

The By-Pass

Triangle Area Ostomy Association



Jun 2026

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.

President's Message

We are heading into the last meeting of our year! If you are new to our group, we take July and August off. This gives you a chance to go out and enjoy summer vacations or other exciting adventures. I look forward to hearing about all the trouble you get into over the summer at our September meeting.

If you need support over the summer, you can always reach out to me or to any of our Board of Directors. Our contact information is in the newsletter. I also maintain an emergency supply closet so if you find yourself in need give me a call.

See you on June 2 nd !

Regards,
Dan Richards

NEWS AND UPDATES

- The program for our June meeting will be with a representative from [SILL](#), manufacturer of premium fashion such as underwear and wraps for ostomates.
- 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.

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Minutes and Dues statement

Membership dues for 2026 - 2027 are due by August 1st. Dues are still only \$20!

Please submit your dues to Ruth Rhodes, Treasurer, prior to August 1st.

Save the Date – the Run for Resilience Ostomy 5K is Back!

Mark your calendars **October 3-4, 2026!** The Run for Resilience Ostomy 5K returns this fall.

Registration for the Durham race is not yet open. We will send out an email when it becomes available.

TAOA sends our deepest sympathy to our Secretary and Treasurer Ruth Rhodes for the loss of her daughter
Deborah Rhodes Reynolds age 63
Death May 10, 2026
In Asheville, NC

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 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

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.

**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.

Take a Survey
Join an Ostomy Consumer Research Panel – Paid Opportunity!

Hollister is looking for ostomy product users like you to join the Hollister Incorporated Ostomy Consumer Research Panel. This panel assists Hollister Incorporated as they develop and refine new and existing products to meet the healthcare needs of people throughout the global community.

Panel participants:

- Have the opportunity to evaluate products
- Share their thoughts and have their opinions heard
- Are compensated for their time to complete each research activity

This UOAA survey closes at the end of May. If you haven't taken it yet, please take a few minutes to complete the survey.

From UOAA <https://www.ostomy.org/take-a-survey/>
And [Hollister](#)



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	SNS41408 - Assure C Odor Eliminator

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TAOA Minutes May 5th, 2026

There were 14 members/visitors attending tonight's Zoom meeting. There was no new business.

Lilo introduced our speaker, Julian Markov, a Canadian who advises ostomates through his web site. Please refer to meetanostomate.org.

Annual dues for TAOA/UOAA continue to be \$20.00. A statement will accompany the June newsletter. Please remit promptly to avoid delay or forgetting to send payment.

The final meeting for this year will be on June 2nd. TAOA does not meet in July or August. Our new year will begin on September 1st.

This meeting was adjourned at 8:15pm.

Respectfully submitted,
Ruth Rhodes, Sec/Treas.

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Kidney Stones and Ileostomies

From <https://www.ostomy.org/kidney-stones-and-ileostomies/>

By Joyce Moss, RN, MS, MNM, COCN, CWCN

Kidney stones develop when crystals anchor to plaque formations or crystalline deposits develop within the inner medullary collecting ducts of the kidneys. Research has shown that kidney stone formation is a known complication of inflammatory bowel diseases and the surgical procedures used to manage these conditions.

Ileostomy surgery significantly increases the risk of kidney stones primarily due to fluid and electrolyte losses. Patients with an [ileostomy](#) lose substantial amounts of fluid through their stoma, which can easily lead to dehydration. When [dehydration](#) occurs, urine becomes more concentrated, increasing the likelihood that stone-forming substances will crystallize.

Concentrated urine leads to supersaturation, meaning that minerals such as calcium, oxalate, and uric acid are present at levels high enough to form crystals. These crystals can attach to plaques in the kidneys or plug the tubules and gradually grow into kidney stones.

Changes in Urine Chemistry After Ileostomy

The colon normally plays a significant role in reabsorbing water, sodium, and other electrolytes. When the colon is removed or bypassed during ileostomy surgery, this reabsorption is lost. As a result, the kidneys often produce urine that is:

- Low in volume
- Acidic (low pH)
- Low in sodium and calcium

This combination creates an environment that favors kidney stone formation.

Dietary Considerations

- Limit oxalate-rich foods, including: Spinach and other leafy greens, Rhubarb, Almonds, Beets, Navy beans, Okra, French fries and baked potatoes, Soy products, Strawberries, Tea, Chocolate
- Ensure adequate calcium intake, as calcium binds oxalate in the gut and helps to reduce oxalate absorption in the urine.
- Limit excess sodium intake, as high sodium intake increases calcium excretion in urine.
- Reduce animal protein and increase plant-based protein sources, which can help lower acid load and reduce uric acid stone risk.

Prevention Strategies

Daily Prevention

- Stay well hydrated throughout the day.
- Use oral rehydration solutions when needed.
- Follow a lower-fiber diet if recommended to help manage high ileostomy output.

View the entire article at <https://www.ostomy.org/kidney-stones-and-ileostomies/>



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: _____

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