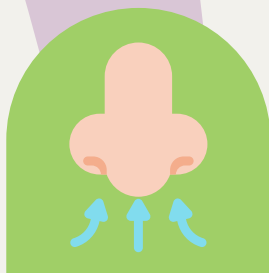


TOP 10 STOMA MYTHS BUSTED

1

"Stoma bags smell and everyone will notice."

Busted: Modern stoma bags are designed to be odour-proof, so unless it needs changing, you'd never know someone was wearing one.



6

"Only older people have stomas."

Busted: Stomas can be needed at any age from newborn babies to people in their 90s.



2

"You can't swim with a stoma."

Busted: You absolutely can. Pools, the sea, even wild swimming, stoma bags are waterproof.



7

"You can't eat normal food anymore."

Busted: While some foods take getting used to, most people return to a varied diet. It's about finding what works for their bodies.



3

"Say goodbye to your favourite clothes."

Busted: From jeans to dresses, people can wear whatever makes them feel good. Stoma bags sit discreetly under most outfits.



8

"Everyone will notice your stoma."

Busted: Stoma bags are designed to be discreet. Most people won't know unless they are told by the person living with one.



4

"Having a stoma ends your sex life."

Busted: Intimacy is still very possible. It's about comfort, communication, and finding what works for the individual.



9

"A stoma is forever."

Busted: Many stomas are temporary and reversed once their body's healed. For some, it's permanent, and life goes on.



5

"Playing sport isn't possible."

Busted: People with stomas run marathons, play football, and more. We even have our own Rugby League team! With time and the right support anything is possible!



10

"Life with a stoma is all downhill."

Busted: For many, it's the start of getting their life back, free from pain, fatigue or constant toilet trips.



Together we are busting myths, breaking stigma, and celebrate life with a stoma. The myths came from volunteers and other people with a Stoma.

#StomaMythbusters #StomaAware



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