

“THE TRUTH” NEWSLETTER

(CAN YOU HANDLE THE TRUTH?)



August 2018

Living My Best Life

October is breast cancer awareness month, but I am led to discuss health in the month of August. Unfortunately, women are diagnosed with breast cancer everyday of the year so we must pay attention to our bodies and our lives every day. The facts are stated about the disease, but there are some things we can do to make a difference. However, if an unwanted cancer situation occurs, here are some organizations in place to help!

As a survivor and comedienne, my assignment is to share my experience all over the world via speaking engagements and comedy. I changed many things in my life to include: my diet, thought process, pray life and increased physical activity. These changes have enhanced my ability to educate, provide a new perspective on life to others and spread continuous joy. My goal is to make the world laugh and that includes...YOU!

The Truth

U. S. BREAST CANCER STATISTICS

https://www.breastcancer.org/symptoms/understand_bc/statistics

- About 1 in 8 U.S. women (about 12.4%) will develop invasive breast cancer over the course of her lifetime.
- In 2018, an estimated 266,120 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S.
- About 2,550 new cases of invasive breast cancer are expected to be diagnosed in men in 2018
- Breast cancer incidence rates in the U.S. began decreasing in the year 2000.
- About 40,920 women in the U.S. are expected to die in 2018 from breast cancer.
- In women under 45, breast cancer is more common in African-American women than white women.
- As of January 2018, there are more than 3.1 million women with a history of breast cancer in the U.S.

Birmingham's Breast Cancer Organizations

Forge Breast Cancer Survivor Center

www.forgeon.org

Breast Cancer Research Foundation

www.bcrf.org

American Cancer Society

www.cancer.org

Brenda's Brown Bosom Buddies

www.brendasbrownbosombuddies.org

Susan G. Komen North Central Alabama

www.komennca;abama.org

CONTACT US

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"I love those who can smile in trouble...."

-Leonardo da Vinci

JOKE OF THE MONTH

A doctor is the only man who can tell a woman to take off all her clothes and then send a bill to her husband

quickfunnyjokes.com

FINANCIAL UPDATE

Recording the Health History: The Basics

<https://www.aarp.org/caregiving/health/info-2017/record-history.html?intcmp=AE-CAR-HEA-R2-C1>

CANCER SURVIVOR!
"AIN'T NO LOOKING BACK!"
COMEDY TOUR

October 4th – Huntsville, AL
Von Braun Center – Playhouse
October 11th – Birmingham, AL
Boutwell Auditorium
October 14th – Tuscaloosa, AL
Embassy Suites
October 18th – Montgomery, AL
TBA
November 4th – Gadsden, AL
Pitman Theatre
MORE DATES TO COME...

"THE TRUTH"

www.KeepYouLaughing.com