 919-943-0589

trianglebcs@gmail.com

www.trianglebcs.com

The ABCs of Ostomy Care

Via: Ottawa (ON) Ostomy News, & S. Brevard, FL Ostomy

Appliance: should fit, be comfortable, unimpaired, odorproof, and inconspicuous.

Bleeding: A few drops are normal, injury, cut, or anticoagulant bleeding is not normal.

Closure: Always carry a spare clip (and a spare pouch).

Dehydration: Watch for extreme thirst or no thirst; scant urine. Increase liquid intake.

Eating: Chew! Chew! Chew! And eat slowly.

Fluids: Two to three quarts of water every day.

(continued on page 4)

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*Patent Pending

Gas: Beans, milk, beer, cheese, spicy foods, carbonated drinks. Avoid these or put up with gas.

Hal zone: Use two tablets to a quart of water to purify questionable drinking water.

Irrigate: Irrigating is not an enema, but using an amount of water to cause the bowel to empty.

Joy: Enjoy your new life.

Karaya: Skin protector, conditioner, and adhesive.

Leaking: Always empty pouch at about one third full.

Milk Intolerance: If lactose is deficient in the small bowel, there will be gas, bloating, diarrhea, nausea, and cramping.

Victory: It's yours!

When can I? Have patience, what you did before, you will do again.

"X" marks the spot. Keep your appliances in a convenient spot.

"Y" did it happen to me? Try to be thankful for modern surgery, which gave you your life back.

"Z" is for "Z End": You now have a new end in view!



Welcome,
Jett Thomas!

Jett and
Big Sister, Tia



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Girls-With-Guts
Girls With IBD Inspiring Each Other .org

What's a Butt Basket?

Girls-With-Guts has two types of "Butt Baskets," one for j pouchers and one for ostomates. These "surgery survival kits" include tips on recovery, products to make the process go better, and a few things in there to make patients smile. The best part is that they are giving these away to people through their program. When possible, they hope to deliver the kits in person, although the kits will be open to anyone nationwide.

For More Information Contact

Charis – Charis@Girls-With-Guts.org

Jackie – Jackie@Girls-With-Guts.org

A Few Online Resources

www.c3life.org
www.ostomylifestyle.org
www.ostomy.org
www.ostomyland.com
www.inspire.com
Facebook

Printing of this newsletter provided by:



Nuts: Your trouble is not in your head. It's at the other end. Chew! Chew! Chew!

Odor: Garlic, eggs, onion, cabbage, and antibiotics can cause odor. Use a good pouch deodorizer.

Pouch covers: Make 'em or buy 'em if you like 'em.

Quiet times: Stomas are usually less active before breakfast.

Rosy red: The color of a normal, healthy stoma (rosebud).

Seat belts: Use them!!!

Travel: Use bottled water, bring along a diarrhea prescription and a note from your doctor stating your needs.

Urine: Crystals have an abrasive effect on the stoma. Use compresses soaked in a solution of half and half vinegar and water for 15 minutes.