



Ostomy Support Group of North San Diego County, Inc. P. O. Box 3019, Vista, CA 92085

Meeting Schedule: the last Friday of each month, Jan-Nov. at 1 pm, Tri City Medical Center, 4002 Vista Way, Oceanside, Assembly Room 1

Info: (760) 470-9589

E-mail: presosgnsdc@ostomysocal.org

WEB SITES:

- Local: www.ostomysocal.org
- National: United Ostomy Associations of America: www.uoaa.org
- Phoenix Magazine: www.phoenixuoaa.org

WHO CAN ATTEND:

- Anyone seeking information on life after ostomy surgery
- Pre and Post-surgical patients with ostomies
- Wound Ostomy Continence Nurses as treatment advisors

SERVICES:

- Certified volunteer visitors, who have had the same kind of surgery, are available to visit with anyone facing or having experienced ostomy surgery. They will talk to you about living with an ostomy, but not render medical advice.
- Meeting programs feature experts in areas of interest to ostomates and provide opportunities to have questions answered by Wound, Ostomy, Continence Nurses (WOCN).

You will find that after surgery you are able to do essentially everything you were able to do before surgery. Our support group is open, friendly and welcoming.