

Birmingham Ostomy Association

Purpose

The Birmingham, Alabama Chapter is a completely volunteer organization composed primarily of ostomates for the purpose of offering mutual aid and support through people who have learned to live with an ostomy; educational programs and materials to keep us informed of the historical as well as cutting edge advancements in medical technology; and advocacy to promote the needs of ostomates.

Programs

Our visitors program is one of our most important works. Trained members visit ostomy patients in hospitals, at their homes or on the phone to answer non-medical questions about ostomy issues. We publish a newsletter, *The SEMI COLON*, so everyone may stay current about what's happening in our Chapter as well as medical information that relates to us. Our main event is our monthly meetings, which features knowledgeable speakers discussing issues of interest to us, WOCN's providing expert advice and at the same time lets us get together and just talk about our new life.

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Mission

The Birmingham Ostomy Association is a volunteer-based health organization dedicated to providing education, information, support, and advocacy for people who have had or will have intestinal or urinary diversions.

What is an Ostomy?

The word ostomy signifies a type of surgery required when a person has lost the normal function of the bladder or bowel due to birth defects, disease, injury or other disorders. Such operations include colostomy, ileostomy and urostomy. The surgery allows for normal bodily wastes to be expelled through a new surgical opening (stoma) on the abdominal wall. Most persons with ostomies must wear special appliances over the stoma.

Where are the meetings held?

Meetings are held on the 4th Sunday of every month except July, August and November, at 2:30 pm at *One Nineteen Health and Wellness* 7191 Cahaba Valley Road (Hwy 119) Hoover, AL 35242

**HELP
FOR THE OSTOMATE**

BIRMINGHAM OSTOMY ASSOCIATION



A Non-Profit Health Service Organization

HOW MAY I JOIN THE BIRMINGHAM OSTOMY ASSOCIATION?
ANNUAL DUES ARE \$10.00 (**TAX DEDUCTIBLE**) for anyone wishing to join. By joining, you will receive copies of the SEMI-COLON newsletter of the Birmingham Chapter.

Make Check payable to: Birmingham Ostomy Association

(Please Print)

Name: _____ Telephone Number: _____ Type Ostomy _____

Street: _____

City _____ State: _____ Zip Code: _____

Mail check to: Birmingham Ostomy Association
5576 Heath Row Dr.
Birmingham, AL 35242
www.bhmostomy.com