



Living with a Stoma

Craig White

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Stomas are usually life-saving, but can be hard to adjust to. At least 1.3 million people are living with a stoma in the UK, usually a colostomy or ileostomy. This new edition of *Living with a Stoma* looks at the practical, emotional and psychological effects of living with a stoma. It covers types of stoma; coping with your feelings, and tackling problems such as worry, anxiety and depression. The impact of stoma on intimate relationships is also discussed, along with lifestyle factors including travel, diet, work, sleep and sport.

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