

There are many hospitals where they operate stomas in Estonia. Mostly in Tallinn and in North Regional Hospital where most cancer doctors work. There are about 300-400 new stomas per year and about 1200-1300 people with stoma in Estonia.

People feel that after they closed our Cancer Centre and moved it into a emergency hospital where everything is together now ( people from the street and very sick cancer patient) also the stomapatient has not so good life anymore.

All people get "stomacare kit-bag" from hospital, where is book about stomacare, information about products and samples.

ET nurses talk about ESTILCO in hospital and most of people get the information also in writing. ESTILCO has their own website- [www.estilco.eu](http://www.estilco.eu) - where you can read about important information what events and where and when there will be. Also about stomas and stomacare products, companies aso.

But there are mostly people from Tallinn and nearby area in ESTILCO. It is very hard to get new people to ESTILCO, because people are afraid at first. When they do come, they usually stay.

ESTILCO is very active.

Last year we had gatherings for the people in cafe each month. There is usually our ET nurse and if possible a doctor in cafe. If anybody has any questions, they can ask them there. Everybody can ask questions, tell stories or talk about problems as they wish.

Four times we had the quest-psychologist, who gave us lectures and answered for some questions.

We have a cooperation with our Estonian Cancer Society who invited us to their different activities and lectures - about medicine, laughing therapy, art therapy, summer camp aso.

We had different excursions for different places of Estonia through the year.

We saw beautiful nature, different museums, interesting places and people.

Two times we visited theatre. Did some small sports-walking with sticks - very popular in here.

We have new year party and the summer party each year, where attend more people, also people come with their loved ones.

In the 8 of June of 2013 we have a reception with lectures, because ESTILCO will be 20 years old. At the moment we try to organize it and to find money for that.

All the best!

Regards

Pille-Maris Arro ESTILCO

Estonia