

Ostomy Support Group

Colostomy, ileostomy and urostomy are lifesaving surgeries that detour, or divert, the body's normal urinary or digestion paths. The procedures may be done for a number of reasons, including cancer, birth defects, Crohn's disease and other chronic conditions.

These procedures enable individuals to enjoy a full range of activities, even though they have a stoma and wear a pouching system. Participating in a support group is a way to make lifestyle adjustments, share feelings, and ask questions in a supportive environment. It also allows you to share your successful adjustment with others who may need the benefit of your experience.

The group meets at Herrin Hospital (201 S 14th Street) in Conference Room 1C the second Thursday of every month from 3:00 – 4:00 p.m.

Free, confidential service.
No reservations necessary.

Anyone with an ostomy or their caregivers are encouraged to attend.

For questions or more information:

**Amy Stout RN, BSN, CDE
618.942.2171 ext. 35257**



HERRIN HOSPITAL

