

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



Apr 2025

President's Message

I'm excited that some we will be hosting several of our product reps for the next few meetings. The amount of new ostomy products that are coming out is amazing. Make sure you are at the meeting so you can request some samples!

Speaking of new products you can see a bunch in person at the UOAA National Conference in August. Don't forget about applying for the Sandi McBride Scholarship if you want to go.

See you all April 1st!

Regards,
Dan Richards
President

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2025 Sandi McBride Scholarship

This scholarship is for first-time attendees of UOAA's 9th National Conference in Orlando, FL

You can find details about how to apply on the TAOA web site at <https://raleighuoa.org/>

NEWS AND UPDATES

- The program for our April meeting is a product update with Antoinette Delio-Vecellio, Senior Sales Specialist, Hollister Incorporated.
- 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.

Get Ostomy Answers!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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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.raleighuo.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.

Discarding Pouches Discretely But With Dignity By Lynn Wolfson, UOAA Director

As ostomates, we often feel self-conscious in public but deserve the same respect as anyone else. We don't want to be singled out or face discrimination because of our ostomies. However, we also have a responsibility to leave a positive impression on others and the places we visit.

Recently, while flying, I had an unusual interaction with an airline attendant. Before I entered the restroom, she approached me to ask if I needed anything. Though her inquiry seemed strange, I assured her I was fine. After I left the restroom, she asked if I had disposed of any bodily waste in the trash. I was surprised by the question and said I hadn't.

As a teacher, I saw this as an opportunity for education. I asked the flight attendant why she had asked such a personal question. She explained that she had noticed my ostomy through my clothing and that her grandmother had also had an ostomy, often discarding used bags in the trash without proper disposal. Her concern clarified her question. While the inquiry was inappropriate, it underscored how improper ostomy hygiene can reinforce negative stereotypes.

I explained that her grandmother likely had a colostomy, while I have an ileostomy with a drainable pouch. I suggested that her grandmother should have used a disposable bag, like a grocery or Ziplock bag, to seal or knot before disposal. This practice helps reduce mess and odor and allows ostomates to discreetly dispose of their pouches. It's important for all ostomates to follow this practice at home, in others' homes, and in public spaces. Many manufacturers provide plastic bags with the pouches for this purpose.

For new ostomates, if you find yourself in a public restroom without disposal bags, wrap your used pouching system in toilet paper and place it in the wastebasket. To minimize odors, consider using one of the many deodorizers available from ostomy supply providers. Some deodorizers are drops that can be added to the bottom of the pouch, while others are air freshener sprays.

To minimize splashing when draining a pouch, try sitting backward on the toilet seat and placing toilet paper in the bowl before draining. It's worth noting that at past UOAA conferences, hotels have commented on how clean and hygienic UOAA groups are for their cleaning staff.

Following my experience, I've advocated with the airline to consider adding a universal sign in the lavatories to provide guidance on the proper disposal of medical supplies. It would be beneficial if airplane restrooms included bags for this purpose, which could also be used for baby diapers, sanitary napkins, and tampons.

In summary, it's crucial for us to carry or request a bag for disposing of our ostomy pouches and to knot these bags before discarding them.

Article supplied by UOAA at <https://www.ostomy.org/discarding-pouches-discretely-but-with-dignity/>

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*Based on a retrospective study conducted at 7 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 15.1% 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 March 4, 2025

This Zoom meeting attracted 20 participants for conversation between 7:00-7:30. President, Dan Richards called the meeting to order at 7:30 PM. He reviewed the information regarding scholarships available for attendance of the UOAA National Conference in August. This is a great opportunity for anyone interested in attending. Contact Dan to apply.

No new announcements.

Our Professional Advisor, Stephanie Yates, WOCN, presented our program entitled "Simply Sick vs Seriously Sick". She discussed signs & symptoms of illness, when to use a "home remedy" or how to recognize the need to seek medical attention. She discussed examples of body symptoms, in depth, & gave us better knowledge of how to respond. Thank you, Stephanie, for another educational program.

Our next meeting will be at 7:00 PM on Tues., April 1st---NO FOOLING!
This meeting was adjourned at 8:45 PM.

Respectfully submitted,
Ruth Rhodes, Sec./Treasurer



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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.

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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

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Raleigh, NC 27615



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THIS NEWSLETTER



NEXT MEETING: April 1st, 2025 at 7:30pm

PROGRAM: Hollister product update
HOSTED BY: Antoinette Delio-Vecellio, Senior Sales Specialist