

Krystal Miller

LIVED EXPERIENCE: Stoma Care, Pain Management, Chronic Illness, Gastroenterology, Maternity



At 14 years old, Krystal was diagnosed with Crohn's disease which caused progressive deterioration until she had life-saving surgery at 21 years old to create an ileostomy (stoma). Krystal was then faced with great uncertainty - she was told she would never be able to have children, or find love and acceptance in society with a stoma - a stigma she has been fighting to change since. Now as a mother of three, highly sought-after keynote speaker and the face of her worldwide blog 'Bag Lady Mama' launched in 2016, Krystal is leading the way to transform the way ostomys are perceived by society and improve health services provided to fellow ostomates. Still in and out of hospital, and navigating motherhood alongside other chronic illnesses like fibromyalgia, arthritis and polycystic ovarian syndrome, Krystal is determined to create positive change in healthcare and society as a whole, using her lived experience and social platform (combined following across platforms of 48.5K). Through her experiences of maternity care with her three children, Krystal wishes to create more resources and support for those who are pregnant and have an ostomy.

ACHIEVEMENTS AND EXPERIENCE:

- Launched worldwide blog 'Bag Lady Mama' in 2016
- 2017 Keynote Speaker for Hartmanns in Amsterdam
- Keynote Speaker for 'Bowel of the Ball' in Newcastle, Australia
- Featured in media - print, screen and podcasts - worldwide

KEY INFORMATION

Place of Birth: Mt Gambier, South Australia
 Current location: Port Lincoln, South Australia
 Age: 38 (1983)
 Language/s: English
 LGBTQIA+: Yes
 NDIS Participant: No
 Diagnoses: Crohn's Disease, Fibromyalgia, Arthritis, Scoliosis, Polycystic Ovary Syndrome, PTSD, ADHD
 Healthcare Access: Primary Health Care, Specialists, Secondary Health Care, Tertiary Health Care

LINKS

- [Mom's Semi-Nude Photos Spread Important Message About Crohn's Disease](#) - The Mighty
- [Why Krystal Miller hasn't let wearing an ileostomy bag change her life, or her amazing sense of style](#) - Mamamia Feature
- ['I was told no one would ever love me'](#) - 7 News Australia Feature
- ["We shouldn't be hiding,"](#) - Cosmopolitan
- [Krystal Miller Feature](#) - Refinery 29
- [Krystal Miller is a woman championing self-love](#) - 9 Honey Feature
- [Krystal Miller Feature](#) - Independent UK