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 in writing your own 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,

Imagine choosing death over a life-saving surgery? The acceptance of living a life with an ostomy is still too often met with a feeling of hopelessness by prospective patients.

**(I am/person I know is )** happy to be alive and to live a healthy and productive life after having ostomy surgery as a result of **(medical condition).**

The 725,000 to 1 million people living with an ostomy or continent diversion in the United States, represented by United Ostomy Association of America (UOAA), know that “Ostomies are Lifesavers.” With proper medical care and emotional support, there is nothing most people living with an ostomy are not capable of doing.

We must all do more to eliminate the stigma of living with an ostomy. Join me in celebrating the 10th Anniversary of Ostomy Awareness Day on October 3, 2020 as we shout the message here in **(name of city or state)** that “Ostomies Are Lifesavers.” In parks and neighborhoods all around the country that day we will also be shining a positive light on this surgery during the Virtual Run for Resilience Ostomy 5k.

Change is made by telling others about your life-saving ostomy surgery and through UOAA’s national advocacy efforts, educational resources, events, and inspirational stories. Over 315 UOAA Affiliated Support Groups including **(include a local support group if applicable)** offer emotional support and quality of life advice to those in need. Visit [www.ostomy.org](http://www.ostomy.org) to learn more and join us so nobody ever feels a lack of hope again. Together we can save more lives.