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,

Ostomies are live-savers and I am living proof. I am one of the 725,000 to 1-Million people in the United States living with an ostomy or continent diversion as estimated by the nonprofit United Ostomy Associations of America (UOAA).

I had ostomy surgery in **(year)** as a result of **(medical conditions).** An ostomy is a surgically created pathway through the abdomen to reroute bodily waste into an external pouch.

Because of my ostomy surgery I have been able to **(list favorite activities and life milestones).**

Please join me in celebrating [Ostomy Awareness Day](https://www.ostomy.org/ostomy-awareness-day/) on Saturday, October 7, 2023 and let our community know that “Ostomies are Life-Savers.” Sadly, stigmas and misinformation can cause some patients to delay or refuse ostomy surgery.

If you know someone who has or may have an ostomy let them know that peer support **(from, include a local support group if applicable)** and trusted educational resources are available from UOAA at www.ostomy.org. You’ll also find information on the Run for Resilience Ostomy 5k and stories about others who are living proof of life after ostomy surgery.