

*Malqueen Rivers, Praise Out Cancer Spokesperson, says, "Wearing pink means I care, but raising funds and motivating others says I want to make a difference."*

#### WHY YOU SHOULD DONATE

Your donation will help us fund our well received, Praise Out Cancer (POC) Grant. Our POC Grant is a community cancer financial fund that seeks to help minimize a small portion of the financial burdens that come with breast and prostate cancer by providing financial support to patients, in our area, who are undergoing active treatment, so that they may focus on recovery and survivorship.

#### IT'S EASY TO DONATE

website: <https://praiseoutcancer.org/donate>

Cashapp: \$PraiseOut

Or, mail a check payable to

The Praise Out Cancer Foundation  
and mailed to:

Praise Out Cancer Foundation  
172 Park Circle, Branchville, SC 29432

Please Include your:

Name, Address, Email Address

also include any comments,  
e.g., In Honor or In Memory Of, etc.



Scan to donate with CashApp QR Code



Scan to donate with Givify QR Code



#### CONTACT US AT

PRAISE OUT CANCER FOUNDATION  
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WE ARE COMMITTED TO BEING A BLESSING  
TO THOSE WHO ARE TOUCHED BY CANCER

THE PRAISE OUT CANCER FOUNDATION PRESENTS THE

#### LOOK GOOD - FEEL GOOD CHARITY FASHION SHOW LUNCHEON

Sat. Sept. 21, 2024 1 pm  
Lovely Hill Conference Center  
St. George, SC



*Together We Soar In 24*

FEATURING INCREDIBLE WOMEN AND MEN MODELS WHO ARE EITHER CURRENTLY  
WORKING THROUGH CANCER TREATMENT OR SURVIVORS OR HONORING SOMEONE

## BREAST CANCER BY THE NUMBERS



Every



A WOMAN IS DIAGNOSED WITH BREAST CANCER

**1 in 8 women**

WILL BE DIAGNOSED WITH BREAST CANCER



Every



A WOMAN IN THE U.S. LOSES HER LIFE TO BREAST CANCER

**“BUT ONLY OLDER WOMEN GET BREAST CANCER, RIGHT?”**



AND AT LEAST **11,000 more young women** WILL BE DIAGNOSED THIS YEAR



An estimated

**226,870 women**

AND

**2,190 men**

WILL BE DIAGNOSED BY THE END OF 2012

THIS YEAR **39,510 women**

AND

**410 men**

WILL DIE OF THE DISEASE

ABOUT **2.6 million**

FEMALE SURVIVORS OF BREAST CANCER LIVE IN THE U.S.



## “WHAT CAN I DO?”



**EXERCISE.**

10-19 HOURS PER WEEK CAN LOWER YOUR RISK UP TO 30%.



**DRINK LESS.**

IF YOU'RE A WOMAN AND YOU DRINK, LIMIT YOUR ALCOHOL INTAKE TO REDUCE YOUR RISK.



**KNOW THE SIGNS.**

BE AWARE OF WHAT'S NORMAL FOR YOU AND TELL YOUR DOCTOR ABOUT ANY CHANGES.



**BE YOUR OWN ADVOCATE.**

CREATE A PREVENTION AND TREATMENT PLAN WITH YOUR DOCTOR THAT FOCUSES ON YOUR NEEDS.



## GOD ABOVE CANCER

WE ARE COMMITTED TO BEING A BLESSING TO THOSE WHO ARE TOUCHED BY CANCER

### FACT

Women have about an 1 in 8 chance of being diagnosed with breast cancer, but it might surprise you to learn that 1 in 7 men will be diagnosed with prostate cancer.

### OUR MISSION

The Praise Out Cancer Foundation, a 501c3 non-profit organization, was found in 2017 to provide help and inspire hope to those affected by breast and prostate cancer through education, sharing information and aiding patients by supporting cancer treatment centers.



## PROSTATE CANCER BY THE NUMBERS



A MAN IS DIAGNOSED WITH PROSTATE CANCER

**1 in 5**

AFRICAN-AMERICAN MEN WILL BE DIAGNOSED WITH PROSTATE CANCER AT SOME POINT IN HIS LIFE



A MAN DIES OF PROSTATE CANCER

PROSTATE CANCER IS THE SECOND MOST COMMONLY DIAGNOSED CANCER AMONG MEN

TODAY, THERE ARE **2.8 MILLION** PROSTATE CANCER SURVIVORS IN USA

**1.6X**

AFRICAN-AMERICAN MEN MORE LIKELY TO BE DIAGNOSED WITH PROSTATE CANCER

**2.4X**

AFRICAN-AMERICAN MEN MORE LIKELY TO DIE FROM PROSTATE CANCER

**220,800**

MEN WILL BE DIAGNOSED WITH PROSTATE CANCER IN



**5 years**

Nearly **100%** of African-American men diagnosed with prostate cancer will be alive five years after their diagnosis.

**27,540 men will die** FROM PROSTATE CANCER IN 2015

## WHAT CAN I DO?

**KNOW YOUR RISK**

RISK FACTORS

RACE  
FAMILY HISTORY  
AGING  
DIET  
GENE CHANGES  
CHEMICALS



**GET TESTED**

TALK TO YOUR DOCTOR



MAKE A PLAN TO GET TESTED

**MAINTAIN A HEALTHY LIFESTYLE**



BE ACTIVE, EAT NUTRITIOUS MEALS, MAINTAIN A HEALTHY WEIGHT

**SPREAD THE WORD**



TELL A FRIEND