

Become A Member Of Your Local Ostomy Support Group

We invite you to become a member of our Ostomy Support Group so that you can participate in all of the great benefits listed below, as well as in the many intangibles which are to be gained. It's easy to join. Start by attending a monthly meeting to witness first hand what full lives your fellow ostomates are living. Fill out the membership application on page 6 and either hand-carry it to the meeting or mail it to us. We welcome you!

Member Benefits

Community-Level Support:

- Trained visitor program
- Newsletter
- Support group meetings
- Special programs
- Youth Rally

National Support:

- UOAA website, www.uoaa.org
- Advocacy
- *The Phoenix*, a quarterly magazine
- UOAA National Conference
- Regional Conferences
- Young Adult Conference
- Travel ID/Security Cards

OSTOMY SUPPORT GROUP OF NORTH SAN DIEGO COUNTY MEMBERSHIP APPLICATION

Tax-Deductible Annual Dues Are **\$25.00**

Name _____ Birthday _____ Surgery Date _____
Address _____ City/State _____ Zip _____
Telephone (____) _____ E-Mail _____
Type of Ostomy: _____ Colostomy _____ Ileostomy _____ Urostomy _____ Continent Ileostomy _____ Ileoanal Reservoir

_____ Continent Urostomy _____ I Do Not Have An Ostomy _____ Parent of An Ostomy Child
PLEASE MAKE CHECK PAYABLE TO: OSTOMY SUPPORT GROUP OF NORTH SAN DIEGO COUNTY



Are You Considering Or Have You Recently Had Ostomy Surgery?

This brochure will help to answer many of your more pressing questions, such as:

- What will life with an ostomy be like?
- Whom can I contact?
- Where can I get help?

First, You Are Not Alone

There are approximately 750,000 individuals with an ostomy in the United States and this number increases by approximately 65,000 per year. Ostomy surgery saves many lives and returns people to better health and full, productive lives.

Life After Surgery

Most people facing ostomy surgery feel the anxiety of not knowing what life with an ostomy will be like afterwards. You will be pleased to learn that life after surgery can be surprisingly normal. Yes, there are a few new routines to learn, such as changing a pouch, but these are only minor inconveniences. The best way to find out what life can be like is to meet one of our **Certified Trained Visitors**. These are people who have been through the same surgery and have lived with an ostomy for a good while. They are local support group members who can help answer your questions.

Frequently Asked Questions

Here are a few of the more common questions from ostomates:

Will I need to be on a special diet?

Most ostomates return to a regular diet soon after recovering from surgery. A few precautions are warranted, such as chewing well, eating a well-balanced diet and drinking plenty of fluids. If you have problems with a certain food, wait two weeks and try it again. If the problem persists, consult your ET nurse.

Will there be odor and noises?

Pouching systems are designed to be odor-

proof or odor-resistant. In addition, there are deodorants for use in the pouch and some deodorants that can be taken by mouth. You will experience less gas and fewer noises as your digestive system settles down after surgery. Limit gas-producing foods and carbonated beverages.

How much time will it take to care for my ostomy?

At first, you may spend more time in the bathroom until you become proficient with changing your pouch or with other management techniques. Eventually, time spent in the bathroom will return to normal.

Will I be able to return to work?

People with ostomies can perform most jobs, although heavy lifting is sometimes discouraged. For extremely physical activities, precautions and/or protective equipment may be required. In the great majority of cases, patients are able to resume normal occupational activities as soon as their strength returns after surgery.

What about intimacy?

Sexual relationships and intimacy are important and fulfilling aspects of your life that should continue after ostomy surgery. Any intimacy-related concerns should be discussed openly between you and your partner.

Can I wear regular clothing?

You need no special clothing because ostomy pouches are fairly flat and inconspicuous. The pressure of undergarments with elastic will not hurt the stoma or prevent functioning of the ostomy.

Can I participate in sports?

An ostomy should not limit your participation

in sports. Many people with ostomies are long distance runners, skiers, swimmers, etc. and participate in most athletic activities. Check with your physician about strenuous physical activity such as weight lifting.

Getting Help

In addition to the medical help and guidance you may get from your physician, your Enterostomal Therapist (ET), or Wound Ostomy Continent Nurse, you can find help and support for just about every concern through the following Local and National Association resources.

1. *A Local Certified Trained Visitor*
2. *Local support group newsletters*
3. *Fellow ostomates and medical professionals in your local support group*
4. *UOAA's web site networks and message boards at www.uoaa.org*
5. *"The Phoenix" quarterly magazine*

The Ostomy Support Group of North San Diego County

Meets every 4th Friday, 1:00 P.M.
Tri-City Medical Center
4002 Vista Way, Oceanside
Lower level Assembly Room
Contact: (760) 433-3440

The United Ostomy Associations Of America, Inc.

The UOAA is a volunteer-based association of affiliated, non-profit support groups dedicated to providing education, information, support, and advocacy for people who have had or will have intestinal or urinary diversions.

E-Mail: info@uoaa.org
Telephone: 1-800-826-0826