

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



Oct 2026

President's Message

This will be our last chance to remind you about the Race for Resilience Ostomy 5k on Sunday, October 4! Registration starts at 9:00am and the race begins at 10:00am. The race is at a new location, Solite Park on the American Tobacco trail.

This is one of the largest fundraisers for the UOAA so please come out and give your support. You don't even have to run, you can cheer on the racers, check out the vendors and peruse the silent auction. I will be there representing TAOA so stop by and say hello!

Regards,
Dan Richards
President

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Join us and celebrate **Ostomy Awareness Day** and the **12th Annual Run For Resilience Ostomy 5k Fun Run/Walk!**

We hope to see you this Sunday Oct 4th for this year's fund raiser. Come out and cheer the participants, and enjoy the other activities!

Solite Park on the American Tobacco Trail is at:

4704 Fayetteville Rd
Durham, NC 27713 US

See <https://runsignup.com/Race/NC/DurhamNCRunforResilienceOstomy5k> for directions.

All proceeds will benefit the United Ostomy Association of America (UOAA) a 501 3(c) non-profit charity that helps patients living with an ostomy or continent diversion through support, education and advocacy. For more information regarding ostomies visit UOAA's website at www.ostomy.org.

NEWS AND UPDATES

- The program for the October meeting will be with Michelle Brock from Coloplast, telling us about new products from Coloplast, and answering questions about product ordering.
- 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

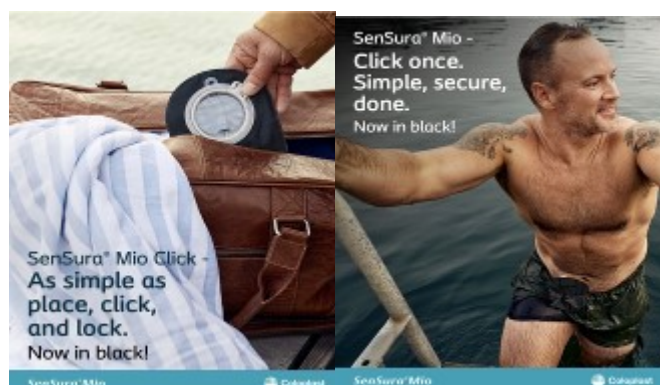
TRIANGLE BLADDER CANCER SUPPORT GROUP

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.

Our program on Oct 6th:

Michelle Brock with Coloplast will be here to tell us about the new products that Coloplast has launched this year to include a new click coupling system as well as a new urine pouch adapter. She will also help facilitate questions regarding product ordering.



Staying active with an ostomy (Courtesy of David Frank, SE Texas Support Group)

Regular exercise boosts your mood, aids in weight management and gives you an overall sense of well-being. The following suggestions can help you prevent leaks and keep your ostomy pouching system in place while exercising.

- Wear your pouch inside your underwear, whenever possible, for greater support
- Wearing snug, 'biking style' shorts during vigorous activity can help hold your pouching system in place
- Wearing a patterned bathing suit will help camouflage your pouch when swimming
- Use a hair dryer on the "cool" setting to dry the back of your pouch after swimming, showering or other water activities
- For swimming and other water sports, use waterproof tape around your skin barrier for added security
- Mini, non drain-able pouches may be used as an alternative from your usual pouching system during water activities (these pouches are not recommended, however, for those with urinary stomas)

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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=0.011). Coloplast data on file.

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Managing the Challenges of Pancaking

By Janet Stoia Davis RN CWOCN FCN and Janice C. Colwell APRN, CWOCN, FAAN via Revel

What is pancaking?

For a person with a fecal stoma, emptying an ostomy pouch can at times be slow, messy and frustrating—especially if they find that stool is stuck at the top of the pouch around the stoma. When stool is thick and dry, a phenomenon called pancaking may occur. Thick stool exiting the stoma that does not fall to the bottom of the pouch can form into the shape of a pancake at the top of the pouch, hence the term “pancaking”.

Why can pancaking be a problem?

Thick pasty stool can remain over the stoma, making its way under the pouch adhesive and potentially lifting the adhesive/pouch. When this occurs, the stool contacts the skin around the stoma causing leakage. This leakage can damage the peristomal skin, lift the pouch from the skin, and result in odor and seepage of stool onto clothing.

Who is at risk for pancaking?

Anyone with a fecal stoma can experience pancaking, but it is more common among people with a colostomy. Colostomies are created in the colon or large intestine (they are given two, names which confuses people, but they are one and the same). The colon’s job is to absorb or “suck” water out of the intestinal contents, and as stool travels through the colon it becomes thicker. By the time it reaches the final section of colon on the left side of the body, it can be pasty and dry. Many colostomies are created on the left side of colon, making the stool pasty, dry, and thick. When stool is expelled from the stoma, it may not move away from the stoma, getting stuck at the top of the pouch leading to pancaking.

Individuals with ileostomies can also experience the challenges of pancaking, but it is less common and will depend on the consistency of their stool. In some cases, form-fitting clothes may constrict the pouch and flatten the stool, preventing it from falling to the bottom of the pouch.

What can be done to decrease instances of pancaking?

For some people, increasing fluid intake can make the stool less thick and pasty, which may allow it to travel away from the stoma and drop to the bottom of the pouch. Stool softeners can be taken orally to increase the moisture content of the stool which may also facilitate the movement of the stool into the bottom of the pouch. If an individual’s clothing fits snugly over the pouch, wearing a looser fit may also help decrease the incidence of pancaking.

Some pouching systems have a built-in filter that helps air escape the pouch and deodorizes the gas. However, if the filter removes all air from the pouch, it may create a suctioned environment that makes it difficult for stool to slide to the bottom. A sticker for the gas filter (provided with some pouches for underwater use) or a piece of tape over the filter may help avoid the vacuum effect in the pouch. This will vary by individual.

The use of an in-pouch lubricant can facilitate the movement of stool away from the stoma and into the bottom of the pouch. These lubricants can be applied to the inside of the pouch one or more times per day. This creates a slick surface on the inner lining of the pouch to help thick stool slide to the bottom of the pouch and prevent it from pancaking over the stoma. Lubricants can be used in both drainable and closed end pouches.

In addition to pancaking reduction, a lubricant may also make pouch empties faster and cleaner. Several companies make lubricant that can be used in the pouch. A new company, Revel, has placed special emphasis on pancaking and drain time reduction. Revel created a new type of lubricant using a technology called LiquiGlide that creates a long-lasting slippery surface on the inside of the pouch. Their product, *It’s in the Bag*, can last up to 24 hours, alleviate pancaking, and decrease pouch drain time. This product has been used by people with a fecal stoma who reported a decrease in pancaking and emptying time as well as leaving behind an overall cleaner pouch.

Revel is a proud sponsor of United Ostomy Associations of America and dedicated to creating products that make significant improvements in the lives of ostomates. To learn more, visit <https://revelostomy.com/>

Editor’s note: This article is from UOAA digital sponsor, Revel. Sponsor support along with donations from readers like you help to maintain our website and the free trusted resources of UOAA, a 501(c)(3) nonprofit organization. UOAA does not endorse any particular ostomy products or manufacturers.



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*