

Wednesday,
October 12th,
2022

Ostomy News

Latest news and bulletin updates

Issue # 6

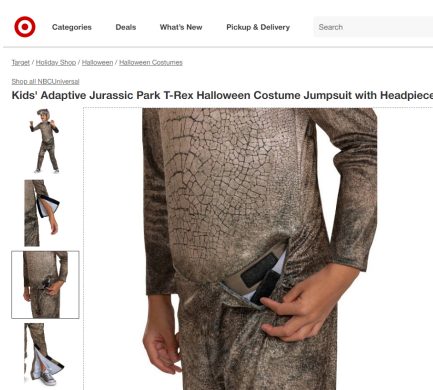
Did You Know?...

World Ostomy Day was October 1, 2022!


Although the date has passed, take a moment to celebrate all of your accomplishments in your personal journey with your family and friends who are happy to see you doing well.




Locations like Target are celebrating by embracing pediatric customers with ostomy pouches and enhancing costumes that accommodate their ostomy appliance!



Discussion Topic of the Day: Falling into the Holidays with an Ostomy Lifestyle

 What meals do you turn to during the holidays that do not exacerbate issues with your output? Any recipes you'd like to share with your fellow ostomates?

 Do you visit multiple locations throughout the holidays (even on the same day?) What packing tips help you organize for your out-of-home-visits?

 What clothing/accessories help you to worry less and enjoy more company of those you are sharing the holidays with (i.e. grandkids, pets, family reunions).

 What clothing/ accessories help you feel more confident as you are reaching up to decorate for the holidays?

Say Hello to our Team of
Certified Ostomy Nurses.
We are here to help.



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 Links to access cards will be available on Ostomy Support Group Website so you can click and print!

