



# Ostomy Support Group

Serving members of the intestinal and urinary diversion community

We welcome all ostomates, family members, healthcare professionals and interested individuals to attend our Ostomy Support Group meetings. You will find an open and trusting environment where information can be shared with compassion and understanding.

## You are not alone.

Ostomy surgery is performed on 120,000 people in the United States annually. Of these surgeries, approximately 60 percent are temporary, lasting from 3 to 6 months. The primary reasons for ostomy surgery include colon cancer, inflammatory bowel diseases such as ulcerative colitis and Crohn's disease, bladder cancer, trauma and birth abnormalities.

### Ostomy Resources

United Ostomy Associations of America, Inc.: [Ostomy.org](http://Ostomy.org)  
U.S. National Library of Medicine: [NLM.NIH.gov](http://NLM.NIH.gov)  
International Ostomy Association: [OstomyInternational.org](http://OstomyInternational.org)  
Crohn's & Colitis Foundation of America: [CCFA.org](http://CCFA.org)

### Topics of Discussion:

- Skin Integrity
- Pouching Issues
- Irrigation for Colostomies
- Intimacy
- Nutrition
- Self-Esteem
- Hernia Prevention and Care
- Pharmacological Considerations
- Travel Considerations
- Exercise
- Ostomy Products

**Monthly Meetings - Third Thursdays  
6:00-7:00 PM**

**Baylor Charles A. Sammons Cancer Center  
Cvetko Center - 2nd Floor  
3410 Worth Street, Suite 200  
Dallas, TX 75246**



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