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, TV, Radio station 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,

Do you know what an ostomy is? If you go out in our community this week to eat, work, attend school, sporting events, shop, swim, watch a show or just about anything else you’ll likely encounter a person who is alive because of one – and you’d never know it. An ostomy is a surgically created pathway through the abdomen to reroute bodily waste into a discreet and odor-free ostomy pouch or “bag.”

People living with an ostomy are of all ages and backgrounds. **(I am/person I know is/patients)** had ostomy surgery as a result of **(medical conditions).**

Please join me this [Ostomy Awareness Day](https://www.ostomy.org/ostomy-awareness-day/) on Saturday, October 1, 2022 to support your neighbors and let others know that “Ostomies are Life-Savers.”

A recent [report](https://www.prweb.com/releases/2022/6/prweb18727769.htm) by advocates at the nonprofit United Ostomy Associations of America (UOAA) has shown that systemic change is needed to address the complex medical and emotional needs of people living with an ostomy or continent diversion.

Luckily peer support **(from, include a local support group if applicable)** and trusted educational resources are available to all those who reach out to UOAA. The Run for Resilience Ostomy 5k is held alongside the day to bring people together to celebrate ostomy awareness wherever they live.

Visit [www.ostomy.org](http://www.ostomy.org) to learn more about ostomies and how to get involved.