

The By-Pass

Triangle Area Ostomy Association

Affiliated
with...



OUR MISSION: To provide emotional support and educational opportunities for persons who have had an intestinal or urinary diversion or who anticipate the surgery. We support The Friends of Ostomates Worldwide (FOW) by donating supplies to underprivileged ostomates in foreign countries.

October 2016

Vice President's Message:

I'm filling in again for Sam this month. Thank you to everyone who came out to the meeting on the 6th to hear Lara and Angela speak about the history of the Run for Resilience 5k. It was great to hear about all the doctors and nurses at UNC who shared our experience by wearing a bag for a week. Please consider volunteering or attending the 5k on October 1st!

I'm looking forward to seeing all of you at our break out session this month.

Respectfully,
Dan Richards

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CALENDAR OF EVENTS:

Oct	1	Run for Resilience 5K
Oct	4	TAOA Meeting, Rex, 7:15 pm
Oct	11	TBC Meeting Chapel Hill, 7 pm
Oct	17	CCFA Meeting Rex, 7:30 pm
Oct	31	Halloween

OCTOBER BIRTHDAYS

Shirley Peeler October 6

Let us know your Birthday so we can celebrate it with you!

NEWS AND UPDATES

- October 1st is the the Run for Resilience Ostomy 5K. Please consider volunteering or attending the event! Even if you don't run or walk you can always show your support. www.ostomy5k.org
- If you know of an event that you think TAOA would benefit from setting up a information table, please let Dan Richards know.
- October will be our next breakout session. Please invite your family and caregivers to join us.

TRIANGLE AREA OSTOMY ASSOCIATION (TAOA)

TAOA is a local chapter affiliated with The United Ostomy Associations of America, Inc. Membership includes ostomates, nurses and friends who support our mission. New members are always welcome. Members receive a subscription to our monthly newsletter, The BY-PASS. Annual dues support TAOA and UOAA. If dues are not affordable, a courtesy membership can be arranged. (This information is kept confidential.)

Final Dues Alert
\$20.00 FOR 2016-2017

Final date for membership renewal is
October 4th.

Please pay your dues! TAOA needs your support!.



TAOA MEETING INFO:

MEETING:

The first Tuesday of the month, September – June.
Time: 7:15pm NO meeting in July or August.

LOCATION:

Rex Hospital, 4420 Lake Boone Tr., Raleigh, 27607.
From the parking deck use the Main Entrance.
The meeting is in the main waiting room on the left.

INCLEMENT WEATHER POLICY:

If the Wake Co. Schools are closed due to weather conditions, there will be NO meeting that evening.

To verify a cancellation call Rex Hospital at 919-784-3100.

GROUP OFFICERS AND CONTACT INFO

President: Sam DeAngelo	919-608-5581 or 716-640-3975
Vice President: Dan Richards	919-624-3075
Treasurer: Ruth Rhodes	919-782-3460
Secretary: Sandy Everette	
Editor: Dan Richards	919-624-3075
Webmaster: Ed Withers	919-553-9083
FOW Coordinator: Jeff Burcham	919-847-9669
Visitor Coordinator: Stephanie Hughes	919-480-1172
Prof. Advisor: Stephanie Yates	919-613-2035

All officers are available for member support

Visit www.triangleostomy.org

TAOA ANNUAL DUES POLICY

THE ANNUAL STATEMENT FOR DUES is issued every June in the BY-PASS Newsletter. Payment is Due between June and August 31. Please use TAOA Member form to update information. Please notify the treasurer if payment must be delayed or if Dues are not affordable (Confidential). If no response by the September meeting, your membership will expire.

DISCLAIMER: Articles and information appearing in this newsletter are not necessarily endorsed by the Triangle Ostomy Association and may not be applicable to every individual. Always consult your physician or WOC Nurse for all medical advice.

TRIANGLE BLADDER CANCER SUPPORT GROUP

Date: Second Tuesday of the Month
Time: 7 pm – 8:30 pm
Place: SECU Family House,
123 Old Mason Farm Road
Chapel Hill, NC 27517
Contact: David Langham
919-948-0589
trianglebcs@gmail.com
www.trianglebcs.com

CROHN'S & COLITIS FOUNDATION OF AMERICA

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



WOC Nurses

Wake Med

Leigh Ammons	919-350-7668
Melanie Johnson	919-350-7668
Debbie Orr	919-350-7668

Wake Med Cary

Joanna Burgess	919-350-5231
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UNC Hospital

Donna Brickman	919-843-9234
Juliet Idiabonya	919-843-9234
Lisa Jenkins	919-843-9234
Barbara Koruda	919-843-9234
Lara Leininger	919-843-9234
John Maotko	919-843-9234
Donna Partin (outpt)	919-966-9344
Janet Rankin	919-843-9234

Duke Regional

Tom Hobbs	919-470-7215
Felicia Street	919-470-6145

Duke

Ronda Bowles	919-681-4678
Jane Fellows	919-681-7743
Penny Jones	919-688-0125
Michelle Rice	919-681-2436
Angela Richardson	919-684-9954
Leanne Richbourg	919-681-6694
Stepahnie Stokes	919-681-1785
Stephanie Yates (outpt)	919-613-2035
Mary Ann Whaley	919-613-5583

Duke Raleigh

Amanda Eltz	919-954-3725
Krys Dixon	919-954-3446

Maria Parham Hospital

Kathy Thomas	252-436-1700
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Durham VA Medical Center

Reba Giles	919-286-0411 X 6177
Sara Harbison	919-285-0411 X 5297

Rex Hospital

Angela Joyner	919-784-2048
Rachel Breazeale	919-784-2048
Teri Ourada	919-784-2048

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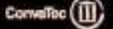
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Reference: 1. Study of 97 Stoma Users of Moldable Technology™ One-Piece Pouches. Published: Medical Economics, February 2014. 2. Study of 100 Stoma Users of Moldable Technology™ One-Piece Pouches. Published: Medical Economics, February 2014. © 2014 ConvaTec. All rights reserved.



**Duke Raleigh Hospital
Ostomy Clinic**

Contact Krystyna Dixon, BA, RN, CWOCCN, CFCN for an appointment. MD referral is required.

Wound Healing Center
Medical Office Building 6
3320 Wake Forest Road
Raleigh, North Carolina 27609

919-954-3446

Duke Raleigh Hospital
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TAOA MINUTES OF THE SEPTEMBER 6, 2016 MEETING

SOCIAL: Delicious snacks were enjoyed as members and friends were reunited after our summer break. Our appreciation to Dan Richards for furnishing the refreshments.

MEETING: In the absence of President, Sam De Angelo, Vice President, Dan Richards, presided. There were thirteen in attendance. One new visitor was welcomed.

ANNOUNCEMENTS: 1) Our long time member, Don Myers died on Sept. 1st. Don served as TAOA Treasurer for many years until his retirement Jan., 2005. We extend our deepest sympathy to his wife, Gerry, his daughter and son and their families.

2) Tonight was the deadline for payment of 2016-2017 dues. Many members have not paid. Thank you very much to all members who paid promptly when your statement was issued in June. Thank you, also, for your generous extra donations to TAOA. If you have not paid dues, please do so now. We depend on your cooperation.

3) Refreshment providers are needed for Feb. 7th and June 6th of 2017. To volunteer, please notify Ruth Rhodes.

4) Our next meeting on Oct. 4th will include sessions for individual ostomy groups under the leadership of our WOCN's. The Nov. 1st meeting is being planned to provide an educational program on nutrition. Dec. 6th will be our annual Holiday Celebration. Be planning that special treat you will bring for all to enjoy!

PROGRAM: Advisor, Stephanie Yates, WOCN, introduced our dependable WOCN's, Angela Richardson and Lara Leininger for a presentation on The History of "Wanna Wear One" which was established in 2010 by Lara and her UNC coworker. They saw a special need to better educate hospital coworkers in the recognition of various needs of ostomy patients. Their local success led to a larger organization to raise public awareness and earn funds to be contributed to UOAA. Lara and Angela organized the first public ostomy 5-K run in Durham, Oct. 2014. A virtual run was added in 2015 drawing participation from 24 states, Canada, South Africa and Japan. Over \$32,000 was raised to benefit UOAA. This year ostomates, families and friends will race on Oct. 1st under the organization's new title, "Run For Resilience Ostomy 5K". Everyone is encouraged to participate by running, walking or helping on the side lines. There will also be a Silent Auction. Additional information is available at www.ostomy5K.org. Our very special thank you to Lara and Angela for this program and for their strong dedication to this worthy cause.

ADJOURNMENT: Our next meeting will be Tues., Oct. 4th at 7:15 PM. Angela Richardson and Lara Leininger will provide refreshments. This Sept. meeting adjourned at 8:30 pm.

Respectfully submitted,
Ruth Rhodes, Secretary/Treasurer



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OSTOMATES FOOD REFERENCE CHART

For individuals who have had ostomy surgery, it is important to know the effects of various foods on ileal output. The effects may vary with the remaining portion of functioning bowel.

Listed below are some general guidelines of the effects of foods after ostomy surgery. Use trial and error to determine your individual tolerance. Do not be afraid to try foods that you like, just try small amounts.

Stoma Obstructive

Apple peels
Cabbage, raw
Celery
Chinese vegetables
Corn, whole kernel
Coconuts
Dried fruit
Mushrooms
Oranges
Nuts
Pineapple
Popcorn
Seeds

Gas Producing

Alcoholic bev.
Beans
Soy
Cabbage
Carbonated bev.
Cauliflower
Cucumbers
Dairy products
Chewing gum
Milk
Nuts
Onions
Radishes

Odor Producing

Asparagus
Baked Beans
Broccoli
Cabbage
Cod liver oil
Eggs
Fish
Garlic
Onions
Peanut butter
Some vitamins
Strong cheese

Color Changes

Asparagus
Beets
Food colors
Iron pills
Licorice
Red Jello®
Strawberries
Tomato sauces

Constipation Relief

Coffee, warm/hot
Cooked fruits
Cooked vegetables
Fresh fruits
Fruit juices
Water
Any warm or hot beverage

Increased Stools

Alcoholic bev.
Whole grains
Bran cereals
Cooked cabbage
Fresh fruits
Greens, leafy
Milk
Prunes
Raisins
Raw vegetables
Spices

Odor Control

Buttermilk
Cranberry juice
Orange juice
Parsley
Tomato juice
Yogurt

Diarrhea Control

Applesauce
Bananas
Boiled rice
Peanut butter
Pectin supplement (fiber)
Tapioca
Toast

Diet and Nutrition

At our last meeting Stephanie Yates asked for suggestions for speaker topics. One of the more popular ones was diet and nutrition for the ostomate since it can be hard to find nutritional information geared toward ostomates.

Stephanie has lined up a guest speaker on this topic for November; however, did you know that the UOAA has a great nutrition guide on their website?

Here is a link to it:

www.ostomy.org/uploaded/files/ostomy_info/OstomyNutritionGuide.pdf

Check out this great food chart (cut it out and put it on your refrigerator for quick reference).

In addition this guide includes recipes for homemade electrolyte drinks, a urine pH food guide, as well as advice on medicines.

With the holiday season around the corner - this is the perfect time to check this guide out for some tips and tricks on eating better!

The Phoenix
The Official Magazine 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!

Annual subscriptions: \$25 (4 issues) 

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Mission Viejo, CA 92690
Phone/Fax: 949-600-7296

Name _____
Address _____
Apt/Unit _____
City _____
State _____ Zip _____

TAOA MEMBERSHIP FORM

Please print legibly

Date: _____

Name: _____

Address: _____

Spouse: _____

Phone (Home): _____ (Cell): _____

Email: _____

Newsletter () Email () US Mail Year of Surgery: _____

Type of Ostomy: [] Colostomy [] Ileostomy [] Urostomy (Ileal conduit) [] Other Type: _____

[] No ostomy/Supporting Member [] Relative [] Friend [] Other

Payment of dues enclosed: \$20 [] CASH [] CHECK [] M.O.

[] I request Courtesy Membership. I cannot pay dues at this time.

(Information is Confidential)

MAIL COMPLETED FORM WITH PAYMENT OF DUES TO:

Ruth Rhodes, Treasurer

8703 Cypress Club Drive, Raleigh, N.C. 27615

8703 Cypress Club Drive
Raleigh, NC 27615



OUR THANKS TO



FOR PROVIDING THE PRINTING OF
THIS NEWSLETTER

NEXT MEETING: Tuesday, **October 4**, 2016 at 7:15 pm, Rex Hospital
PROGRAM: Break out session!
Hosted by: Local WOCNS

