

Ostomates' Support Group

of Central New Mexico

Topics Discussed

Diet and Nutrition

Stoma Care

Ostomy appliance
companies

Medication

Ostomy types

Fluid and Electrolytes

Hernias

Intimacy

Travel

Swimming

Insurance and
Supplies

Exercise and Work

And more!

Come join us at monthly meetings!

Welcome!

New and long-time ostomates gather together to support and learn from each other.

Family and Caregivers encourage each other.

Professionals learn from post-hospital ostomates and sometimes provide education.



Meetings are held in Albuquerque region. Locations, dates and times may change; therefore, before first visit, please leave a message as described below. After we have your information we will contact you about upcoming meetings!

NOTE: This is not a contact number for emergencies. Obtain usual ostomy clinic or urgent care/ emergency room access.

Nurses at most meetings to answer questions and teach.

Strict confidentiality maintained.

Outside speakers occasionally.

Membership is free.

If you speak only a language other than English, please bring an interpreter.

Come support others as you have been helped!!

Leave voicemail for Nurse Barbara D'Amore
at 505-797-4388 or Email: damorebd@aol.com

7/23