

# 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



Dec 2025

### President's Message

I am very excited about our speaker for December. Alex MacInnis is an ostomate who runs not just marathons, but ultramarathons, something I didn't even know existed until reading his story. One of the questions I get a lot is "Will I be able to (blank)." With an ostomate running ultramarathons and another swimming the English Channel, I'm pretty sure the answer is 'yes.'

See you all on December 2nd for some inspiration!

Regards,  
Dan Richards  
President

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### The Phoenix Magazine is Closing

*The Phoenix*

*The*

### NEWS AND UPDATES

- The program for our December 2nd meeting is life with an ostomy and how he started running ultra marathons to support the ostomy community with Alex MacInnis, Crohns survivor and athlete.
- 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 Lilo Wilson know.

*The Phoenix*

### **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 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 NURSE OUTPATIENT SUPPORT

### UOAA Ostomy Services support

### WakeMed Raleigh, WakeMedCary, WakeMed North

**919-350-7331**

### UNC Hospital and Rex Hospital

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

### 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

### Duke Regional

### 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.raleighuo.org](http://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](mailto: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](mailto: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.

**From Alex MacInnis**  
Speaker for our December meeting

"Alex MacInnis was diagnosed with Crohn's disease at the age of 12 and spent his teenage years navigating the ups and downs of life with a chronic illness. In his early 20s, during a severe flare, he was fortunate to find a great doctor and a combination of medications that helped him stay largely symptom-free for nearly a decade.

In his early 30s, however, the disease came back aggressively. After months in and out of the hospital and years of trying different medical approaches without success, Alex made the decision to undergo ileostomy surgery in 2018 — a choice that transformed his life for the better.

Since then, he hasn't looked back. Alex is back in the mountains snowboarding and running, out on the water kiteboarding, and this past summer he completed two ultramarathons in two days — a 50-mile and a 50-kilometre race back to back."



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## **On the Go Travel Tips**

From Hollister -> [Ostomy Learning Center](#)

Traveling with a colostomy, an ileostomy, or a urostomy? Here are tips to help you prepare for air, ground, or cruise travel with a stoma.

### **Enjoy a trouble-free transit with these travel tips.**

If you're traveling by airplane, car, bus, train, or cruise ship, you might be stressed about your ostomy needs during the trip. Don't worry. With a little preparation, everything can go smoothly.

It's also a good idea to start with short trips away from home to build up your confidence. Once you're reassured that your pouching system stays secure during normal day-to-day activities, you can start to venture farther. Here are a few tips to help you be fully prepared and comfortable, no matter how you travel.

**Luggage weight limits:** Are you traveling by air with a lot of supplies? Check with your airline and your country's federal travel agency (e.g., the [Transportation Security Administration](#) in the United States) for the luggage weight limit. Weigh the luggage before you go. It may be helpful to use a portable luggage scale. If you're over the limit, check to see if your airline has a special allowance for medical supplies.

**Forbidden items:** The [International Air Transport Association \(IATA\)](#) forbids dangerous items on board airplanes. For example, ether, methylated spirits, or flammable aerosol adhesives and removers are considered fire hazards. Scissors also may not be allowed in carry-on luggage – check with your airline or pre-cut all of your skin barriers before traveling.

**Pre-boarding security checks:** At airports, your carry-on luggage will be inspected at the security baggage check before boarding. If you have medications, get a card from your healthcare professional that explains why you need them. Some countries do not allow certain medications, such as codeine, to cross their borders. A travel communications card from an ostomy association in your country may also be available. In the U.S. the United Ostomy Associations of America ([UOAA](#) [offers a travel card](#)) to help you be ready for searches or checkpoint questions.

**Using airplane toilets:** During a long flight, there can be long lines for toilets, especially after meals. Be alert for a chance to use the toilet when most people are in their seats. It's also a good idea to request a seat near a toilet.

**Car travel:** Your car seat belt should sit across your hip bone and pelvis, not your abdomen and stoma. If you want to give your stoma extra protection from the strap, you can buy a seat belt pad. You can also use an extension bracket to lower the angle of the belt across your body.

**Cruising with a stoma:** Are you worried about taking a river, lake, or ocean cruise? Don't be. If you'll be away from land for a few days or more, just pack double the supplies you need. Plus, follow these simple precautions and you'll have a trouble-free voyage.

View or print the full PDF booklet: [Living with an Ostomy: Travel](#)

## TAOA Minutes November 4, 2025

Discussions began on Zoom at 7:00 PM. President, Dan Richards opened the meeting at 7:30 PM. There were 10 members in attendance.

### Treasurer/s report:

Annual dues were paid to UOAA, \$130.00 for 26 active members.

Donated \$50.00 to UOAA Nurse's Scholarship fund.

Total amt paid \$180.00.

The TAOA roster includes 13 courtesy members (no dues).

Thus year's dues remain unpaid by 11 members.

Lilo introduced our speaker, Stomagienics representative, Theresa Johnson. Theresa told the history of the Stomagenie as it was created to help her Father to remain dry during stoma dressings. She stressed the benefit of the products & demonstrated their usage. Refer to their Web site to learn more, receive instruction & order samples. Thank you, Theresa, for enlightening us about these products.

Join TAOA for the next Zoom meeting on December 2nd at 7:00PM.

This meeting was adjourned at 8:15 PM.

Respectfully submitted,  
Ruth Rhodes, Sec./Treas.



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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



**Duke Raleigh Hospital**

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## TAOA MEMBERSHIP FORM

### PLEASE PRINT LEGIBLY

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Spouse: \_\_\_\_\_

Address: \_\_\_\_\_ 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*