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FOR IMMEDIATE RELEASE

**New Book Shows How Active, Vibrant and Successful Living  
is Possible After Life-Altering Surgery**

LIVING WELL WITH AN OSTOMY By Elizabeth Rayson, ISBN 1-4120-0081-5

While there is no doubt that getting an ostomy represents a huge life change, it does not have to define your life, according to health author Elizabeth Rayson in her new book, *Living Well with an Ostomy*.

For the nearly one million Americans already living with an ostomy, a surgically created opening in the abdominal wall to release waste from the bowel or bladder, this book will be a welcome addition to their healthcare library. And for the estimated 65,000 people who will undergo ostomy surgery every year, *Living Well with an Ostomy* will be an essential resource as they face this new phase of their lives. Ostomy surgery is needed by those who don't have normal bladder or bowel function because of disease (such as inflammatory bowel disease and colon cancer), congenital conditions, or injury.

This comprehensive and easy-to-understand guide covers the practical aspects of ostomy care. Readers will also learn how to cope with the significant changes to their bodies that affect everything from traveling, dressing, playing sports, eating favorite foods and enjoying romantic and sexual relationships. The book also includes several personal narratives that illuminate many of the challenges people with ostomies face.

"The prospect of an ostomy is a major source of stress for people. This book will help ease patient's fears and improve their care." Gabriela A. Ghitulescu, MD, Jewish General Hospital, Assistant Professor of Surgery, McGill University, Montreal.

*Living Well with an Ostomy* covers basic information about the various types of ostomies, what to expect from ostomy surgery, as well as psycho/social issues that may surface as a result of ostomy surgery, including those unique to certain groups, such as children, young adults and seniors. The book also includes information on incorporating homeopathic and natural remedies for dealing with the ongoing care of an ostomy, and a substantial Resources section that contains a host of references to additional sources.

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**About the Author**

Elizabeth Rayson has an MA in professional writing from the University of Waterloo. After working for several years as a technical writer, she decided to pursue her passion for consumer health writing and alternative approaches to health and healing. Now, in addition to her work as a writer, Rayson also teaches yoga and runs a small aromatherapy business. She currently lives in Toronto, Canada

*Living Well with an Ostomy* is published by Your Health Press. Your Health Press is dedicated to rare, stigmatizing or controversial health topics. For more information visit [www.yourhealthpress.com](http://www.yourhealthpress.com).

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