

Information on the Czech ILCO activities ILCO in 2016

České ILCO supports ostomates in 20 regional groups, promotes the prevention of cancer diseases and protects interests of ostomates. In the past year the ostomy is considered as the best solution of the health problem, not as the last chance.

České ILCO has a new mascot S.Tomík. It helps the volunteers to spread an information on real life with an ostomy. S.Tomik was ceremonially baptised during the international ostomy meeting.

1. Czech ILCO has published a photo competition. On Wenceslas square there are banks that are dedicated to and signated by its donators. Czech ILCO has one of them, too. If you take a photo on this bank and you will send it to Czech ILCO, your photo will be evaluated.
2. Czech ILCO has new promotional leaflets with a picture of S.Tomík offering a volunteer's visit by newly operated ostomates.
3. S.Tomík exists also as a muppet and visits exhibitions and displays of League Against Cancer, surgical and coloproctological congresses in Prague, Brno and Karlovy Vary, or Days of Healthcare organized in many Czech towns. On these events the volunteers inform the public on the prevention of oncological diseases and the Ostomy support groups.
4. A game Stomiku nedej se has two varieties – it is the desk game as the outdoor game.
5. Czech ILCO cooperates with Ministry of health care on the new project FORUM, that should protect patients organisations in the Czech laws. Czech ILCO also provided the results of the project Life without Limits.
6. Czech ILCO has published a brochure focused on exercises after ostomy operation in 8000 copies, that were sent to the hospitals and to the ostomates.
7. A young ostomate Tereza Nagyová has started a new web sites and a blog focused on new young ostomates [www. Nejsentabu.cz](http://www.Nejsemtabu.cz) and facebook profile Czech ILCo.
8. The president of the Czech ILCo Marie Ředinová has written two chapters regarding ostomy support groups and volunteering in a new book by 3 ostomy therapists. The book includes practical advices for ostomy patients.
9. Our members have informed the public about life with ostomy in different media (TV, web, radio, magazines).