

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



Oct 2025

President's Message

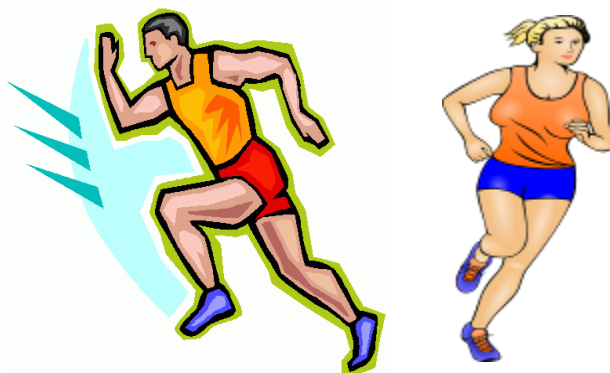
Our next meeting is after the Run for Resilience Ostomy 5k so this is my last opportunity to encourage you to attend. This is a fundraiser that supports us that was started and run by our local WOCN. You don't have to run or even walk the 5k although I encourage you to do so. The silent auction always has great items to bid on and all of the major distributors will be there for you to ask questions and pick up some samples.

Ostomates and non-ostomates are getting up ungodly early to run a 5k to raise awareness and support for us. Let's thank them by cheering them on!

Dan Richards
President

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NEWS AND UPDATES

- The program for our October 7th meeting is an update on Friends of Ostomates Worldwide (FOW) with Mackenzie Rauch-Pucher, volunteer with FOW.
- 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.

The 11th Annual Run For Resilience Ostomy 5k run/walk is on October 4th at 8 am in Durham. We have a fun filled event planned with music, face painting, Ostomy pouch decorating, kids dash, vendors and our famous silent auction! You don't have to run, or even walk.

Come on out and join the fun! We would love to have your support.

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.



OSTOMY SUPPORT

UOAA has a website at <https://www.ostomy.org/outpatient-ostomy-services-locator/> where you can enter your zip code to find outpatient ostomy services in your area.

WakeMed Raleigh, WakeMedCary, WakeMed North

<https://www.wakemed.org/care-and-services/gastroenterology/treatments-and-procedures/colorectal-surgery/ostomy-support>

Please call **919-350-7331** to schedule an appointment. Appointments are available Wednesday between 12 pm to 4 pm.

UNC Hospital

Outpatient Ostomy phone line is **984-974-0154**. It goes to voicemail but is managed Monday through Friday by our WOCN team.

Rex Hospital

If you had your ostomy surgery at Rex with the Rex colorectal team you can call their clinic for an appointment. Otherwise call the UNC Hospital phone line at **984-974-0154**

Duke Health

<https://www.dukehealth.org/locations/duke-cancer-center-wound-ostomy-clinic>

Call for an appointment **919-668-6688**

Duke Raleigh Outpatient Ostomy Clinic

<https://www.dukehealth.org/locations/duke-raleigh-outpatient-ostomy-clinic>

Call for an Appointment **919-954-3446**

Durham VA Medical Center

Reba Giles 919-286-0411 X 6177

Maria Parham Hospital

Kathy Thomas 252-436-1700

Duke Regional

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

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: Lilo Wilson	Lidis89@hotmail.com
Prof. Advisor: Stephanie Yates	stephaniesyates@gmail.com
Social Media Coordinator: Allie Lake	allisonlake27@gmail.com

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.



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.



Race Website

Additional race information can be found at
<http://www.ostomy.org/5k>.

Place

American Tobacco Trail
 8160 Renaissance Parkway
 Durham, NC US 27713

RACE DAY SCHEDULE

Tentative Schedule of Events (Subject to change)
 7:00 a.m. Registration/Packet Pick-up
 8:00 a.m. 5K Run/Walk
 9:00 a.m. Kids 50 Meter Dash (Ages 2 - 8)
 9:15 a.m. Awards Ceremony

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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*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 September 2nd 2025

Following 20 min. of social conversation, this meeting was called to order at 7:30 PM by President, Dan Richards.

Announcements:

Lilo Wilson, WOCN at Duke, is our new Professional Administrator. She is replacing Stephanie Yates, WOCN who has provided many years of dedicated service to TAOA. Stephanie has our deepest appreciation for her service. We welcome Lilo & appreciate her acceptance of this position.

We are pleased to have gained the expertise of Allie Lake who will serve as the director of the Social Media Acct for TAOA.

In July, TAOA donated a gift of \$100.00 to FOW & to UOAA.

Dan introduced our speaker, Lara Dupree, WOCN at UNC. Lara spoke about the annual 5K Run for Resilience. She gave the history from the beginning thoughts in 2011. The effort to bring Ostomy awareness has evolved into a successful nationwide event on the 1st Saturday of October. N.C. funds support the Sandy Mc Bride Scholarship Fund. This is awarded to any N.C. resident who wants to attend an annual UOAA Conference.

Next meeting will be October 7th.

This meeting was adjourned at 8:25 PM

Respectfully submitted,
Ruth Rhodes, Sec./Treas.



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**FRIENDS OF
OSTOMATES
WORLDWIDE - USA**

The mission of Friends of Ostomates Worldwide-USA (FOW-USA), a non-profit organization, is to provide ostomy supplies and educational resources at no cost to ostomates in need outside of the United States. <https://www.fowusa.org/>

Ostomates in developing countries may not be able to get affordable supplies, and may have to manage their ostomy using plastic bags, metal cans, rubber gloves, or rags or towels. Their quality of life is poor, and skin care is a major issue. Ostomates may be rejected by their families, friends, and people in their communities. They may not be able to participate in school or work. With access to proper supplies we are able to help these ostomates improve their health and improve their quality of life.

FOW-USA receives thank you's from around the globe, confirming that our mission of sending ostomy supplies to those in need worldwide is definitely being realized. Read on to see this mission in action.

Content from <https://www.fowusa.org/>

ADULT VACCINATIONS

The AARP recommends 8 vaccinations in adults over 50 years old. Some are relatively new. They are:

- Influenza—once a year, usually in the fall. This year's vaccine is now available. If you are over 65 be sure to ask for the Fluzone High-Dose seasonal vaccine. It has 4 times more protection.
- COVID-19—Age 19-64: 1 or more doses of 2024–2025 vaccine. Age 65 or older: 2 or more doses of 2024–2025 vaccine. Per the CDC at <https://www.cdc.gov/vaccines/hcp/imz-schedules/adult-age.html>
- RSV— Recommended for age 75 and older. Age 50 –75 if living in nursing home or have certain medical conditions. Only 1 shot needed, no boosters. Talk to your doctor if you are unsure.
- Pneumococcal- Adults who haven't received a pneumococcal vaccine should opt for either the PCV15, PCV20 or PCV21. If PCV15 is used, it should be followed by a dose of PPSV23 a year later. (If you're immunocompromised, you may get it sooner.)
- Tdap and/or Td booster— Age 19 and over: 1 dose Tdap, then Td or Tdap booster every 10 years . Tdap protects against Tetanus, Diphtheria, Pertussis, Td protects against Tetanus and Diphtheria.
- Shingles— Age 50 and older: Shingrix vaccine (even if you already had the older vaccine, Shingrix is more effective). Shingrix comes in two doses, spaced two to six months apart.
- Hepatitis A— Age 50 and older at high risk for hepatitis A. Usually after overseas travel to affected areas or close contact with an infected person. Talk to your doctor to assess need.
- Hepatitis B— Age ages 19 to 59 and individuals 60 and older who are at risk for contracting hepatitis B, a liver infection. Transmitted when a body fluid (blood, semen, saliva) from a person infected with the hepatitis B virus enters the body of someone who is not infected. Talk to your doctor to assess need.

Further details available at the following information sources:

<https://www.aarp.org/health/drugs-supplements/every-vaccine-needed-after-age-50/> (login not needed to access article)

<https://www.cdc.gov/vaccines/hcp/imz-schedules/adult-age.html>



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: _____

Spouse: _____

Address: _____

Home Phone: _____ Cell Phone: _____ Zip: _____

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