

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 2026

President's Message

I apologize for missing the January meeting. The winter can be rough on the immuno-suppressed! Thank you to Mary and our Board for stepping up in my absence.

Our next meeting will feature Dawnette Meredith from Ostomy 101. The Ostomy 101 website has a ton of good information and links on living with an ostomy and ostomy support. You should check it out! Otherwise I will see you all on the 3rd.

Regards,
Dan Richards
President

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Dawnette Meredith

President & Co-Founder, [Ostomy 101](#)

Dawnette will be the speaker for our Feb 3rd Zoom meeting.

After her permanent ostomy surgery, Dawnette experienced the uncertainty many patients face and recognized gaps in post-op information, support, and accessible resources—alongside increasing pressure on clinicians. In 2020, she co-founded Ostomy 101 to bridge these gaps, improve accessibility, empower patients, and support providers with valuable resources. Today, Ostomy 101 serves over 250 U.S. hospitals and receives over 50,000 monthly views. Dawnette also founded the Ostomy Teddy Bear Project and leads the UOAA support group in San Diego, CA. Fueled by a passion for patients and providers, Dawnette is determined to drive a paradigm shift in ostomy care—making education and support accessible in today's ever-changing healthcare landscape.

NEWS AND UPDATES

- The program for our February 3rd meeting is "Education and Support Accessibility in today's changing healthcare landscape" with Dawnette Meredith.
- 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.

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 NURSE OUTPATIENT SUPPORT

UOAA Ostomy Services support

Enter your zip code into the UOAA web site to locate the nearest clinic in your area:
<https://www.ostomy.org/outpatient-ostomy-services-locator/>

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 your appointment. Appointments are available Wednesday between 12 pm and 4 pm.

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

Kathy Thomas 252-436-1700

Duke Regional

Felicia Street 919-470-6145
Lisa Ellerbe
Grace Abellon

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.

Physical Activity with an Ostomy

From: <https://colorectalcaner.org/resources-support/resources/living-well-colorectal-cancer/ostomy/physical-activity-ostomy>

Exercise with an ostomy can accelerate recovery, enhance balance and flexibility, boost self-confidence, increase energy, and decrease stress.

Navigating an exercise plan after ostomy surgery can be a journey filled with questions and concerns. It's crucial to balance activity with safety to support your healing process.

IMPORTANT: Before beginning any exercise program, consult with your doctor.

- **Preparation for exercise:** Consult your doctor before beginning exercise.
Be aware of the weakened muscles around the stoma and minimize your hernia risk.
- **Limitations and support:** Avoid lifting over eight pounds, especially in the first six weeks after surgery.
To provide extra support, use ostomy support belts when engaging abdominal muscles.
- **Take a walk:** Walking is a safe and effective exercise for healing and overall health.
- **Take it easy:** Exercise cautiously and allow ample healing time, especially for perineal wounds.
- **Listen to your body:** If you experience pain or discomfort, stop exercise immediately.
Build up your routine gradually, staying in tune with your body's responses.
- **Stay hydrated:** Stay adequately hydrated before, during, and after workouts
Stop exercising if you become dizzy, nauseated, or lightheaded.
Always empty the ostomy bag pre-workout.

Full article on [Colorectal Cancer Alliance](https://colorectalcaner.org/resources-support/resources/living-well-colorectal-cancer/ostomy/physical-activity-ostomy) web site.



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	SN541408 - Assure C Odor Eliminator

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EMOTIONAL SUPPORT:

A Crucial Component of Quality Care for Ostomy and Continent Diversion Patients

United Ostomy Associations of America, Inc. (UOAA) is committed to providing resources to those who are in need of emotional support as well as promoting recommended standards of care across the nation that is supportive of both the physical and emotional well-being of people living with an ostomy or continent diversion.



Important research findings¹ show evidence that a high percentage of patients **did not** receive these recommended standards of care as outlined within the Ostomy and Continent Diversion Patient Bill of Rights²

When asked what patients struggled with most following discharge from their ostomy or continent diversion surgery, a survey of 412 respondents revealed “lack of emotional support/depression” to be in the **top 3** most commonly reported answers.

60% Did not receive resources to organizations who support and advocate for patients living with an ostomy or continent diversion

68% Did not receive information about support groups

70% Were not provided the opportunity to talk with someone who has been through ostomy or continent diversion surgery

78% Were not provided the opportunity to discuss the emotional impact of surgery

“It would have been great to speak to someone who had the surgery and was living with the ostomy.”



“We had to search out an ostomy nurse, our hospital only had one at the time of surgery. They hold classes for knee replacements, diabetes, etc. but nothing for a urostomy.”



“I’m still shocked at how we felt so alone and abandoned after we left the hospital.”

“It really is crucial to join a support group and see a psychologist.”



These quotes were taken directly from survey respondents*

DO YOU OR SOMEONE YOU KNOW NEED EMOTIONAL SUPPORT?

UOAA has over 275 Affiliated Support Groups (some with visitor programs), a mental health provider finder, Ostomy Friends/TEAM Hope, and an online discussion board.

FOR MORE INFORMATION PLEASE VISIT WWW.OSTOMY.ORG OR CALL 800-826-0826



¹ 412 respondents were surveyed in 2019 in a national survey performed by the United Ostomy Associations of America, Inc. for a research project under the auspice of the University of Oklahoma with research team members Leslie Riggie Miller, PhD; B. Mitchell Peck, PhD; Joanna Burgess-Stocks, BSN, RN, CWOON; Jeanine Gleba, MEd.

² To view all of the best in practice standards of care recommended in UOAA's Ostomy and Continent Diversion Patient Bill of Rights and the White Paper validating the standards of care, please visit <https://www.ostomy.org/bill-of-rights/>



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

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