



Praise Out Cancer Foundation Cancer Awareness Workshop

Companion Guide

Your Guide to Education, Early Detection & Hope



POC Workshops in Action

Today's Workshop

Date: _____

Location: _____

Presenter: _____

Organization: _____

Along with this guide comes a highlighter. If you hear something today that speaks to you or answers a question you've always had, don't be afraid to mark it. This guide belongs to you. Make it your own.

We Thank Our Praise Out Cancer Foundation (POCF) Friends

MUSC Hollings Cancer Center M.O.V.E.N. Up Cancer Education Program
South Carolina Cancer Alliance Men's UNITED for Health Initiative



PRAISE OUT CANCER'S: FRIENDS, PARTNERS, AND COLLABORATORS

Disclaimer Note: *At Praise Out Cancer Foundation (POCF), we are committed to providing helpful information and support. Please note that the content in this guide is for educational purposes only. It is not medical advice and should not replace a consultation with your doctor. Your health is unique and you should always discuss any questions or changes to your health with your medical team. We are here to support your journey, but please reach out to a health care professional for all clinical needs.*

Early Detection Saves Lives
Education Makes Early Detection Possible

**Praise Out Cancer Foundation (POCF) Cancer Awareness
Workshop Companion Guide**

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**To help someone understand cancer well enough
that they can go home and help someone else.**

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1. Welcome to the POCF Cancer Awareness Workshop

Welcome, and thank you for taking the time to be here. We are deeply honored that you have chosen to spend today learning about cancer awareness, prevention, and early detection.

Whether you are a cancer survivor, currently undergoing treatment, supporting a loved one, or simply seeking reliable health care information, you are welcome here.

Use this guide during today's workshop, and then keep it as a trusted resource to revisit and share with family and friends.

At POCF, we believe that knowledge empowers, early detection saves lives, and hope makes the journey easier.

Today we'll explore:

- Why early detection saves lives
- Ways to reduce cancer risk
- Common cancers and recommended screenings
- Resources to help you and your family stay informed

We encourage you to ask questions, take notes, and participate in the discussion. Some of the most valuable lessons come from sharing our experiences and encouraging one another.

Our hope is that you will leave today feeling informed, encouraged, and confident to take positive steps toward protecting your health and supporting those you love.

Thank you again for being here.

Let the Journey Begin...

2. About Praise Out Cancer Foundation

Bringing Awareness, Education and Hope

We Are POC

At POCF, we believe no one should feel alone. We offer trusted information, compassionate support, and hope.

Founded in 2017, POCF is a 501(c)(3) nonprofit organization dedicated to reducing the impact of cancer through education, early detection, community outreach, and patient support.

Our Mission in Action

Our mission comes to life through education, community outreach, strategic partnerships, and programs that support individuals and families throughout the cancer journey.

- ✓ Community Cancer Education and Outreach
- ✓ Educational Resources
- ✓ Annual Signature Events
 - On the Move for a Cure
 - Look Good – Feel Good Fashion Show & Luncheon
- ✓ Partnerships with Health Care Organizations
- ✓ POC Grant Program

Together, we can reduce cancer disparities, promote early detection, break the stigma surrounding cancer, and inspire hope in every diagnosis.

Join us as we bring hope, healing, and empowerment to our communities.

Stay Connected

Website: praiseoutcancer.org

Social Media: Facebook.com/PraiseOutCancerFoundation

Email: praiseoutcancer@gmail.com

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3. Why Cancer Awareness Matters

Cancer touches millions of lives every year. Yet, many still lack clear information on warning signs, screenings, and prevention. Staying informed helps you make better health decisions, make early detection a priority, and take steps that can improve your health.

Cancer Disparities

Cancer does not affect everyone equally. Despite progress in prevention and treatment, significant disparities persist. Black Americans continue to face some of the highest cancer death rates in the United States, driven largely by barriers to timely, high-quality health care. Examples include:

- Prostate Cancer: Black men face a higher risk of being diagnosed with, and are more likely to die from prostate cancer compared to other groups.
- Breast Cancer: Black women are less likely to develop breast cancer overall but are significantly more likely to die from the disease.
- Colorectal Cancer: Black men and women continue to have among the highest death rates from colorectal cancer.

Why Education Matters

Knowledge empowers you to:

- ✓ Recognize warning signs and understand your personal risk.
- ✓ Know when to get screened and make informed health decisions.
- ✓ Support family and friends facing a cancer diagnosis.

Empowering Yourself

Everyone deserves access to clear, simple information about cancer. By learning more today, you're taking a vital step toward protecting your own health and helping your loved ones do the same.

**The more we know, the better prepared we are to protect ourselves,
encourage others, and seek care early when it matters most.**

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4. Early Detection and Cancer Screenings

One of Your Best Defenses Against Cancer

Early detection and routine screenings are powerful tools in the fight against cancer. Catching cancer early, often before you even feel sick, makes it easier to treat and improves your chances of a positive outcome.

Why Routine Screenings Matter

Screenings are designed for people who feel healthy, not those who are already ill. Since many cancers don't cause symptoms early on, these tests act as an essential early warning system.

Although no screening test is perfect, routine screening can often detect cancer early, leading to more treatment options, better outcomes, and peace of mind when results are normal.

Common Screening Tools

Doctors use a variety of tests to monitor your health, such as:

- Mammograms: For breast health.
- Colonoscopies: For colon cancer.
- Imaging and Blood Tests: For identifying potential concerns.

Remember

- ✓ Screenings are for people who feel healthy.
- ✓ Many cancers can be treated more successfully when found early.
- ✓ Talk with your doctor about the screenings that are right for you.

Don't wait for symptoms to show up. Talk with your health care provider about which screenings are right for you. Taking this proactive step is one of the best ways to protect your health...and it's a conversation worth having with your loved ones, too.

5. Recommended Cancer Screenings

Take Charge of Your Health

Talk with your health care provider about any personal or family history of cancer to determine if you should begin cancer screenings at an earlier age or be tested more frequently. Having one or more family members with a history of certain cancers, including breast, colorectal, or prostate cancer, may increase your risk of developing cancer.

How Often Should You Get Screened?

Your recommended screening schedule depends on several factors, including your age, sex (male or female), family history, and overall cancer risk.

Recommended Cancer Screenings by Age and Risk Factors

Cancer Type	Screening Test	General Recommendation
Breast	Mammogram	Women ages 40+ annually (earlier if high risk)
Cervical	Pap Smear & HPV	Women ages 21-65 every 3-5 years
Colorectal	Colonoscopy	Adults ages 45+ (interval depends on test type)
Prostate	PSA Blood Test	Men ages 50+ (age 40–45 if high risk)
Lung	Low-Dose CT Scan	Adults ages 50–80 with a history of heavy smoking
Skin	Full-Body Exam	Those with fair skin, frequent sun exposure

Remember: These are general screening recommendations. Your health care provider may recommend earlier or more frequent screenings based on your personal or family health history.

6. Know Your Cancer Risk

The More You Know, the More You Can Do

It's often impossible to know exactly why one person develops cancer while another does not. However, understanding your **personal** risk factors can help you make informed decisions about your health.

Risk Factors You Can Change

- **Tobacco & Alcohol:** Cutting out smoking and limiting alcohol are two of the best ways to lower your risk.
- **Diet & Weight:** Choose a diet rich in fruits, vegetables, and whole grains while limiting processed foods and added sugars to help maintain a healthy weight.
- **Physical Activity:** Staying active is a great way to manage your weight and lower your risk for many types of cancer.
- **Sun Safety:** Protect your skin with sunscreen, hats, and shade, and steer clear of tanning beds.
- **Preventable Infections:** Stay up-to-date on vaccines, like the one for HPV, to block certain virus-related cancers.
- **Environmental Hazards:** Watch out for harmful chemicals or toxins at work.

Risk Factors You Cannot Change

- **Age:** Cancer risk naturally climbs as we get older because cells have more time to accumulate damage.
- **Genetics & Family History:** Inherited DNA mutations or a family history of cancer can increase your personal risk.
- **Race & Ethnicity:** Certain cancers occur more often in some racial and ethnic groups than others.

While some risk factors are beyond your control, healthy lifestyle choices can help lower your risk. Understanding your personal risk helps you make informed decisions about screenings and your overall health.

7. Cancer 101 Quick Guide

Understanding the Basics

What Is Cancer?

Cancer begins when some of the body's cells stop behaving normally.

Normally:

- ✓ New cells are made when needed.
- ✓ Old or damaged cells die.

With cancer:

- ✓ Damaged cells continue growing.
- ✓ They multiply out of control.
- ✓ They overcrowd healthy cells and interfere with how the body works.

The Good News: Many cancers can be treated successfully, especially when they are found early.

Is Cancer Just One Disease?

No. More than 100 different types of cancer exist. Each cancer is named for where it starts.

Example: Breast cancer that spreads to the lungs is still called breast cancer, not lung cancer.

How Are Cancers Different?

- ✓ Grow at different speeds
- ✓ Spread differently
- ✓ Respond to different treatments

What is a Tumor?

A tumor is simply an abnormal lump or growth.

There are two kinds:

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Benign Tumor

- ✓ NOT CANCER
- ✓ Usually grows slowly
- ✓ Does not spread to other parts of the body

Malignant Tumor

- ✓ IS CANCER
- ✓ Can grow into nearby tissues
- ✓ May spread to other parts of the body

What Does "Stage" Mean?

The stage tells doctors:

- ✓ How large the cancer is
- ✓ Whether it has spread
- ✓ Helps doctors choose the best treatment

Stage	Meaning
1–2	Usually small and has spread little or not at all
3	More advanced and may involve nearby tissues or lymph nodes
4	Cancer has spread to other parts of the body (metastatic)

What Is Metastasis (meh-ta-stuh-sized)?

It means the cancer cells have traveled. The bad cells broke away from the first spot. They moved to a new part of the body. Then, they grew into a new tumor.

Cancer cells can travel through:

- ✓ The bloodstream
- ✓ The lymph system

Not every cancer spreads, but when it does, early detection becomes even more important.

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8. Common Types of Cancer

A. Breast Cancer

*One of the most common cancers,
and one that is often highly treatable when found early.*

Breast cancer begins when cells in the breast grow abnormally and form a tumor. When found early, treatment is often more successful.

Who is at Higher Risk?

- Family History: A parent, sibling, or child who has had breast cancer.
- Inherited Gene Changes: Such as BRCA1 or BRCA2.
- Age: The risk of breast cancer increases with age.
- Chest Radiation: Radiation treatment to the chest before age 30.
- Dense Breast Tissue: Which can mask tumors on a mammogram.
- Race: While diagnosis rates vary, Black women face higher risks of aggressive breast cancer and mortality, making regular screening vital.

Know the Warning Signs

Knowing what is normal for your breasts is your best defense. If you notice any concerning changes, don't panic, but schedule a doctor's visit.

- ✓ New lump or thickening in the breast or underarm
- ✓ Changes in breast size, shape, skin texture, or nipple appearance
- ✓ Skin dimpling, puckering, redness, swelling, or nipple discharge

Recommended Screening

- For Most Women: Yearly mammograms beginning at age 40.
- Women at Higher Risk: Talk with your health care provider about beginning mammograms and breast MRI earlier, often around age 30.

Remember

- ✓ Know what is normal for your body.
- ✓ Schedule mammograms as recommended.
- ✓ Report any new changes promptly.

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8. Common Types of Cancer (Continued)

B. Prostate Cancer

*One of the most common cancers affecting men,
and one that is often highly treatable when detected early.*

Prostate cancer begins when abnormal cells grow in the prostate, a small gland below the bladder. When found early, it is often highly treatable.

Who is at Higher Risk?

- Family History: A father or brother with the disease doubles your risk.
- Inherited Gene Changes: Gene changes passed down from a parent.
- Age: Risk goes up sharply after age 50.
- Race: More common and appears earlier in men of African descent.

Know the Warning Signs

Early cancer often lacks symptoms. Consult your doctor if you experience:

- ✓ Frequent urination, especially at night
- ✓ Difficulty starting or stopping urination
- ✓ Changes in urination (frequency, urgency, weak stream, or pain)
- ✓ Blood in the urine or semen; erectile dysfunction

Recommended Screening

Doctors typically use a PSA blood test and/or a Digital Rectal Exam (DRE).

- Average Risk: Most men should start screening at age 50.
- High Risk: Men of African descent or those with a family history should talk to their doctor about starting screening at age 40 or 45.

Remember

- ✓ **Know that early prostate cancer often has no symptoms.**
- ✓ Talk with your doctor about when screening should begin.
- ✓ Don't ignore changes in urination.

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8. Common Types of Cancer (Continued)

C. Colorectal (Colon) Cancer

One of the most deadliest cancers affecting people younger than 50, but early screening, detection, and treatment save lives.

Colorectal cancer begins as small, noncancerous growths (polyps) in the colon or rectum.

Who is at Higher Risk?

- **Family History:** Family members who have had colorectal cancer.
- **Inherited Gene Changes:** Such as Lynch syndrome or (FAP).
- **Age:** The risk of colorectal cancer increases after age 45.
- **Inflammatory Bowel Disease:** Ulcerative colitis or Crohn's disease.
- **Lifestyle:** Poor diet, obesity, smoking, heavy alcohol use, and inactivity.

Know the Warning Signs

Consult your doctor if you experience:

- ✓ Persistent changes in bowel habits (constipation, diarrhea, or narrow stools)
- ✓ Blood in your stool or stool that appears dark brown or black
- ✓ Ongoing abdominal pain, gas, or unexplained weight loss
- ✓ Weakness, fatigue, or shortness of breath

Recommended Screening

- **Get Screened:** Average-risk persons should begin screenings at age 45.
- **Adopt Healthy Habits:** Maintain a healthy weight, stay active, eat fiber-rich foods, avoid tobacco, and limit alcohol.

Remember

- ✓ Know that colorectal cancer can often be prevented through screening.
- ✓ Don't ignore changes in bowel habits or blood in the stool.
- ✓ Get screened beginning at age 45 if you are at average risk.

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8. Common Types of Cancer (Continued)

D. Lung Cancer

Is the most deadly cancers, but quitting smoking at any time can save lives.

Lung cancer occurs when abnormal cells grow uncontrollably; while smoking is the leading cause, it can affect anyone, including non-smokers.

Who is at Higher Risk?

- Tobacco: Smoking or regular exposure to secondhand smoke.
- Family History: A parent or sibling has had lung cancer.
- **Environmental:** Radon gas, asbestos, arsenic, or diesel exhaust.

Know the Warning Signs

Lung cancer often causes no symptoms early. As the disease progresses, you may notice:

- ✓ A persistent or worsening cough (possibly with blood or rust-colored phlegm)
- ✓ Chest pain, shortness of breath, or wheezing
- ✓ Frequent lung infections like pneumonia or bronchitis.
- ✓ Unexplained weight loss, loss of appetite, or persistent fatigue.

Recommended Screening

- Don't Smoke: If you smoke, quit. Stay away from secondhand smoke.
- Test Your Home: Buy a test kit to check your home for radon gas.
- Get Screened: Talk with your health care provider about whether annual low-dose CT screening is right for you.

Remember

- ✓ Know that the best way to reduce your risk is not to smoke—or to quit.
- ✓ **A cough that won't go away deserves medical attention.**
- ✓ If you're at high risk, ask about low-dose CT screening.

9. Community Resources

Cancer Treatment & Care

- **MUSC Hollings Cancer Center:** Charleston based with outreach across the coast, it is the state's only NCI-designated cancer center, offering advanced clinical trials, support groups, and community outreach.
- **The Roper St. Francis Cancer Center:** A premier outpatient oncology facility located on the St. Francis Hospital Campus in Charleston, South Carolina. It offers the full continuum of care — including diagnostic scans, infusion suites, and treatments—in one convenient location

Financial & Patient Support

- **The Patient Advocate Foundation (PAF)** is a non-profit that helps people with chronic, life-threatening, or debilitating illnesses. It offers free, case management and financial aid to help patients navigate health care, manage medical costs, and maintain employment.
- **Charleston Oncology:** Employs specialized patient assistance specialists and oncology social workers to help connect you with co-pay relief foundations.
- **Best Chance Network (BCN):** In partnership with the SC Department of Public Health, this program offers free breast and cervical cancer screenings to underserved women.

Education & Community Resources

- **SC Cancer Alliance:** A statewide grassroots network that connects residents with cancer survivorship plans, educational fact sheets, and regional resources.
- **American Cancer Society (SC):** Offers local volunteer opportunities, educational cancer statistics, and the *Road to Recovery* program, which provides free rides to life-saving treatment appointments.

Remember: You don't have to face cancer alone. Help is available, hope is real, and caring people are ready to walk this journey with you.

10. Together We Can Make a Difference

What We Do

Raise Awareness – Raise Spirits – Raise Funds

Every workshop we present, every event we host, and every dollar donated helps us educate our communities, support cancer patients, and encourage lifesaving early detection.

Through education, community outreach, annual events, the POC Grant Program, and fundraising, POCF works to reduce cancer disparities, encourage early detection, and bring hope to individuals and families affected by cancer.

Learn More

The POC Grant Program

Since 2019, the POC Grant Program has provided compassionate financial assistance to individuals undergoing cancer treatment. These flexible grants help recipients meet essential needs such as transportation, groceries, utility bills, and other everyday expenses, allowing them to focus more fully on healing and recovery. More than financial assistance, each grant is a reminder that everyone is valued, supported, and never alone.

How You Can Make a Difference: Help Us Continue Bringing Hope



POC WEBSITE



GIVELIFY



CASH APP

Scan the QR code to make a secure donation.

Or visit: <https://praiseoutcancer.org/donate>

Your support helps POCF to continue providing free cancer education, community outreach, and financial assistance through the POC Grant Program.

Thank you for partnering with us to make a lasting difference.

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11. Annual Signature Events

Look Good – Feel Good: Charity Fashion Show & Luncheon

Takes Place: Every year the Fourth Saturday of September

Launched in 2022, Look Good – Feel Good is our annual charity fashion show and luncheon spotlighting cancer survivors and supporters walking the runway with purpose and pride. This event celebrates life, honors loved ones lost, and promotes awareness in a vibrant, empowering way.

Our motto “Look Good – Feel Good” reflects the transformative power of self-confidence and self-care. Feeling good about one’s appearance uplifts the spirit, boosts self-esteem, and contributes to emotional well-being.

More than a fashion show, each step down the runway is a celebration of strength, survivorship, and the healing power of community.

On the Move for a Cure: Cancer Awareness Walk

Takes Place: Every year the Fourth Saturday of April

Since launching in 2024, On the Move for a Cure has brought communities together with our On the Move for a Cure Awareness Walk in Vance, SC. This annual event is a powerful symbol of progress and unity in the fight against cancer. Participants walk in honor of survivors, in memory of loved ones, and in solidarity with those still in treatment.

Every cancer walk step taken is a testament to resilience, hope, and our collective commitment to ending cancer.

Remember

The proceeds from every POC event support local education, awareness programs, and community-based services.

12. Continue the Journey

Thank you for investing in your health today. We hope this guide encourages and informs you long after the workshop has ended.

One Last Favor...

Please don't keep what you've learned to yourself. Share what you've learned, pass this guide along, and encourage someone to get screened. Help us spread the message that early detection saves lives.

Stay Connected

For information about POCF, our workshops, or our events:

The Praise Out Cancer Foundation

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Leadership Team

Alfred Charley, Director

Mary Charley, Assistant Director

Malqueen Rivers, Spokesperson

Rev. Francis Rivers, Chaplain

We may not be able to reach everyone ourselves.

But together, each person we educate can reach someone else.

That's how awareness grows. That's how hope spreads. And that's how lives are saved.

***Together, through education, awareness, and hope,
we can make a difference.***

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Education Makes Early Detection Possible



13. Questions & Notes

Write down any questions you think of today. There are no silly questions!

If we cover one before you ask it, just check it off your list.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.