

# The By-Pass

Triangle Area Ostomy Association

Affiliated with...



*OUR MISSION: To provide emotional support and educational opportunities for persons who have had an intestinal or urinary diversion or who anticipate the surgery. We support The Friends of Ostomates Worldwide (FOW) by donating supplies to underprivileged ostomates in foreign countries.*

February 2016

## President's Message:

I was very impressed with the job the five vendors did at our last meeting. Our members seemed to learn a great deal about various products that can be purchased. Our thanks to Stephanie Yates for setting this up.

At our next meeting, February 2, I will be discussing some important news from the UOAA. See you then.

Respectfully,  
Sam DeAngelo

## IN THIS ISSUE:

President's message	Page 1
February Birthdays	Page 1
News and Updates	Page 1
Member Information	Page 2
WOC Nurses	Page 2
Local Support Group Info	Page 3
Minutes	Page 4
Ostomy Tips	Page 5
TAOA Membership Form	Page 5

## NEWS AND UPDATES

### Upcoming Programs

- The February meeting will be exercise for ostomates by Lara Leininger and Angela Richardson. Come ready to get up and move!
- If you know of an event that you think TAOA would benefit from setting up a information table, please let Dan Richards know.

## CALENDAR OF EVENTS:

Feb	2	TAOA Meeting, Rex, 7:15 pm
Feb	7	Superbowl
Feb	9	TBC Meeting Chapel Hill, 7 pm
Feb	14	Valentine's Day
Feb	15	CCFA Meeting Rex, 7:30 pm
Feb	15	President's Day

## FEBRUARY BIRTHDAYS

Cliff Voehrne	Feb 2
Bonnie Sessums	Feb 9
Stephanie Yates	Feb 9
Chuck Urwin	Feb 12
Jeff Burcham	Feb 18

THANK YOU VERY MUCH TO THE FOLLOWING REPRESENTATIVES FOR PARTICIPATING IN OUR JANUARY VENDOR FAIR

RYAN COLLINS, COLOPLAST  
MYRA HOUSER, CONVATEC  
ANTOINETTE DELIO, HOLLISTER  
MICHELLE BROCK, BYRAM HEALTHCARE  
SHELIA SPAYDE, EDGE PARK MEDICAL SUPPLIES

YOUR VALUABLE INFORMATION WAS HELPFUL TO EVERYONE!



## TAOA MEETING INFO:

### MEETING:

The first Tuesday of the month, September – June.  
Time: 7:15pm NO meeting in July or August.

### LOCATION:

Rex Hospital, 4420 Lake Boone Tr., Raleigh, 27607.  
From the parking deck use the Main Entrance.  
The meeting is in the main waiting room on the left.

## INCLEMENT WEATHER POLICY:

If the Wake Co. Schools are closed due to weather conditions, there will be NO meeting that evening.

To verify a cancellation call Rex Hospital at 919-784-3100.



## WOC Nurses

### Wake Med

Leigh Ammons 919-350-7668  
Melanie Johnson 919-350-7668  
Debbie Orr 919-350-7668

### Wake Med Cary

Joanna Burgess 919-350-5231

### UNC Hospital

Donna Brickman 919-843-9234  
Juliet Idiabonya 919-843-9234  
Lisa Jenkins 919-843-9234  
Barbara Koruda 919-843-9234  
Lara Leininger 919-843-9234  
John Maotko 919-843-9234  
Donna Partin (outpt) 919-966-9344  
Janet Rankin 919-843-9234

### Duke Regional

Tom Hobbs 919-470-7215  
Felicia Street 919-470-6145

### Duke

Ronda Bowles 919-681-4678  
Jane Fellows 919-681-7743  
Penny Jones 919-688-0125  
Michelle Rice 919-681-2436  
Angela Richardson 919-684-9954  
Leanne Richbourg 919-681-6694  
Stepahnie Stokes 919-681-1785  
Stephanie Yates (outpt) 919-613-2035  
Mary Ann Whaley 919-613-5583

### Duke Raleigh

Amanda Eltz 919-954-3725  
Krys Dixon 919-954-3446

### Maria Parham Hospital

Kathy Thomas 252-436-1700

### Durham VA Medical Center

Reba Giles 919-286-0411 X 6177  
Sara Harbison 919-285-0411 X 5297

### Rex Hospital

Angela Joyner 919-784-2048  
Rachel Breazeale 919-784-2048  
Teri Ourada 919-784-2048

### **GROUP OFFICERS AND CONTACT INFO**

President: Sam DeAngelo 919-608-5581 or 716-640-3975  
Vice President: Dan Richards 919-624-3075  
Treasurer: Ruth Rhodes 919-782-3460  
Secretary: Open  
Editor: Dan Richards 919-624-3075  
Webmaster: Ed Withers 919-553-9083  
FOW Coordinator: Jeff Burcham 919-847-9669  
Visitor Coordinator: Stephanie Hughes 919-480-1172  
Prof. Advisor: Stephanie Yates 919-613-2035

All officers are available for member support

Visit [www.triangleostomy.org](http://www.triangleostomy.org)

### **TAOA ANNUAL DUES POLICY**

THE ANNUAL STATEMENT FOR DUES is issued every June in the BY-PASS Newsletter.

PAYMENT IS DUE between June and August 31. Please use TAOA Member form to update information.

NOTIFY TREASURER if payment must be delayed or if Dues are not affordable (Confidential).


IF NO RESPONSE by the September meeting, your membership will expire.

**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.

**TRIANGLE AREA OSTOMY ASSOCIATION (TAOA)**


TAOA is a local chapter affiliated with The United Ostomy Associations of America, Inc. Membership includes ostomates, nurses and friends who support our mission. New members are always welcome. Members receive a subscription to our monthly newsletter, The BY-PASS. Annual dues support TAOA and UOAA. If dues are not affordable, a courtesy membership can be arranged. (This information is kept confidential.)

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**Duke Raleigh Hospital  
Ostomy Clinic**

Contact Krystyna Dixon, BA, RN, CWOCN, CFCN for an appointment. MD referral is required.

Wound Healing Center  
Medical Office Building 6  
3320 Wake Forest Road  
Raleigh, North Carolina 27609

**919-954-3446**



**Duke Raleigh Hospital**  
DUKE UNIVERSITY HEALTH SYSTEM

**TRIANGLE BLADDER CANCER  
SUPPORT GROUP**

Date: Second Tuesday of the Month  
Time: 7 pm – 8:30 pm  
Place: Carolina Pointe, Chapel Hill, NC  
Contact: David Langham  
919-948-0589  
trianglebcs@gmail.com  
www.trianglebcs.com

**CCFA 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

**The Phoenix**  
The Official Magazine of UOAA

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.

Half of each subscription funds the nonprofit UOAA. Subscribe Today!

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## MINUTES OF THE TAOA Meeting, JANUARY 5, 2016

SOCIAL/REFRESHMENTS: 7:15PM. Thank you to Travis and Sandy Everette for the refreshments.

MEETING CALLED TO ORDER: 7:30PM President Sam DeAngelo welcomed 39 attendees. There were 24 members, 10 visitors with 2 becoming new members, and our 5 guest representatives from Coloplast, Convatec, Hollister, Byram Healthcare and Edgepark Medical Supplies.

### ANNOUNCEMENTS:

- 1) Ruth Rhodes announced the TAOA contribution of \$200.00 to FOW in Dec. A Board decision was made to contribute the same amount as in previous years.
- 2) Stephanie Yates announced the upcoming February program which will be a discussion and demonstration of exercise for ostomates. It will be presented by our WOC Nurses, Lara Leininger and Angela Richardson.
- 3) Bruce and Sandra Curtis will provide refreshments for the February meeting.

### PROGRAM:

Stephanie Yates introduced the five representatives who were present to provide our Vendor Fair. They were asked to briefly introduce themselves and describe their products/services. Following the introductions, everyone visited the individual vendor stations to view products, receive samples and discuss personal issues with the representatives. We extend a special thank you to Coloplast, Convatec, Hollister, Byram Healthcare, and Edgepark Medical Supplies for their presence this evening and for the beneficial support they so generously provide.

MEETING ADJOURNED: 8:30PM

Respectfully submitted,  
Sandy Everette, Secretary

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# What to drink when taking pills:

I found this gem in an older issue of the newsletter. It is credited to the UOAA website. What to drink and what to avoid is a great question to ask your pharmacist when picking up a prescription, and one I would never have thought of.

How many times have you received a prescription with the instruction to take as needed or take before meals? Pretty vague, but many people do not stop to question further, assuming the medication will work, no matter what they use to swallow it.

Acidic drinks, such as fruit juice or soda pop, may chemically destroy certain kinds of antibiotics, including penicillin, ampicillin, or erythromycin. Citrus fruit juice may reduce the effect of antidepressants, antihistamines or major tranquilizers by speeding their urinary excretion. Even something as simple as tea, hot or cold, may cause problems. You would probably be surprised to learn that the tannin in tea can undo the benefits of iron pills.

Milk can interfere with a number of medicines. The laxative Ducolax, for example, has a coating designed to ensure that the drug will dissolve slowly within the intestine. But if the medication is taken with milk, which is alkaline, it may dissolve prematurely within the stomach, lose its cathartic action and irritate the sensitive stomach lining. Milk can also block the action of tetracycline, a popular antibiotic. .

To play it safe, you can always rely on good old water! Water will not interact with drugs or reduce their effectiveness.

**TAOA MEMBERSHIP FORM**

Please print legibly Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Spouse: \_\_\_\_\_

Phone (Home): \_\_\_\_\_ (Cell): \_\_\_\_\_

Email: \_\_\_\_\_

Newsletter ( ) Email ( ) US Mail Year of Surgery: \_\_\_\_\_

**Type of Ostomy:** [ ] Colostomy [ ] Ileostomy [ ] Urostomy  
 (Ileal conduit) [ ] Other Type: \_\_\_\_\_

[ ] No ostomy/Supporting Member [ ] Relative [ ] Friend [ ] Other

Payment of dues enclosed: \$20 [ ] CASH [ ] CHECK [ ] M.O.  
 [ ] I request Courtesy Membership. I cannot pay dues at this time.  
 (Information is Confidential)

MAIL COMPLETED FORM WITH PAYMENT OF DUES TO:

Ruth Rhodes, Treasurer  
 8703 Cypress Club Drive, Raleigh, N.C. 27615

8703 Cypress Club Drive  
Raleigh, NC 27615



OUR THANKS TO  
  
FOR PROVIDING THE PRINTING OF  
THIS NEWSLETTER

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Hosted by: Lara Leininger, WOCN and Angela Richardson, WOCN

**NEXT MEETING:** Tuesday, February 2, 2016 at 7:15 pm, Rex Hospital  
**PROGRAM:** Exercise for Ostomates!

