



## SAMPLE LETTER TO THE EDITOR

This sample letter to the editor can help you spread the word in your community about World Ostomy Day and connect readers who have had, or may have ostomy surgery to your local affiliated support group and the resources of UOAA. Use it as a generic guide to write your own personal letter. Then submit it to your local newspaper or website. Tip: Be sure to check for any word limitation restrictions when submitting letters to your newspaper, typically letters are under 250 words.

Dear Editor,

It only happens once every three years—it's World Ostomy Day! All of us here in (City/County or State) can help change lives. Ostomy surgery saved (my/loved one) life and I plan to speak out to as many people as possible on Saturday, October 6, 2018. My/their life is active and fulfilling and we need to work together to end stigmas and misinformation that still exists. The aim of World Ostomy Day is to improve the rehabilitation of ostomates worldwide by bringing to the attention of the general public and the global community the needs and aspirations of ostomates.

United Ostomy Associations of America (UOAA) estimates that 725,000 to 1 million people of all ages are living with an ostomy or continent diversion in the United States. 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 outside the body. This life-saving surgery may occur due to birth defects, cancer, Crohn's disease, ulcerative colitis, trauma (such as a military service injury or accident), and other medical conditions.

This year's theme is "Speaking Out Changes Lives." You can speak out by taking part in a Virtual Day on the Hill, supporting a Run for Resilience Ostomy 5k, and many other ways. Visit [www.ostomy.org/world-ostomy-day](http://www.ostomy.org/world-ostomy-day) for more information.

(Name of local support group/ostomy clinic) is available to assist people living with an ostomy and their caregivers.

Thank you for your support,