**NOTE:** Provide the PanCAN fact sheet to your audience as they enter the meeting and/or show slide #5 from the PowerPoint slides on a screen.

**TALKING POINTS:**

Good morning/afternoon/evening!

Today, I’d like to share information on an important initiative for our community/employees.

The Pancreatic Cancer Action Network (PanCAN) has asked us to help shine a light on pancreatic cancer. Pancreatic cancer is the 3rd leading cause of cancer death in the United States, and it is unfortunately on the rise. The exact cause of pancreatic cancer is not known. For about 10 percent of patients, there is a family link.

Pancreatic Cancer Awareness helps PanCAN:

* Raise awareness about the risk for pancreatic cancer.
* Help patients and their loved ones touched by pancreatic cancer by connecting them with PanCAN.
* Encourage our community to take action to reduce their risk.

Today, I’d like to encourage everyone to commit to taking action to reduce their risk for pancreatic cancer.

You can reduce your risk of pancreatic cancer by making lifestyle changes. There are seven steps you can take:

1. Know the symptoms
2. Make healthy food choices
3. Get moving
4. Limit alcohol
5. Don’t use tobacco products
6. Be mindful of your weight
7. Learn your family history and get an annual checkup

And if you know anyone who has been impacted by this disease, tell them to call PanCAN or visit pancan.org/ReduceYourRisk.

**NOTE:** Discuss any activities you are hosting to promote Pancreatic Cancer Awareness.

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