

# 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 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

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](http://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.

**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](https://ostomyrn.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<sup>®</sup> CeraPlus<sup>™</sup> was 25.6%, corresponding to a 40.8% lower risk (p=0.013). Coloplast data on file.  
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| SNS00807 - No-Sting Skin Barrier Wipes                  | SNS21130 - X-Tra Wide Skin Barrier Arcs |
|   | SNS41408 - Assure C Odor Eliminator     |

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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](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 it's 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.

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

  
**UOAA** United Ostomy  
Associations of America, Inc.  
**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



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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