

The By-Pass

OUR MISSION: TAOA strives to provide emotional and educational support for those with an intestinal or urinary diversion or who anticipate the surgery. We support The Friends of Ostomates Worldwide (FOW) by contributing ostomy supplies to be shipped to underprivileged ostomates in foreign countries.

Triangle Area Ostomy Association



Feb 2025

President's Message

I know the summer feels far away with all this arctic weather, but it will be here before you know it. I'm not just mentioning the summer to give you hope for warmer days, but because the UOAA National Conference is this summer, August 14-16 in Orlando, Florida. It won't be on the east coast for another six years if the UOAA keeps to their pattern.

I went to the national conference in 2017 and had a blast. I recommend the experience to everyone. There will be ostomy seminars, the vendor exhibit hall, socials, and more. I couldn't get to everything I wanted to do. The UOAA has also arranged for the conference rate for the hotels for a few days before and after the conference so you can make it a family holiday! More information and registration information can be found here: <https://www.ostomy.org/2025conference/>

See you all at our meeting on the 4th,

Regards,
Dan Richards
President

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'Reclaim your rhythm' during American Heart Month in February!

NEWS AND UPDATES

- The program for our February meeting is "Getting or Keeping Fit during the Dead of Winter" with a Representative from Rex Wellness.
- The TAOA Board needs member support! We are currently looking for a Membership Coordinator.
- If you know of an event where you think TAOA would benefit from setting up an information table, please let Dan Richards know.
- If you think of a program that would be suitable for a Zoom meeting, please let Dan Richards or Stephanie Yates know.

Go to <https://www.heart.org/en/around-the-aha/reclaim-your-health-during-american-heart-month-in-february> for details.

Learn about the history, importance, and ways to observe American Heart Month in February. Find out how to prevent heart disease, the number one cause of death in the U.S., and discover some interesting facts and statistics about heart health at <https://nationaltoday.com/american-heart-month/>

TRIANGLE AREA OSTOMY ASSOCIATION (TAOA)

TAOA is a non profit organization dedicated to advancing ostomy health through advocacy, education, and professional interaction. We are an affiliated support group of the The United Ostomy Associations of America, Inc. Membership is open to ostomates, nurses and friends who support our mission. New members are always welcome. Please refer to the membership form on the last page.

WOC NURSES

WakeMed Raleigh, WakeMedCary,

WakeMed North

Leigh Ammons	919-350-7668
Varda Barthelemy	919-350-7668
Melanie Johnson	919-350-7668
Kyle Miller	919-350-7668
Vanessa Drake	919-350-7668

UNC Hospital

Lisa Jenkins	984-974-0410
Lara Dupree	984-974-0410
John Motko	984-974-0410
Janet Rankin	984-974-0410
Jennifer O'Brien	984-974-0410
Ann Sexton	984-974-0410
Becky McElyea	984-974-0410
Colleen Spiller	984-974-0410
Jessica Blakeslee	984-974-0410
Sophia Furlong	984-974-0410
Otis Brown	984-97400410

Duke Regional

Tom Hobbs	919-470-7215
Felicia Street	919-470-6145
Stephanie Greenberg	919-714-3390

Duke Raleigh Ostomy Clinic Apt or Support Line

Kelly Smith	919-954-3446
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Duke Raleigh Wound/Ostomy Inpatient Hospital

Ronda Bowles	919-954-3089
Janet Jensen	919-954-3725

Duke Raleigh Wound Center Outpatient

Kayla Santangelo (outpt)	919-862-5573
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Duke Health

Michelle Rice	919-681-2436
Angela Richardson	919-684-9954
Stephanie Stokes	919-681-1785
Mary Ann Whaley	919-613-5583
Sarah Britt	919-681-4678
Lily Lane	919-681-7743
Tara Beuscher (outpt)	919-668-7008
Donna Brickman	919-681-4634
Lilo Wilson	919-681-1648
Matt Keirn	919-681-8971
Teri Arp	919-668-0135
Rebecca Elvin (Pediatrics)	919-681-6694

Maria Parham Hospital

Kathy Thomas	252-436-1700
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Durham VA Medical Center

Reba Giles	919-286-0411 X 6177
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Rex Hospital

Rachel Beth Breazeale	919-784-2048
Maggie Elliott	919-784-2048
Bryan Duttman	919-784-2048
Elsie Murray	919-784-2048
Kristen Cowperthwait	919-784-2048

Group Officers and Contact Info

President: Dan Richards	919-624-3075
Vice President: Mary Brown	919-782-3957
Treasurer: Ruth Rhodes	919-782-3460
Secretary: Ruth Rhodes	
Newsletter: Alison Cleary	919-924-3325
Webmaster: Alison Cleary	clearyan@earthlink.net
FOW Coordinator: Jamal Sarsour	252-258-4431
Membership Coordinator: Vacant	
Program Coordinator and	stephaniesyates@gmail.com
Prof. Advisor: Stephanie Yates	

All Officers are available for member support

The Triangle Area Ostomy Association provides support for ostomy patients, caregivers, survivors and families. If you or someone you know needs assistance or support, please see the list of officers on page 2 to reach out and we will help you find the appropriate contact.

For more information about the Triangle Area Ostomy Association go to www.raleighuoa.org or look for Triangle Area Ostomy Association on Facebook.

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

TRIANGLE BLADDER CANCER SUPPORT GROUP

Date: Second Tuesday of the Month
Time: 7 pm – 8:30 pm
Place: Ronald McDonald House Community Room (At the rear of the parking lot)
101 Old Mason Farm Rd, Chapel Hill, NC 27517
Contact: Ritchie Briggs 919-493-0551
trianglebcs@gmail.com
<https://sites.google.com/site/trianglebcs/>
These meetings are hybrid and can be attended via Zoom

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.

Peristomal Skin Care Tips

(From <https://www.hollister.com/en/ostomycare/ostomylearningcenter/maintaininghealthyskin/essentialhygieneandperistomalskincaretips>)

After your ostomy surgery, it is important that you know how to take care of yourself at home. That includes physical hygiene and caring for the skin around your stoma. Explore these essential tips.

Peristomal skin care

The skin around the stoma is called the peristomal skin. Here are some practical tips for keeping it healthy:

- Get into the habit of cleaning the peristomal skin each time you change your barrier
- For most people, water is sufficient for cleaning the skin. Less is better when caring for the skin around the stoma. If you prefer to use soap, it is usually best to use one without moisturizers, fragrance and perfumes, since this may interfere with the skin barrier adhesion.
- If you discover red, broken, or moist skin around the stoma, contact your ostomy care nurse or healthcare professional
- Examine your peristomal skin regularly to check for any changes and ensure it looks healthy

The peristomal skin should remain intact without irritation, rash, or redness. It should look like the skin anywhere else on your body.

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*Based on a retrospective study conducted at 2 affiliated university hospitals; n=214 patient charts with surgery dates ranging from February 2022 to June 2023. Patient events were charted by the WOC nurse at each pouch change; review captured up to 5 pouch changes or 2 weeks of data. Statistical analysis controlled for key differences between sites and found predicted probability of leakage for SenSura Mio was 15.3% and Hollister[®] CeraPlus[™] was 25.6%, corresponding to a 40.8% lower risk (p=0.011). Coloplast data on file.

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Minutes TAOA Meeting January 7, 2025

President, Dan Richards, called this meeting to order at 7:30 PM. There were 17 in attendance via Zoom. A Happy New Year was extended to all. There were no new announcements.

Dan introduced our speaker, Keagan Lyngard, a UOAA Advocate & Patient Adviser. We were fortunate that Zoom allowed us to have Keagan speak from her home base in California.

As a result of Crohn's disease, Keagan received her Ileostomy at the young age of 17 years old. At that time, there was little teaching following surgery. Nurses were not trained in the specialty of Ostomy care. This led to hardships in her adjustment. Her needs led her to her chosen profession. She strives to provide physical, mental, emotional & spiritual support to Ostomates. Her goal is to enable them in becoming secure in their care & their autonomy. These are the ingredients to bring comfort, security & happiness for personal success. Thank you very much, Keagan, for providing this helpful program.

The next TAOA meeting will be Tuesday, February 4th. The Zoom link will open at 7:00PM.

This meeting was adjourned at 8:30 PM.

Respectfully submitted,
Ruth Rhodes, Sec./Treas.



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	SNS41408 - Assure C Odor Eliminator

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Duke Raleigh Hospital Ostomy Clinic

The Duke Raleigh Hospital Ostomy Clinic offers Information, help, and support for those living with a stoma.

Schedule an appointment with a certified ostomy nurse: 919-954-3446

Location:
3404 Wake Forest Rd. Suite 303
Raleigh, NC 27609



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TAOA MEMBERSHIP FORM

PLEASE PRINT LEGIBLY

Name: _____ Date: _____

Address: _____ Spouse: _____

_____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

Receive Newsletter via: ☐ Email ☐ US Mail

Year of Surgery: _____

Type of Ostomy: ☐ Colostomy ☐ Ileostomy ☐ Urostomy (Ileal conduit)

☐ Other: _____ ☐ Support/No Ostomy

Comments (cont. on reverse side) _____

☐ Active Membership: Member for UOAA/TAOA. Annual Dues \$20.00.

☐ Courtesy Membership: Cannot afford dues at this time. (Confidential)

☐ Affiliate Membership. WOCN's & Prof. Associates. Dues exempted.

IMPORTANT: ALL CHECKS MUST BE PAYABLE TO TAOA.

Enclosed: ☐ \$20.00 Dues Pay to TAOA ☐ Cash ☐ Check ☐ Money Order

☐ Donation (optional) \$ _____ For our support of FOW.

Mail payment with this completed form to:

Ruth Rhodes, Sec./Treas./ 8703 Cypress Club Drive/Raleigh, NC, 27615

8703 Cypress Club Drive
Raleigh, NC 27615



OUR THANKS TO



FOR PROVIDING THE PRINTING OF
THIS NEWSLETTER



NEXT MEETING: February 4th, 2025 at 7:30pm
PROGRAM: "Getting or Keeping Fit during the Dead of Winter"
HOST: Representative from Rex Wellness