

Czech ILCO activities 2017

Czech ILCO cooperates with many of patient organizations in the Czech Republic. We are breaking the taboo about life with the ostomy on TV, internet and press.

We are pleased that the doctors and the health professionals are interested in the patient's view and we can speak at the medical conferences.

Our Information and counseling center is regularly attended by the students from the medical schools. We pass on not only the theoretical and professional information, but also our personal stories and experiences.

We are pleased to announce the launch of a new community and information project NEJSEMTABU (NEJSEM TABU means "I am not a TABOO").

Some of our activities in 2017

- **The information and counseling center for people with the ostomy or the bowel diseases** has been operating in Prague for 6 years. We invite the patients, medical professionals and public to meet the volunteers, hear about their personal experience, find the history of ostomy care, see an exhibition of poetry from the ostomates or some publications about ostomy, colitis and gluten-free diet. <https://goo.gl/DhhZLH>
- **The exhibition highlights ostomy** - Czech ILCO exhibition *About the ostomates among us* in a vestibule of the Koprivnice municipal office.
<http://www.koprivnice.cz/index.php?tema=vystava-upozornuje-na-stomiky>
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- **Meeting in the Meditation Garden** - <http://www.hranice.charita.cz/clanky/setkani-v-meditacni-zahrade/>
- **Meeting of the patient organizations in Brussels** - The representatives of Czech patient organizations met with the representatives of other national patient organizations, the European Parliament and European umbrella organizations to discuss the possibilities and benefits of cooperation. <https://goo.gl/VsKLSc>
<https://goo.gl/a6Qymc>
- May 2017 - 13th **meeting of the ostomates from 3 countries** (Czech Republic, Poland and Slovakia) in Bojnice (town in Slovakia). <https://goo.gl/2PxyJH>
- **Can we live with the ostomy?** - Czech ILCO was represented by three generations of ostomates. Ladies spoke about their experience with ostomy at the nurses conference <http://www.florence.cz/casopis/archiv-florence/2017/5/umime-zit-se-stomii/>
- Czech ILCO **educates** <https://goo.gl/1xX7Em>
- May 2017 **8th International Medical Congress LETOVICE CARE**. The representatives of Czech ILCO spoke with the healthcare professionals about the facts and own experience of Taking care of a new patient with the ostomy in the Czech Republic. Second topic was Swimming and making sport with the ostomy.

<http://zrcadlo.net/clanky/Letovice-hostily-tradicni-mezinarodni-lekarsky-kongres-Letovice-Care-3948/>

- Our chairwoman Marie Redinova took part in the promo video about the WC Compass project <https://youtu.be/3mfPMNGYBew>
- The chairwoman became a member of the APO (The Association of Patient Organisations in Czech republic)
- Presentation on **Prague Oncological Colloquium**
- **Media:** http://www.ilco.cz/ilcotexty/kvety_stomici1.pdf
http://www.ilco.cz/ilcotexty/kvety_stomici2.pdf
http://www.ilco.cz/ilcotexty/kvety_stomici3.pdf
- **NEJSEMTABU** newly created initiative from young patients with the ostomy. We are proud to share creation of large community web where the patients share their experience and have the possibility to write a blog and find the informations about lifestyle. <https://www.nejsemtabu.cz/>
- **Our regional clubs coordinate many other meetings and activities for ostomates as you can see on attached pictures**