



**Community Memorial Health System**  
*Where Excellence Begins with Caring*



# OSTOMY SUPPORT GROUP

*For people  
with  
Colostomies,  
Ileostomies,  
Urostomies or  
Continent  
Diversions*

## DO YOU (OR ANYONE YOU KNOW) HAVE AN OSTOMY?

Ostomy surgery is performed on 120,000 people in the United States annually. Of these surgeries, approximately 60% are temporary, lasting from 3 to 6 months. There are four types of ostomy surgeries: Colostomy, Ileostomy, Urostomy and Continent Diversion. 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 patients range in age from infants to seniors in their 90’s. It is estimated that there are 740,000 people in the United States who have an ostomy.

Community Memorial Health System is pleased to announce the inauguration of the Ostomy Association of Ventura County. CMHS has recently affiliated with the United Ostomy Associations of America, a non-profit, mutual aid and support, volunteer governed, IRS 501(c)(3) charity status organization, to support the ostomy community of Ventura County and its surrounding areas.

The Ostomy Association of Ventura County will hold meetings every other odd-numbered month. The purpose of the meeting is to establish a support group to serve the needs of the ostomy community local to Ventura County. **People who have an ostomy, their spouses, partners, caregivers, family, friends and any other interested parties are invited to attend.** There is no charge to attend this meeting.

**Date:** 1<sup>st</sup> Wednesday of every month

**Time:** 1:30-3pm

**Location:** CMH Cancer Resource Center  
2900 Loma Vista Rd., Suite 105  
Ventura, CA 93003

**Facilitators:** Daphne Hodges BScN RN CWOCN  
Sue Hantke BSN RN CWON  
Lyndsay Heitmann LCSW  
Debra Lawry RN OCN

Contact Us: [OAVenturaCounty@gmail.com](mailto:OAVenturaCounty@gmail.com) / [dhodges@cmhshealth.org](mailto:dhodges@cmhshealth.org) / 805-948-5636