

# The By-Pass

Triangle Area Ostomy Association



*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.*

Apr 2024

## President's Message

I am very excited to have Joy Hooper speak at our next meeting about the GI tract and ostomy procedures. I found early in my ostomy journey that I was so busy focusing on the day to day concerns that I didn't really understand what had happened to my body. When you are dealing with skin irritation and bag leaks there isn't time to wonder "What does my body look like on the inside?" Then I learned there are two other types! As someone with an ileostomy there wasn't time to figure out the difference between the type I had and a colostomy or urostomy.

However, understanding the basics can be vital both for you and our support community. Many medical professionals don't understand ostomies so we need to be able to advocate for ourselves. And the first step of being able to advocate is to understand what happened in the first place! Understanding the difference and similarities between the types helps us provide even greater support when members arrive with questions.

I look forward to seeing you all there as we take a step back by looking inside!

Regards,  
Dan Richards  
President

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## NEWS AND UPDATES

- The program for our April 2nd meeting will be with Joy Hooper, BSN, RN, CWOCN, OMS, WCC. Her topic: "G.I. Want To Know More – An Informative Interpretation of the G.I. Tract and Common Ostomy Procedures".
- The TAOA Board needs member support! We are currently looking for a Secretary/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 Stephanie Yates know.

## TAOA DUES POLICY

Many thanks to all those who have paid dues for 2023-2024! TAOA sincerely appreciates your contributions.

You can still pay dues for this year. Please attach the membership form on page 5 of this Newsletter and mail your \$20 dues to our Treasurer Ruth Rhodes. You may also print a copy from our website at <https://raleighuoa.org/membership-form/> - look for the link at the top of the page.

## 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 NURSES

<u>WakeMed Raleigh, WakeMedCary, WakeMed North</u>	<u>Duke Raleigh Wound Center Outpatient</u>
Leigh Ammons 919-350-7668	Kayla Santangelo (outpt) 919-862-5573
Varda Barthelemy 919-350-7668	
Melanie Johnson 919-350-7668	
<u>UNC Hospital</u>	<u>Duke Health</u>
Lisa Jenkins 984-974-0410	Michelle Rice 919-681-2436
Lara Dupree 984-974-0410	Angela Richardson 919-684-9954
John Motko 984-974-0410	Stephanie Stokes 919-681-1785
Janet Rankin 984-974-0410	Mary Ann Whaley 919-613-5583
Jennifer O'Brien 984-974-0410	Sarah Britt 919-681-4678
Ann Sexton 984-974-0410	Lily Lane 919-681-7743
Becky McElyea 984-974-0410	Tara Beuscher (outpt) 919-668-7008
Colleen Spiller 984-974-0410	Donna Brickman 919-681-4634
Jessica Blakeslee 984-974-0410	Lilo Wilson 919-681-1648
Sophia Furlong 984-974-0410	Matt Keim 919-681-8971
Otis Brown 984-97400410	Teri Arp 919-668-0135
	Rebecca Elvin (Pediatrics) 919-681-6694
<u>Duke Regional</u>	<u>Maria Parham Hospital</u>
Tom Hobbs 919-470-7215	Kathy Thomas 252-436-1700
Felicia Street 919-470-6145	
Stephanie Greenberg 919-714-3390	
<u>Duke Raleigh Ostomy Clinic Apt or Support Line</u>	<u>Durham VA Medical Center</u>
Kelly Smith 919-954-3446	Reba Giles 919-286-0411 X 6177
<u>Duke Raleigh Wound/Ostomy Inpatient Hospital</u>	<u>Rex Hospital</u>
Ronda Bowles 919-954-3089	Rachel Beth Breazeale 919-784-2048
Janet Jensen 919-954-3725	Maggie Elliott 919-784-2048
	Bryan Duttman 919-784-2048
	Elsie Murray 919-784-2048
	Kristen Cowperthwait 919-784-2048
	Kelly Gilleran 919-784-2048
	Tanya Duncan (outpt) 919-784-2758



### 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: Vacant	
Newsletter: Alison Cleary	919-924-3325
Webmaster: Alison Cleary	clearyan@earthlink.net
FOW Coordinator: Jamal Sarsour	252-258-4431
Visitor Coordinator: Vacant	
Program Coordinator and	stephaniesyates@gmail.com
Prof. Advisor: Stephanie Yates	

All Officers are available for member support

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.

**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 SUP-  
PORT GROUP**

Date: Second Tuesday of the Month  
 Time: 7 pm – 8:30 pm  
 Place: SECU Family House,  
 123 Old Mason Farm Road  
 Chapel Hill, NC 27517  
 Contact: Ritchie Briggs  
 919-493-0551  
 trianglebcbs@gmail.com  
 www.trianglebcbs.com

**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.

## Falling into Step – Post Surgery Experience

By Carrie Flaherty – WOCN Corner, OstoGem Newsletter, Boise, Idaho

**After surgery** there can be many adjustments that need to be made. Getting back to life can feel like an uphill battle. There can be both physical and emotional changes. These can both be challenging and at times feel like a never-ending pit. Do not disappear! Getting back into the step of things will fall into place before you know it. Here are a few tips and activities that can help you fall back into the swing of things.

**Experience is unique** to each person. Try not to compare your recovery to anyone else's.

**Your own progress can be hard to see when recovering.** Try to be patient and do not expect too much too soon. A daily diary can help you see your progression. Keep in mind that it will likely take months for your body to fully recover from surgery and the illness that led to the surgery. For many people it is important to connect to others that have a similar experience. Support groups can be a wonderful way to connect to others.

**Posture after abdominal surgery** can be a problem as it is common to slump or stoop. This can cause lower back pain. Try to remember to stand tall. This helps support your back and core.

**Simple breathing techniques** and meditation can be very helpful in relaxation, improving healing, and reducing anxiety. Deep breathing also encourages you to use your lungs after surgery. There is an online resource called Mind Space that has some helpful breathing activities as well as some guided meditation. It can be accessed at [www.mindspaceapp.com](http://www.mindspaceapp.com).

**Walking** can be a wonderful way to build confidence and promote recovery. This is an activity that can be done with friends and partners. Walking encourages you to get out of the house and fall back into the community. Take it at your own pace and increase your steps as you feel your body is ready.

**Pelvic floor muscles** are very important. Participating in pelvic floor strengthening can help with recovery for both temporary and permanent ostomies. There is a wonderful online resource that has been put together by Convatec. They have many tips and tricks as well as online material that can be printed to assist with getting you back into the swing of things. This information can be found at <https://meplus.convatec.com/articles/about-meplus-recovery-series/>

Content provided by United Ostomy Associations of America, Inc. (UOAA) at <https://www.ostomy.org/>



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87% of people experience itchy skin around the stoma.<sup>1</sup> Being distracted by an itch can really get in the way of focusing on life's special moments.

**The CeraPlus skin barrier may help.** It helps protect against dryness, a possible cause of itching, by working to protect your skin's natural moisture barrier.

To learn more about the ceramide-infused CeraPlus skin barrier, or to request a FREE sample, contact us at **1.888.808.7456** or [www.hollister.com/tryCeraPlus](http://www.hollister.com/tryCeraPlus)

The CeraPlus skin barrier comes in a range of fit options including one-piece, two-piece, flat, firm convex, soft convex, tape border, and tapeless.

1. Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.  
2. Consumer Survey of Pruritus, Hollister Incorporated, 2015. Data on file.  
3. The Hollister logo, CeraPlus, and "Healthy Skin. Positive Outcomes." are trademarks of Hollister Incorporated. © 2015 Hollister Incorporated.

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## MINUTES TAOA MEETING March 5, 2024

The Zoom meeting began with social time at 7:00pm President, Dan Richards opening the formal meeting at 7:30pm. There were 19 in attendance.

Dan informed us of the new UOAA Web site, OSTOMY ACADEMY. It offers multiple sources for information and can provide answers to many questions.

Ruth announced the collection of supplies from five generous donors. These will be shipped to FOW. A request has been sent to UOAA for members to receive an acknowledgement of their donations to the 5-K NC Scholarship fund.

Stephanie introduced our speaker, Stephanie Brenner, Clinical Social Worker. Her topic was “Chronic Illness and Mental Health”. She presented a 30 minute video, “Why Mental Health Matters”. The GI track was referred to as our “second brain” since it is largely affected by a connection to brain activity. Stress is the prominent factor which negatively influences GI activity. An honest self-inventory will reveal the prevalence of stress and negative feelings. Asking for the listening ear of a good friend or seeking professional help can improve your outlook. Small changes in attitude can reduce stress, improve brain signals and bring a better quality of life. Thank you, Stephanie, for opening our minds by teaching the importance of mental health.

On Tuesday, April 2nd our Zoom meeting will begin at 7:00 pm. Joy Hoover, WOCN, will present the program at 7:30 pm..

This meeting adjourned at 8:25 pm

Respectfully submitted,  
Ruth Rhodes, Sec./Treas.



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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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## 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

8703 Cypress Club Drive  
Raleigh, NC 27615



OUR THANKS TO  
  
FOR PROVIDING THE PRINTING OF  
THIS NEWSLETTER



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**NEXT MEETING:** April 2nd: "G.I. Want To Know More – An Informative Inter-  
pretation of the G.I. Tract and Common Ostomy Procedures"  
**HOSTED BY:** Joy Hooper, BSN, RN, CWOCN, OMS, WCC