

8703 Cypress Club Drive  
Raleigh, NC 27615



**NEXT MEETING:** Tuesday, February 7, 2012 at 7:30 pm Rex Hospital

**SPEAKER:** Mary Garrett, WOC nurse, will discuss practical and home solutions for ostomies

Triangle Ostomy Association Membership Application

Name \_\_\_\_\_ Today's Date: \_\_\_\_\_  
Spouse's Name \_\_\_\_\_  
Mailing Address \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Email: \_\_\_\_\_


I would like to receive the newsletter by email

I have a Colostomy \_\_\_\_\_ Ileostomy \_\_\_\_\_ Urostomy (Ileal conduit) \_\_\_\_\_  
Other \_\_\_\_\_ Year of Surgery \_\_\_\_\_

I am not an Ostomate, but would like to be a member and support the organization \_\_\_\_\_

I cannot afford the dues but would like to be a member \_\_\_\_\_ (Confidential)

We welcome ostomates and other persons interested in this group and its activities for membership and appreciate the help they can provide as members. To join, complete the above form and send it with a check or money order for \$20.00 made out to Raleigh Chapter of UOA and mail to **Mrs. Ruth Rhodes, 8703 Cypress Club Drive, Raleigh, NC 27615**. Dues cover membership in the local chapter, including a subscription to the local By-Pass publication and help support the mission of our organization.

Triangle Area Ostomy Association  
**The By-Pass**  
February 2012  
Affiliated with... 

**President's Message:**

Thanks to all who came out on a very cold night for our first 2012 meeting in early January. Also, it was great to those at the training session at REX on Saturday the 28th. Thanks to Stephanie for arranging it. Several members of the Sandhills Ostomy Association came for the training and we had over 15 there for the training. I certainly feel that those of us who took the training can help those in the future who have to have surgery for ostomies. Hope to see you at the February meeting on the 7th!

Sam Bundy  
sambundy5@aol.com

Check out these pictures from our January meeting!



**MISSION of the Triangle Area Ostomy Association:**

The mission of our organization is to assist people who have or will have intestinal or urinary diversions: including a colostomy, ileostomy, urostomy, and continent diversions including j-pouches. We provide psychological support, educational services, family support, advocacy and promote our services to the public and professional communities.

**MEETING INFO:**

Meetings are held the first Tuesday of each month (except July and August) at 7:30 PM in the **Rex Surgical Center Waiting Room, 4420 Lake Boone Trail, Raleigh, NC.** Enter through the Rex Hospital Main Entrance, which is near the Parking Garage.

**REMINDER:**

In the event of inclement weather on the day of a scheduled meeting, please contact Rex Healthcare at 919-784-3100. **If Wake County schools are closed due to weather, then we will not meet.**

**DISCLAIMER**

Articles and information printed in this newsletter are not necessarily endorsed by the Triangle Ostomy Association and may not be applicable to everybody. Please consult your physician or WOC Nurse for medical advice that is best for you.

**GROUP OFFICERS AND CONTACT INFO:**

- President: Sam Bundy 919-876-0736
- VP: Jeff Burcham 919-847-9669
- Secretary: Bonnie Sessums 919-403-7804
- Treasurer: Ruth Rhodes 919-782-3460
- Editors: Charis Guerin 919-270-4484  
Jes Ormondroyd 508-654-6073
- Past President: Jennifer Hidgon 919-333-4923
- Webmaster: Ed Withers 919-553-9083
- Member Support: Susie Peterson 919-851-8957  
Alison Cleary 919-387-3367
- Member Support: Shirley Peeler 919-787-6036  
Donald Meyers 919-781-0221

Website: [www.RaleighUOA.org](http://www.RaleighUOA.org)  
Email: [TriangleUOAA@EmbarqMail.com](mailto:TriangleUOAA@EmbarqMail.com)

**IN THIS ISSUE:**

Urine pH Balance	Page 3
Ostomy Fashion Tips	Page 4
Member of the Month	Page 5
Exercise for Ostomates	Page 5
Local WOC Nurses	Page 6
UOAA Conference 2013	Page 7
Minutes	Page 7

**CALENDAR OF EVENTS:**

- Feb. 7 UOAA Meeting, Rex 7:30pm
- Feb. 14 Valentine's Day
- Feb. 20 CCFA Meeting, Rex 7:30 pm



**CCFA SUPPORT GROUP**

Date: Third Monday of every month  
Time: 7:30 pm – 9:00 pm  
Place: Rex Healthcare  
Contact: Reuben Gradsky  
[gutcheckrdu@gmail.com](mailto:gutcheckrdu@gmail.com)

**MINUTES OF THE January 3 2012**

**MEETING OF THE TRIANGLE AREA OSTOMY ASSOCIATION**

Sam Bundy, President, opened the January meeting at 7:45 PM by welcoming 21+ members and guests and thanking them for coming out in the cold weather. Yummy refreshments provided by Sonya and Ed Withers were enjoyed by all. Sam asked members who received our newsletter by mail and would like to receive it by email to see either him or Ed Withers. Fifty-four newsletters were mailed out last month and if some members would prefer receiving the newsletter by email, this would save even more on postage. Sam thanked Jeff Bucham, vice president and acting president for the past two years, for his continued support.

Ruth Rhodes, Treasurer, gave a financial report for 2011. We took in \$1,420.00 and or expenses were \$1,888.50. Our balance in the checking account is \$3,310.70. Bonnie Sessums, Secretary, had nothing to report.

Stephanie Yates announced that the ostomy training session would be at Rex on Saturday, January 28 from 10:00 AM to 12:00 noon. Anyone interested in attending should let Stephanie know as soon as possible so she will know how many to plan for.

Sam then introduced Jes Ormondroyd, co-editor of "The By-Pass," as our guest speaker. Jes gave us a report on her co-editor, Charis Guerin, who is in UNC-Chapel Hill hospital due to a blockage and may have to have surgery. Jes and Charis were to have tonight's program, so Jes explained that they are interested in getting suggestions and feedback for the newsletter. She then passed around a survey and asked members to complete it and return to her at the end of the meeting. After showing members and guests some of her clothing tips, including a "button extender," Jes announced that the CCFA Walk will be in April and that she and Christie have formed a team called "Autobowels." Everyone is asked to help support the team or form one of your own and participate in the walk for Crohn's and Colitis research.

Stephanie announced that Mary Garrett, WOC nurse at the Durham VA Medical Center, will have the program at our February meeting, break-out sessions will be held at the March meeting and Terry Kuczynski, Rex Cancer Center family counselor will have a program at a spring meeting.

After thanking Sonya and Ed Withers for the wonderful refreshments and encouraged members and guests to enjoy more of them, Sam adjourned the meeting at 8:15 PM.

The February meeting will be held at 7:15 PM on Tuesday, February

7. Karen Whitney will provide refreshments. Respectfully submitted, Bonnie Sessums



**START PLANNING NOW!!!**

*August 7-10, 2013*  
**4th UOAA National Conference,**  
**Jacksonville FL**

 **WOC NURSES**

Wake Med  
 Leigh Ammons 919-350-5171  
 Melanie Johnson 919-350-5171

Wake Med, Cary  
 Joanna Burgess 919-350-5231

UNC Hospital  
 Michael Kalos 919-843-9234  
 Barbara Koruda 919-843-9234  
 Lara Leininger 919-843-9234

Durham Regional  
 Tom Hobbs 919-470-4000  
 Felicia Street 919-471-4561

Duke  
 Jane Fellows 919-681-7743  
 Michelle Rice 919-681-2436  
 Angela Richardson 919-681-2425  
 Leanne Richbourg 919-681-6694  
 Stephanie Yates (wound) 919-668-0124

Duke Health Raleigh Hospital  
 Krys Dixon 919-954-3446  
 Erika Dickerson

Maria Parham Hospital  
 Kathy Thomas 919-431-3700

Durham VA Medical Center  
 Mary Garrett 919-286-0411  
 Reba Giles 919-286-0411

Rex Hospital  
 Ann Woodruff 919-784-2048  
 Susan Beyer 919-784-2048

**The Phoenix**  
The official publication 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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**Maintaining a Urine pH Balance**

Urine pH is defined as the fluid's degree of acidity or alkalinity. When the food you eat is burned in the body, it yields a mineral residue called "ash." This ash can be either acidic or basic (alkaline) depending on whether the food that is "burned" contains mostly acidic or basic ions. Most fruits and vegetables actually give an alkalized ash and tend to alkaline the urine. Meats and cereals will usually produce an acidic ash residue.

Unless otherwise indicated the urine should be maintained in an acid state. To maintain an acid urine state, increase your daily fluid intake to eight to ten (8oz.) glasses of water. Drink cranberry juice in place of orange juice or other citrus juices that tend to make the urine more alkaline and take vitamin C daily (if approved by physician). Some of the acid ash foods include: most meats, breads and cereals, cheese, corn, cranberries, eggs, macaroni, nuts, pasta, prunes, fish and poultry.


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\*Patent Pending

### 5 REASONS IT'S GREAT TO BE AN OSTOMATE!

1. I don't have an ostomy, I have a "biomechanical multi-tasker"
2. When you tell people if you don't get to a bathroom right now you will explode, it is no joke
3. No more hemorrhoids, perirectal abscesses, fistulas or cancers. I am alive and well!
4. Not having to locate every bathroom along any walking course of more than 10 minutes
5. If I join the space program I will be way ahead of my class in the waste storage department!

## Exercise for ostomates Tip of the Month

### Balance and Flexibility

Yoga is an exercise that everyone can participate in. Learning different yoga poses can be somewhat challenging; working with a teacher if at all possible is recommended. Tell the instructor that you have an ostomy; this information will help him determine if there are any poses that would not be beneficial for you. It is possible to find inexpensive or free instruction in your community. Talk with the therapists you work with or call the social work department at your local hospital -- they may have resources to suggest.

([www.http://www.livestrong.com/article/333243-what-exercises-can-a-person-with-a-colostomy-do/](http://www.livestrong.com/article/333243-what-exercises-can-a-person-with-a-colostomy-do/))



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## MEMBER OF THE MONTH

Charis Guerin



Charis is a newer ostomate, having received her ileostomy in September of 2011 after experiencing chronic issues with her j pouch. She loves being a permanent ostomate and aims to help others accept their ostomies. To do this, she works through various social media websites sharing her experience with IBD and attempting to connect with others who have similar stories. Feel free to check out some of her projects at:

[www.facebook.com/fullfrontalostomy](http://www.facebook.com/fullfrontalostomy)

[www.fullfrontalostomy.com](http://www.fullfrontalostomy.com)

<http://www.youtube.com/user/FullFrontalOstomy?feature=guide>

### EASY FASHION SOLUTIONS FOR OSTOMATES

- To help keep your pouch close to your skin and concealed beneath your clothing, consider purchasing an ostomy wrap, a simple tube top, or a maternity band. Tube tops and maternity bands can be found at stores like Target and Wal-Mart and are inexpensive!



- Consider trying the Perfect Fit Buttons, which Jes Ormondroyd brought to the January meeting, and easily adjust the waistband of your pants, shorts, and jeans! They're cheap (\$10!!) and can be found at Wal-Mart or at Anna's Linens in Cary!

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