

TEN (NEW) COMMANDMENTS FOR OSTOMATES

Via: Vancouver Ostomy Highlife & Regina Ostomy News

- 1) Thou shalt allow thyself to be sad, or angry, or depressed on occasion. Who said you always have to have a good attitude.
- 2) Thou shalt not let the above emotions become a way of life.
- 3) Thou shalt seek help, education, and support if thine unhappy emotions overcome thee.
- 4) Thou shalt learn to care for thy ostomy. Letting others do it for you if you are physically able is a cop-out.
- 5) Thou shalt seek out thy ET nurse if thou art notified with thine products.
- 6) Thou shalt not hide thyself away. Get out and do the things you used to do. You can.
- 7) Thou shalt not be ashamed.
- 8) Thou shalt cultivate a sense of humor about thine ostomy. There are worse things. Far worse.
- 9) Thou shalt set an example to the non-ostomy world. An example of triumph over adversity, courage over pity, and pride over embarrassment.
- 10) Thou shalt help other ostomates. Join your local UOA chapter, donate money, and volunteer your time.