

Who We Are

United Ostomy Associations of America, Inc. (UOAA) is a 501(c)(3) nonprofit organization that promotes quality of life for people with ostomies and continent diversions through information, support, advocacy, and collaboration.

Why We're Here

Every year, approximately 100,000 people undergo ostomy surgery to join the between 725,000 and 1 million people living with an ostomy or continent diversion in the United States. We know that ostomy surgery is daunting in many ways, and we know that you need answers. That's why we are here to support patients, caregivers, and medical providers at all stages of their ostomy journey.

Become A Member

The best way to get involved is to become a member of UOAA. By becoming a national member or joining your local Affiliated Support Group, you'll join a network of other caring ostomates and knowledgeable medical professionals who "get it", and you'll help us provide future people with the support and education they need when facing ostomy or continent diversion surgery.



Scan the QR code to learn more about national membership!



Call us toll-free on our Information Line:
1 (800) 826-0826

Hours:
Monday, Tuesday, Thursday, Friday
9AM-3PM EST
Wednesday
9AM-2PM EST

If you have an emergency, please dial 911 or contact your local medial professional.

Please understand that UOAA is a private, nonprofit advocacy and informational organization. We are not a medical facility and we do not have medical or legal professionals on staff. Therefore, UOAA does not provide medical, mental health, insurance, or legal advice.



Visit our website: www.ostomy.org



SUPPORT | EDUCATION | ADVOCACY
www.ostomy.org

SUPPORT

- **Website** Visit our resource-filled website (www.ostomy.org)
- **Information Line** Call our toll-free number – (800) 826-0826
- **Affiliated Support Groups** Receive peer support at one of our 285+ support groups in the United States
- **Social Media** Join our community on social media outlets like Facebook, Instagram, Twitter, and LinkedIn
- **Discussion Board** Ask and answer questions in our online discussion board
- **Conference** Attend our biennial National Conference to connect with and learn from other ostomates
- **Ostomy Friends Online Program** Get matched with an ostomate for virtual support



A treasure load of information. Thank you, thank you. I appreciate you caring enough about my husband to provide this information. – *Barbara DePaula, Caregiver*

I was so sick and alone in all this, and your site was a genuine helping hand at a crucial juncture. – *Mary Lyn Hoefler*

I'm so glad we have such an organization as UOAA to support our patients and us WOC nurses. – *Bernie Rock BSN, RN, CWON*

EDUCATION

- **Ostomy Specific information** focused resources for people living with an ileostomy, colostomy, urostomy, j-pouch, or continent diversion
- **Patient Guides** Download one of our many educational resources:
 - New Ostomy Patient Guide
 - Eating with an Ostomy Guide
 - Intimacy After Ostomy Surgery
 - Skin Care
 - ¡Todo disponible en Español!
- **The Phoenix** Subscribe to our quarterly magazine – *The Phoenix*
- **Ostomy Academy** Attend our virtual Ostomy Academy webinar series
- **Ostomies & IBD** Find resources on managing ostomies with Crohn's Disease/Ulcerative Colitis
- **Pediatric Resources** Find information on living with an ostomy from infancy through young adulthood



ADVOCACY

- **Bill of Rights** Download our Ostomy and Continent Diversion Patient Bill of Rights
- **Advocacy Network** Participate in our national advocacy network that takes action on issues that affect the quality of life of all people living with an ostomy or continent diversion in the United States
- **Ostomy Awareness Day** Celebrate National Ostomy Awareness Day (first Saturday of October!)
- **Run for Resilience** Participate in our annual 5K in-person or virtually in conjunction with Ostomy Awareness Day
- **Self-Advocacy Toolkits** Take an active role in your healthcare and become a stronger advocate for yourself as an ostomate
- **TSA Travel Card** Print off a TSA Travel Card for use in airplane travel



I had never heard of an ostomy when I was told I would need a urostomy to save my life because of bladder cancer. UOAA was vital to my ability to learn, adapt, accept and thrive with an ostomy. – *Annemarie Finn*