

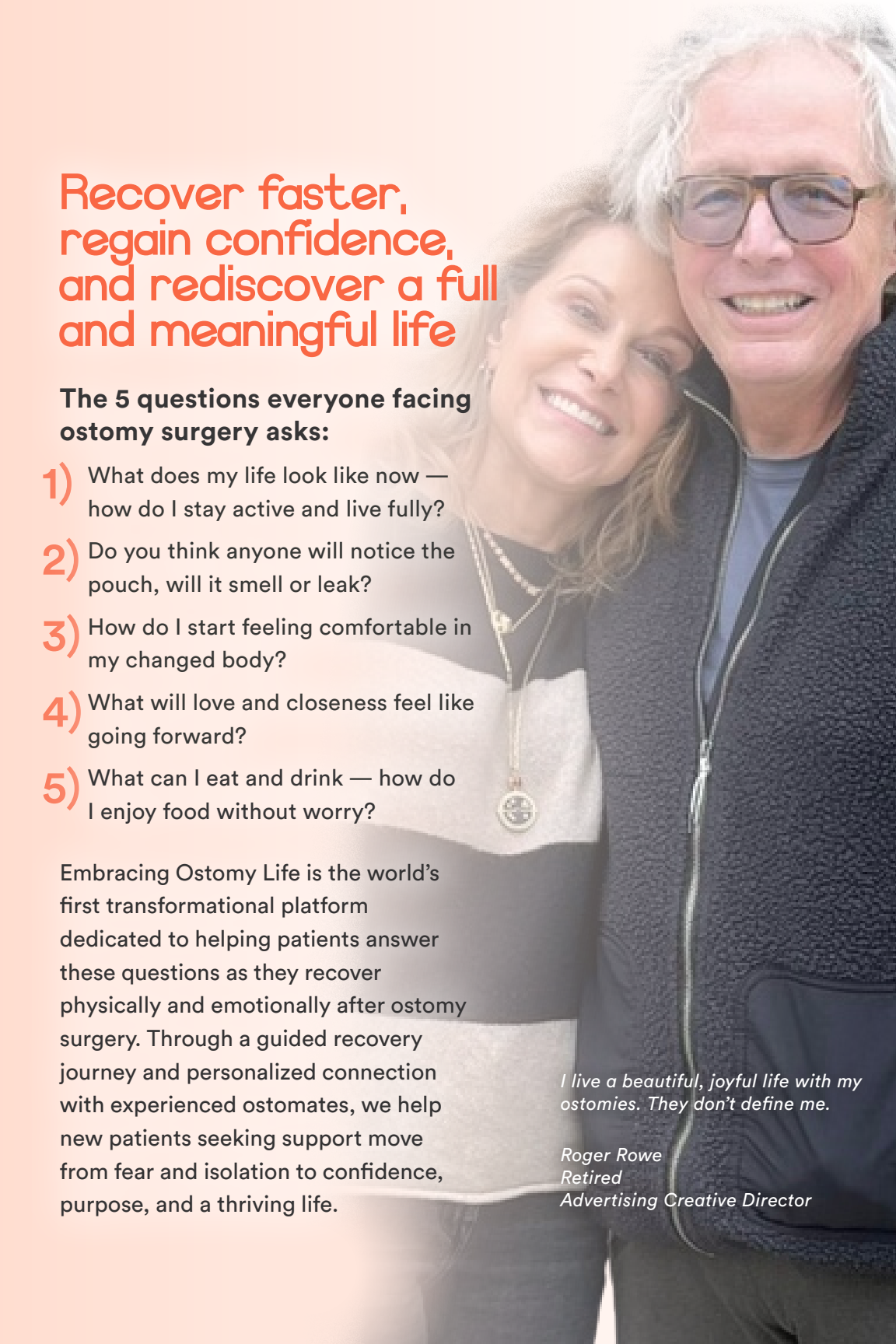


embracing ostomy life

When Life Changes Overnight, You Don't Have to Face It Alone



*Jearlean Taylor—
Double ostomate and
international fashion model.*



Recover faster, regain confidence, and rediscover a full and meaningful life

The 5 questions everyone facing ostomy surgery asks:

- 1) What does my life look like now — how do I stay active and live fully?
- 2) Do you think anyone will notice the pouch, will it smell or leak?
- 3) How do I start feeling comfortable in my changed body?
- 4) What will love and closeness feel like going forward?
- 5) What can I eat and drink — how do I enjoy food without worry?

Embracing Ostomy Life is the world's first transformational platform dedicated to helping patients answer these questions as they recover physically and emotionally after ostomy surgery. Through a guided recovery journey and personalized connection with experienced ostomates, we help new patients seeking support move from fear and isolation to confidence, purpose, and a thriving life.

I live a beautiful, joyful life with my ostomies. They don't define me.

*Roger Rowe
Retired
Advertising Creative Director*

TEAM HOPE

A one-to-one connection that helps you move from alone to confident.

You'll be matched with a guide—an experienced ostomate who understands what you're going through and is there to listen, encourage, and support you. Together, you'll build confidence, find reassurance, and begin to see what's possible again.



“I get more out of helping my support seekers than they got from me. It is so powerful.” – *Roger (Team HOPE Volunteer)*

“My Team HOPE volunteer was a great encouragement and shared advice at a time when I was lost and so vulnerable.” – *Darlene*

ALIVE & KICKING

A guided recovery journey designed to help you move from uncertainty to confidence in the first month after ostomy surgery.

Created by ostomates for ostomates, this transformational email platform delivers the right support at the right time—combining practical guidance, encouragement from medical professionals, and real stories from people who are now living full, thriving lives.

Each day, you'll take another step toward feeling stronger, more capable, and more like yourself again—so you can return to the life you love.



A Trusted Partner in Ostomy Care

Hospitals, nurses, surgeons, and industry partners trust **Embracing Ostomy Life** because our programs deliver something clinical care alone cannot.



Human connection, emotional support, and the belief that life after ostomy surgery can be extraordinary.



“Sometimes the surgery goes exactly as planned but the next day we walk into a quiet, dark room and find a patient with a broken spirit. While that isn’t something we can treat in the OR, Embracing Ostomy Life gives my patients the hope and support they need to feel as positive about their future as I do.”

*Sonia Ramamoorthy,
MD FACS FASCRS, UCS*

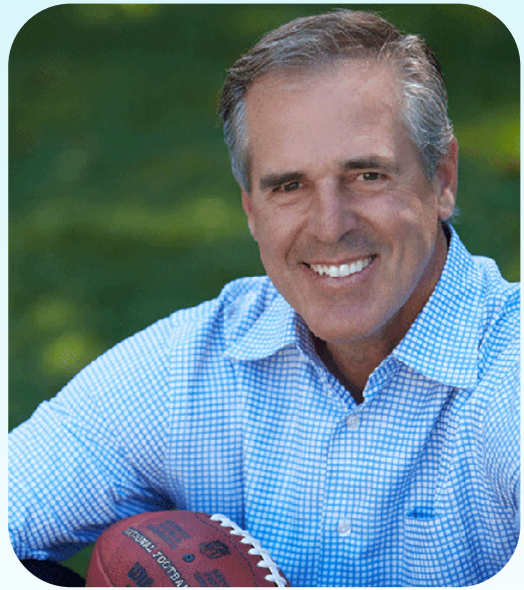


“As a child with an ostomy, I felt alone—no one understood, and I had so many questions. Becoming an ostomy nurse opened my eyes to the healing power of connection with others who truly understand. Surgery saves lives, but it’s those shared bonds that restore the heart and spirit. Embracing Ostomy Life offers that connection—and the comfort of knowing you are not alone.”

Joanna Burgess, BSN, RN, CWOCN

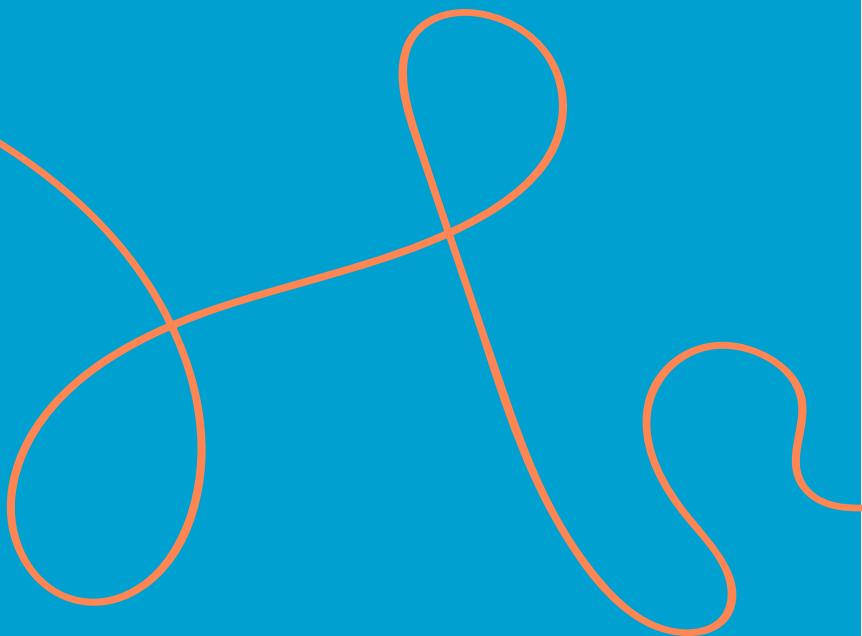
Meet Our Founder

Rolf Benirschke played ten seasons in the NFL and was named **NFL Man of the Year** and **All-Pro**. During his third season with the **San Diego Chargers**, he required ostomy surgery for severe ulcerative colitis. Against all odds, Rolf returned to the NFL for seven more seasons—becoming the first professional athlete to play with an ostomy. For more than 40 years, he has championed the ostomy community and founded **Embracing Ostomy Life** to ensure no one faces ostomy surgery alone.





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A nonprofit public benefit corporation, 501(c)(3).