SAMPLE LETTER TO THE EDITOR
This sample letter to the editor can help you raise awareness about Ostomy Awareness Day in your community. Use it as a generic guide to write your own personal letter. Then submit it to your local newspaper. Tip: Be sure to check for any word limitation restrictions when submitting letters to your newspaper, typically letters are under 250 words. When possible include local resources such a local ostomy support group or ostomy clinic in your area.

Dear Editor,

October 1, 2016 is national Ostomy Awareness Day. At least 750,000 Americans of all ages live with an ostomy. Many readers may not know what an ostomy is. An ostomy is a type of surgery that creates an opening (stoma) in the abdomen that allows for the removal of bodily waste into a ‘pouch’ or ‘ostomy bag,’ outside the body. This surgery occurs when a person has lost the normal function of digestive or urinary systems due to birth defects, cancer, Crohn’s disease, ulcerative colitis, trauma (such as a military service injury or accident), and other medical conditions.

Education is needed to fight stigmas and misinformation about ostomies. Many patients fear undergoing this surgery. This day serves as a reminder to the American public that this is a life-saving and life-restoring surgery. People living with an ostomy should be accepted as the active and healthy individuals they are.

This year’s theme is Resilience: “Bouncing Back into Life”, and is all about finding your inner strength to bounce back from this surgery. People and families of those with ostomies are not alone and can find support at United Ostomy Associations of America, Inc. or find an Affiliated Support Group by visiting www.ostomy.org or calling 1-800-826-0826. Ostomy nursing care can be found at www.wocn.org. Discover more about Ostomy Awareness Day at www.ostomy.org.

Thank you for your time and printing my letter in the [newspaper name].

Sincerely,

[your name]