

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



Jan 2026

President's Message

I hope everyone had a wonderful holiday! As we head into 2026 one of the largest issues we face going forward is the inclusion of ostomy supplies into the competitive bidding program of Medicare. Every meeting we have several questions about this. Thankfully, our next meeting will feature our own Rebecca McElyea, WOCN, who has been monitoring this issue from the beginning. She can answer our questions as well as inform us what steps we can take next.

See you all on the 6th!

Dan Richards
President

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Message from your TAOA Board

Due to illness there are no minutes available for the December meeting. We wish our very best for a speedy and full recovery to our Secretary/Treasurer Ruth Rhodes.

And we wish a very Happy Holiday season to all our fellow ostomates and friends!

NEWS AND UPDATES

- The program for our January 6th meeting is discussion about the recent CMS decision to reclassify ostomy supplies with Rebecca (Becky) McElyea, MSN, CWOCN, national advocate for ostomy issues.
- 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 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 Wednesdays 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

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.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.

Program for January: CMS has confirmed that ostomy supplies are now included in the DMEPOS Competitive Bidding Program under Section 1847(a)(2)(A) of the Act. While this ruling is not the outcome any of us had hoped for, especially knowing the impact it may have on access, equity, and continuity of care for our patients, I want to reassure you that the fight is far from over. National groups, advocacy partners, and clinician voices are continuing to push back, clarify concerns, and work toward policy solutions that protect the people we serve. I will keep everyone updated as more information becomes available and as we learn what the next steps will look like.

Guest: Rebecca (Becky) McElyea, MSN, CWOCN, is a dedicated ostomy nurse and national advocate working to improve access, equity, and quality of life for the ostomy community. She initiated and expanded remote ostomy care access at UNC, improving timely support for patients across the region. As a member of the UOAA Advocacy Committee and creator of Osto-myRN.org, she champions patient rights, policy reform, and practical education for clinicians and patients.



UOAA offers a free "[Ostomy Friends Online Training Course](#)" for 'veteran' ostomates who would like to support and inspire others living with a new ostomy. This program provides online person-to-person support, helping new ostomates achieve an optimal physical, mental and social recovery. Once you have successfully completed the course, you will be matched through "Team HOPE" with a new ostomate, creating a personal connection between the two of you.

The [Ostomy Friends Online Training Course](#) teaches best practices for supporting the needs of the new ostomate. The course contains videos and reflective questions. It is filled with sensitivity and empathetic listening tools that each "Friend" can use when meeting another ostomate for the first time. A number of resources available through UOAA will also be covered that may be helpful to the new ostomate as you discuss questions that may arise during your conversations with them.

After finishing the course, you will receive a certificate of completion and a Link to join **Team HOPE**. A representative from Team HOPE will work to match you with a person who recently had ostomy surgery, based upon how you and the new ostomate answered a series of questions. You will then receive an email from **Team HOPE**, introducing you to the new ostomate and then the two of you can connect in a safe, secure and private online platform. You also have the option to be an Ostomy Friend to more than one new ostomate at a time if you choose to do so.

Go to <https://www.ostomy.org/online-peer-and-ostomy-support-programs/> for more information and to learn how to register.

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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 15.1% and Hollister® CeraPlus™ was 25.6%, corresponding to a 40.8% lower risk ($p=0.01$). Coloplast data on file.

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Eating with an Ostomy

From the [UOAA web site](https://www.ostomy.org/wp-content/uploads/2022/02/Food_Reference_Chart_2022-02.pdf)

The eating food chart below was taken from the UOAA web site at https://www.ostomy.org/wp-content/uploads/2022/02/Food_Reference_Chart_2022-02.pdf

There is also a helpful document on the UOAA web site that goes into detail about food and its effects on ostomates. You can find it at [Eating with an Ostomy; Foods and Their Effects Food Reference Chart for People with an Ostomy](#)

Eating with an Ostomy; Foods and Their Effects Food Reference Chart for People with an Ostomy

Listed below are general guidelines for individuals who have a colostomy or ileostomy. It is important to know the effects that various foods will have on stool output. The effects may differ for each person depending on surgery type and length/ function of the remaining bowel. To determine individual tolerance to foods, try new foods in small quantities. Remember to always chew thoroughly.

Disclaimer: This document contains information developed by United Ostomy Associations of America. This information does not replace medical advice from your healthcare provider. You are a unique individual and your experiences may differ from that of other patients. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.

GAS PRODUCING:	*ODOR PRODUCING:	MAY CAUSE LOOSE STOOLS; DIARRHEA:	** STOMA BLOCKAGE:
ALCOHOL(BEER) BROCCOLI BRUSSELS SPROUT CABBAGE CARBONATED BEVERAGES CAULIFLOWER CHEWING GUM CUCUMBERS DAIRY (e.g., MILK) EGGS LEGUMES (e.g., BAKED BEANS, LENTILS, PEAS) MELONS NUTS ONION PICKLES RADISH SOY PRODUCTS SPICY FOODS	ASPARAGUS BROCCOLI BRUSSELS SPROUT CABBAGE CAULIFLOWER EGGS FATTY FOODS GARLIC LEGUMES (e.g., BAKED BEANS, LENTILS, PEAS) ONION SMOKED FOODS STRONG CHEESE SOME MEDICATIONS SOME VITAMINS	ALCOHOLIC BEVERAGES APPLE AND PRUNE JUICES BAKED BEANS CHOCOLATE FRESH/RAW FRUIT FRESH/RAW VEGETABLES FRIED OR SPICY FOODS HIGH SUGARED BEVERAGES LEAFY GREEN VEGETABLES MILK/CHEESE (LACTOSE INTOLERANCE)	BAMBOO SHOOTS BOK CHOY BROCCOLI (RAW) CABBAGE (FRESH/RAW/ALL TYPES) CAULIFLOWER (RAW) CELERY COCONUT COLESLAW CORN (WHOLE KERNEL) DRIED FRUITS FRESH/RAW PINEAPPLE MUSHROOMS (ALL TYPES) NUTS, SEEDS PITH FROM CITRUS (e.g., ORANGES) POPCORN SKIN OF FRESH FRUITS (e.g., APPLE PEELS, GRAPES)
COLOR CHANGES:	*ODOR CONTROL:	*** CONSTIPATION PREVENTION/RELIEF:	THICKENS STOOL for Diarrhea and High Output
ASPARAGUS BEETS FOOD COLORING (RED DYES FROM KOOL AID AND PUNCH) IRON PILLS LICORICE RED JELL-O TOMATO SAUCE	CONSUME PROBIOTICS (e.g., YOGURT, AIDS IN DIGESTION) EAT SMALLER/ MORE FREQUENT MEALS, AIDS IN DIGESTION FRUITS AND VEGETABLES; HELPS KEEP THE COLON CLEAN STAY WELL HYDRATED AND AVOID CONSTIPATION ODOR ELIMINATORS (DROPS, GELS, SPRAYS, TABLETS, SACHETS THAT CAN BE PLACED INTO AN OSTOMY POUCH)	BRAN PRODUCTS FRUIT JUICES FRUIT (FRESH/RAW OR COOKED) OATMEAL PRUNES RAISINS VEGETABLES (FRESH/RAW OR COOKED) WATER (STAY HYDRATED) WARM BEVERAGES WARM SOUPS WHOLE GRAINS	APPLESAUCE BANANAS BOILED WHITE RICE OR NOODLES CREAMY PEANUT BUTTER HOT CEREALS (OATMEAL, CREAM OF WHEAT, RICE) MARSHMALLOWS PEELED POTATOES TAPIOCA PUDDING UNSEASONED CRACKERS WHITE BREAD, TOAST YOGURT
		C Applies to people with a colostomy i Applies to people with an ileostomy	

* Odor from diet will differ for each person. If you have concerns, discuss with your doctor. Odor eliminators may be purchased from distributors of ostomy products. ** People with an ileostomy are at greater risk for stoma blockage/obstruction. These food types should be eaten with caution and not introduced into the diet until 4-6 weeks after surgery. Introduce them slowly, one at a time, and chew well. *** Increasing the amount of fiber in your diet will help you avoid becoming constipated. Discuss options with your MD.



WWW.OSTOMY.ORG
800.826.0826



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