SAMPLE LETTER TO THE EDITOR

This sample letter to the editor is a way for you to share with your community that ostomies save lives, and why you support Ostomy Awareness Day. 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,

Ostomies are life-savers. I know this because **(I/loved one/patients)** would not be here today without **(my/their)** ostomy. **(I/they)** had ostomy surgery as a result of **(medical condition).**

Unfortunately, some people still delay the decision or choose death over life with an “ostomy bag” due to stigmas and misinformation.

People who have connected with United Ostomy Associations of America (UOAA); however, know there is indeed a full life after surgery. With basic education, a proper pouching system fit, emotional support, and a good ostomy nurse, a person living with an ostomy is capable of anything.

Join me in celebrating life this Ostomy Awareness Day­ – Saturday, October 5, 2019.

UOAA estimates that 100,000 new ostomies surgeries are performed each year in the United States alone. People of all ages have this 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, and many other medical conditions.

This year’s theme is “Ostomies are Life-Savers.” You can make a difference by sharing the facts about this life-saving surgery, supporting a Run for Resilience Ostomy 5k, and many other simple ways. Visit www.ostomy.org for more information.

**(Name of local support group/ostomy clinic/UOAA)** is available to help people living with an ostomy and their caregivers. If you or a loved one have an ostomy, know you are not alone.