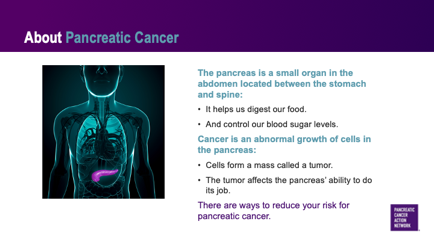
**PowerPoint Slides Script**

**Slide 1: Pancreatic Cancer Be Aware, Reduce Your Risk**Good morning/afternoon/evening! 

Today, I’d like to share information on an important initiative for our community. And encourage everyone to commit to taking action to reduce the risk for pancreatic cancer.

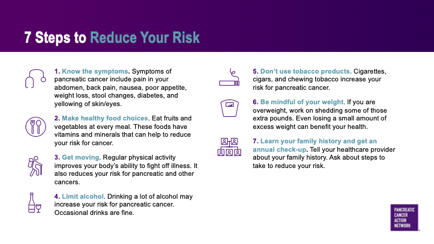


**Slide 2: About Pancreatic Cancer**The pancreas is a small organ in the abdomen. It’s shown in purple on the slide. The pancreas helps with digestion and controls blood sugar levels. It has an important role! Pancreatic cancer is an abnormal growth of cells in the pancreas, which can form a mass called a tumor. Pancreatic cancer affects the pancreas’ ability to do its job.

**Slide 3: PanCAN Helps You Learn About Your Risk**  
More than 67,000 Americans are expected to be diagnosed with pancreatic cancer in 2025. That’s 185 people diagnosed every day. The exact cause of pancreatic cancer is not known. For about 10 percent of patients, there is a family link. 

The Pancreatic Cancer Action Network, or PanCAN, is dedicated to fighting pancreatic cancer by:

* Funding research to identify new treatment options and methods to detect pancreatic cancer at an earlier stage of disease.
* Providing information to patients and their families through PanCAN Patient Services.
* Getting the word out about how to reduce your risk for pancreatic cancer.
* Working with thousands of grassroots advocates to urge increased federal research funding for pancreatic cancer.

**Slide 4: 7 Steps to Reduce Your Risk**   
So, how do you reduce your risk for pancreatic cancer? There are seven steps that we can share with our constituents:

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 you family history and get an annual check-up.



**Slide 5: PanCAN’s Be Aware, Reduce Your Risk Toolkit**PanCAN has provided a toolkit to help with our activities. The toolkit includes a:

* Poster to help promote Pancreatic Awareness.
* Fact sheet to hand out to congregants.
* Script for a five-minute health talk (the fact sheet or a slide can serve as a visual).
* Collection of ready-to-post social media messages for Instagram, X, and LinkedIn.

**Slide 6: Pancreatic Cancer Awareness Activities**The goal of Pancreatic Cancer Awareness is to empower, educate, and inspire our community to take action to reduce their risk for pancreatic cancer.

Some ways we can get involved include:

* Putting up the poster in a central location.
* Giving a five-minute health talk about pancreatic cancer and how to reduce the risk.
* Getting the word out through social media channels.
* Sponsoring activities to help our community make lifestyle choices that can help reduce the risk for pancreatic cancer:
  + Healthy cooking class.
  + Community walk.
  + Mocktail recipe class.
  + Smoking cessation class.
  + Weight loss support group.

**Slide 7: 3 Easy Ways to Join our Movement**If you’d like to get more involved with PanCAN, they encourage you to join their movement! ​A few icons of people and a website

Description automatically generated with low confidence

* First, contact Patient Services to learn more about reducing your risk of pancreatic cancer ​
* Next, join a local volunteer affiliate, by visiting pancan.org/get-involved
* And, finally, save the date and register for PanCAN PurpleStride 2025 – taking place on April 26!

**Slide 8: Empower, Educate, and Inspire**Thanks for your help! This is an important and exciting initiative for our community.A purple background with white text

Description automatically generated