SAMPLE LETTER TO THE EDITOR

*This sample letter to the editor is a way for you to educate your community about living with an ostomy and connect them to local resources in recognition of World Ostomy 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,

The quest for basic human rights is thankfully now reaching some previously silent corners of our society. Anyone you encounter in our community could have an ostomy but you’d never know it. They may have had ostomy surgery from birth or as a treatment for cancer or Inflammatory Bowel Disease. An ostomy may have saved their lives after a traffic accident, combat injuries, or a bout of sepsis. Up to a million people of all ages and backgrounds living in the U.S. are estimated to be living with an ostomy according to United Ostomy Associations of America, Inc. (UOAA).

**(I am/person I know is )** living a full and active life after ostomy surgery but I know others in our community are not so fortunate. Stigmas and misinformation about what is simply another way of going to the bathroom, make it a topic not usually discussed.

On October 2, 2021, I hope you will join me in celebrating World Ostomy Day, and share that “Ostomates’ Rights Are Human Rights, anytime and anywhere.” The COVID 19 Pandemic has magnified health care disparities around the world for this population that continues to have limited access to the specialized care, affordable ostomy supplies, pre-surgery consultation, and the emotional support they need for a positive quality of life.

When patients are given the proper care and support as outlined in the Ostomy and Continent Diversion Patient Bill of Rights in the United States, their opportunities are limitless. Please connect those in need to **(name of local support group)** and the trusted resources provided by UOAA at[**ostomy.org**](http://www.ostomy.org)**.**