

# WORLD OSTOMY DAY

Ostomate rights are human rights – anytime and anywhere.

2nd October 2022

On World Ostomy Day, nurses and ostomates around the world celebrate and raise awareness of people living with a stoma.

APPROXIMATELY

**160,000**

people in the UK  
are living with a stoma

EVERY YEAR, OVER

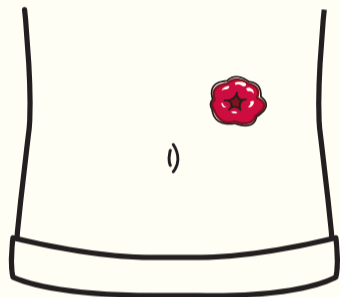
**13,500**

people in the UK  
have stoma surgery

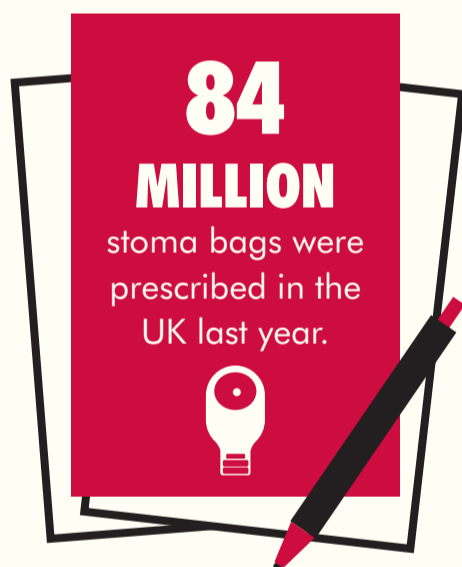
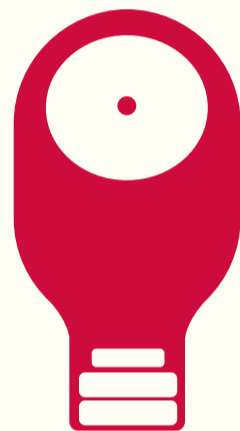
The most common conditions that result in stoma surgery are  
**COLORECTAL CANCER, BLADDER CANCER, ULCERATIVE COLITIS, CROHN'S DISEASE AND ACCIDENTAL INJURY**

## WHAT IS A STOMA?

A stoma is a round or oval opening made during surgery through the tummy (abdomen) wall. It lets the bowel connect onto the surface of the tummy.



With a stoma, poo or wee does not pass out of the body in the usual way. Instead, it passes out of the stoma into a disposable bag worn over the stoma.



## OSTOMATES

is the name given to people who are living with a stoma.



## STOMA NURSES

are specially trained to look after and advise patients with a stoma.

## LIVING WITH A STOMA



Ostomates have many challenges to overcome: from adapting their diet to dealing with leakages, sore red skin, sleep problems, and changes in physical activity can sometimes lead to mental health issues.



In many cases, having a stoma can give ostomates their quality of life back. It may follow life-saving surgery and lessen the symptoms of debilitating conditions such as pain, vomiting and fatigue, and help ostomates reduce or even stop taking their medication.



Being aware and considerate of the challenges is the first step to understanding this often hidden disability.

There are lots of charities and patient groups that help and support ostomates throughout the UK. Contact **your local NHS Stoma Care Team** for more information.



## WHO ARE THE SKINCREDIBLES?

Your local Stoma Care Team are standing up for the rights of all ostomates, believing everyone has the right to healthy skin. That's why they are Skinccredible!

@skincredibles2

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