

Please join us!

Meetings monthly, every 3rd Tuesday
except July and August

CCMH Inpatient Rehabilitation
conference room

Who can attend the
support group?

People with
ostomies

Family
members of
ostomates

Caregivers
of ostomates

Anyone who
may get an
ostomy

Our Vision

To earn the trust, loyalty and respect of those we serve
through healthcare leadership and excellence.

Our Mission

To provide safe, compassionate and innovative
healthcare which exceeds expectations.

Our Organizational Priorities

- Improve Communication
- Treat Everyone with Respect
- Improve Responsiveness & Attention
to Patients & Their Families
- Improve Teamwork
- Enhance the Hospital Experience

Our Principles of Caring

- Put Patients First
- Provide a Safe
Environment
- Respect Dignity
- Prepare and
Educate
- Exceed
Expectations
- Do All Things Well
- Anticipate Needs
- Communicate
Openly & Honestly
- Listen
- Promote
Mutual Trust
- Provide
Exemplary Service

Comanche
County
Memorial
Hospital

3401 West Gore Boulevard • Lawton, Oklahoma
www.ccmhhealth.com

Ostomy Support Group



Comanche
County
Memorial
Hospital

WHAT WILL YOU GET FROM AN OSTOMY SUPPORT GROUP?

Support

Support groups are very good at cheering on people who need it! Make sure you ask questions and talk about how you are feeling. You have a room full of people who care and want to listen.

Education

Most support groups have different speakers come to educate the members on relevant topics. In addition to learning from the speakers, there is much to be learned from the members as well. Some members may have had their ostomies for more than twenty years. Some may have tried different products and found different solutions for common issues. Use your fellow members as a resource.

Friendship

You may notice when you first attend a support group that some people may already know about each other's lives, jobs and kids. Don't be intimidated - get to know the other members and create a friendship to support each other in this journey.

Types of Ostomies:

- **UROSTOMY** - urine is diverted from the bladder through an opening in the abdomen
- **ILEOSOMY** - the small intestine is diverted through an opening in the abdomen
- **COLOSTOMY** - the large intestine is diverted through an opening in the abdomen

Ostomy Support Group:

Every third Tuesday of the Month, 6PM
CCMH Rehabilitation Conference Room

Tomlinson Medical Complex
3023 West Gore Blvd Lawton, OK

QUESTIONS? CALL 580.704.7778



Ostomy Support Sites:

Coloplast - Ostomy Care

<https://www.coloplast.us/ostomy/people-with-an-ostomy/>

Convatec - Ostomy Care

<https://convatec.com/ostomy-care/>

Friends of Ostomates Worldwide - USA

<https://www.fowusa.org/>

International Ostomy Association

<http://ostomyinternational.org/>

Ostomy Rights - video

<https://www.youtube.com/playlist?list=PLKnqwcvmXgfjJapUnpLjJkyzt0zvi7vUR>

Chron's & Colitis Foundation

<http://www.crohnscolitisfoundation.org/>

United Ostomy Associations of America, Inc

<https://www.ostomy.org/>

For more information, email CCMHostomygroup@gmail.com