#### THE PRAISE OUT CANCER FOUNDATION PRESENTS THE

### LOOK GOOD - FEEL GOOD 2024 CHARITY FASHION SHOW & LUNCHEON



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WE RECOMMEND FOLLOWING THE CURRENT CDC AND SCDHEC COVID GUIDELINES

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#### Meet Bambi Rushton



Bambi joined the staff of **The ARK of Harleyville** in 2016 as the Respite Coordinator. The ARK is a local nonsectarian nonprofit outreach program providing comprehensive support services to families living with Alzheimer's or related dementia. Serving five counties, The ARK offers respite care, support groups, caregiver consultation, caregiver education workshops, resource referrals, law enforcement and first responders training, community learning programs, and rural services development. For more information, call 843.670.2215 or visit thearkofsc.org.

#### Candy Renee: Breast Cancer Advocate & Yoga Specialist



#### The Praise Out Cancer Foundation Presents The Look Good – Feel Good Fashion Show and Luncheon

#### **Order of Program**

#### Master and Mistress of Ceremonies Prophet Albert Young, The Radioman Prophetess Mekiella R. Young, The Gospel Lioness

Opening:

Song: Prophetess Mekiella R. Young, The Gospel Lioness

Scripture and Prayer: Rev. Francis Rivers, Jr., POC Chaplin

Welcome: Bro. Alfred Charley

The Empty Table Memorial Tribute: Sis. Malqueen Rivers

Song: Prophetess Mekiella R. Young, The Gospel Lioness

Speaker: Sis. Bambi Rushton, The Ark of Harleyville

Look Good – Feel Good Fashion Show

Praise Dance: Sis. Angela Brown

Fashion Show Part 1: Runway Walk of Praise

Blessings of the Food: Prophet Albert Young

Luncheon is served

Song: Prophetess Mekiella R. Young, The Gospel Lioness

Inspirational Story: Sis. Candance Fuller-Mack

Fashion Show Part 2: Runway Walk of Praise

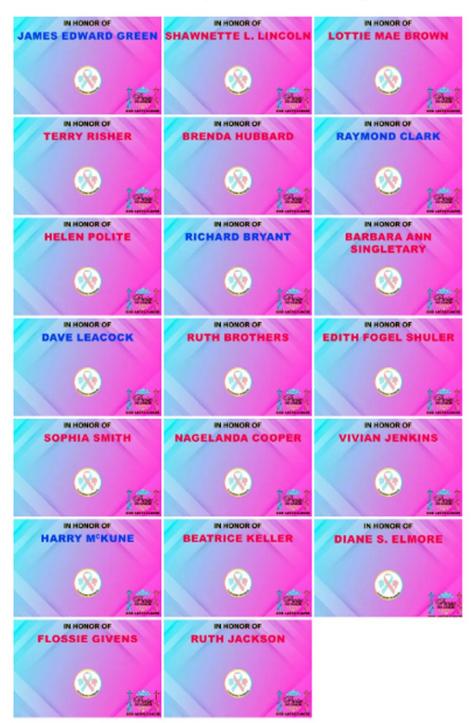
Song: Bro. DeAven Murray

**Cancer Related Announcements** 

Thank You: Sis. Mary Charley

Closing Prayer: Dea. Roger Davis

#### FACES BEHIND THE RIBBONS HONOR WALL PLEASE VISIT: https://praiseoutcancer.org/honor-wall





#### Honor A Loved One Today Make A Gift To Support Our Mission

Honor a family member, friend, caregiver, colleague or someone else with a gift to the Praise Out Cancer Foundation. Honoree names will be prominently displayed on our website's Honor Wall and at future events.

Your gift can easily be made using the Praise Out Cancer Donor Box at praiseourcancer.org.

You are also welcomed to submit a donation by mail to.

Praise Out Cancer Foundation

172 Park Circle

Branchville, SC 29432

Checks should be made payable to the Praise Out Cancer Foundation.

Please include with your check:

- Your Name, Address, Email Address
- Any Comments, e.g. In Honor Of or In Memory Of Their name will be listed on the Faces Behind The Ribbon Honor Wall at: praiseoutcancer.org/honor-wall Here are more ways you can help:
- Cash App: cash.app/\$PraiseOut
- Givelify: giv.li/g579ur



The Praise Out Cancer Foundation would like to thank the many businesses, organizations, churches, and individuals, as well as those who wish to remain anonymous that share our vision. Through donations, in-kind gifts, sponsorships, and volunteering, our supporters help us in achieving our mission. With their help we are able to provide help and inspire hope to those affected by breast and prostate cancer through education, support to awareness programs, treatment centers, and to individuals in our community with our Praise Out Cancer Grant.

Please show your gratitude by patronizing these businesses, thank them and tell them you saw their ad in our Praise Out Cancer Fashion Show and Luncheon Souvenir Journal.









Special Thank You

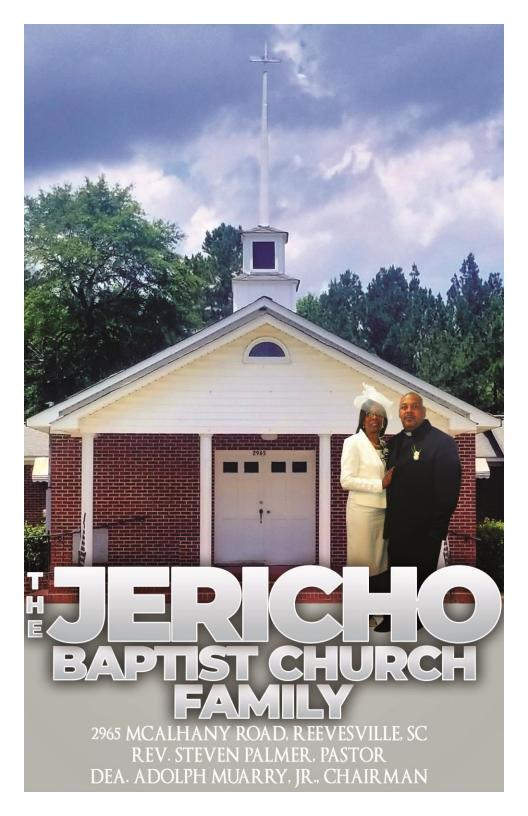
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KRISTLE SHANELL CONTACT INFORMATION WEBSITE: WWW.THEKRISTLESHANELLSHOW.COM FACEBOOK: KRISTLE SHANELL LINKEDIN: DR. KRISTLE SHANELL; TWITTER: DR. KRISTLE SHANELL YOUTUBE: DR. KRISTLE SHANELL; INSTAGRAM: THE KRISTLE SHANELL SHOW TO ORDER MY BOOK: IN THE MIDST OF A DIAGNOSIS HTTPS://A.CO/D/11B5SPL

GREETINGS, I AM KRISTLE SHANEL. I AM A COUNSELOR, SINGER, SONGWRITER, RADIO AND TV HOST FOR "THE KRISTLE SHANELL SHOW", AUTHOR, MENTOR, MOTIVATIONAL AND EMPOWERMENT SPEAKER, EVENT COORDINATOR, EVENT PLANNER, HIV & AIDS ADVOCATE, STD'S ADVOCATE, ADDICTION ADVOCATE, MENTAL ILLNESS ADVOCATE, INDEPENDENT BEAUTY CONSULTANT WITH MARY KAY COSMETICS AND A DISTRIBUTOR FOR ARDYSS





#### What Is Cancer?

Cancer affects 1 in 3 people in the United States. Chances are that you or someone you know has been affected by cancer. Here is some information to help you better understand what cancer is.

You are made up of trillions of cells that over your lifetime normally grow and divide as needed. When cells are abnormal or get old, they usually die. Cancer starts when something goes wrong in this process and your cells keep making new cells and the old or abnormal ones don't die when they should. As the cancer cells grow out of control, they can crowd out normal cells. This makes it hard for your body to work the way it should.

For many people, cancer can be treated successfully. In fact, more people than ever before are leading full lives after cancer treatment.

#### Cancer is more than just one disease

There are many types of cancer. Cancer can develop anywhere in the body and is named for the part of the body where it started. For instance, breast cancer that starts in the breast is still called breast cancer even if it spreads (metastasizes) to other parts of the body.

There are two main categories of cancer:

- Hematologic (blood) cancers are cancers of the blood cells, including leukemia, lymphoma, and multiple myeloma.
- Solid tumor cancers are cancers of any of the other body organs or tissues. The most common solid tumors are breast, prostate, lung, and colorectal cancers.

These cancers are alike in some ways, but can be different in the ways they grow, spread, and respond to treatment. Some cancers grow and spread fast. Others grow more slowly. Some are more likely to spread to other parts of the body. Others tend to stay where they started.

Some types of cancer are best treated with surgery; others respond better to drugs such as chemotherapy. Often 2 or more treatments are used to get the best results.

#### What is a tumor?

A tumor is a lump or growth that can be benign or malignant (cancer).

#### What is the difference between a benign and a malignant tumor?

**Benign tumors** usually grow slowly, don't grow into tissues around them, and don't grow into other parts of the body. They also don't often cause symptoms unless they grow large enough to push on other structures. If they need treatment, it is usually surgery although radiation and medications can also be used. Benign tumors are not cancer.

**Malignant tumors** (cancer) can grow quickly and uncontrollably. These tumors can grow and spread into areas close by. Cells from these tumors can break away, travel through blood or lymph system, and begin to grow in other parts of the body. When this happens it is called metastasis. Symptoms from malignant tumors usually vary depending on where the tumor is located. Malignant tumors are treated with surgery, radiation, and drugs such as chemotherapy.

#### What causes cancer?

Cancer cells develop because of multiple changes in their genes. These changes can have many possible causes. Lifestyle habits, genes you get from your parents, and being exposed to cancer-causing agents in the environment can all play a role. Many times, there is no obvious cause.

#### What is the cancer stage?

When a cancer is found, tests are done to see how big the cancer is and whether it has spread from where it started. This is called the cancer's stage.

A lower stage (stage 1 or 2) means that the cancer has not spread very much. A higher number (stage 3 or 4) means it has spread more. Stage 4 is the highest stage.

The stage of the cancer is very important in choosing the best treatment for a person. Ask your doctor about your cancer's stage and what it means for you.

#### How does cancer spread?

Cancer can spread from where it started to other parts of the body.

When cancer cells break away from a tumor, they can travel to other areas of the body through either the bloodstream or the lymph system. Most of these escaped cancer cells die or are killed before they can start growing somewhere else. But one or two might settle in a new area, begin to grow, and form new tumors. This spread of cancer to a new part of the body is called **metastasis**.

#### Courtesy of the American Cancer Society

#### **Cancer and African American People**

#### Key Points

- Compared to members of other racial and ethnic groups, Black and African American people have higher rates of getting and dying from many kinds of cancer.
- However, many cancers can be prevented.

#### Overview

Compared to members of other racial and ethnic groups, Black and African American people have higher rates of getting and dying from many kinds of cancer.

- Black people have the highest death rate for cancer overall.
- Black people have a lower overall 5-year cancer survival rate than White people.
- Black people are more likely than White people to be diagnosed with female breast, lung, and colorectal cancers at a late stage. Cancer is harder to treat after it spreads from the place where it started to other parts of the body.

Many cancers can be prevented. Staying away from tobacco smoke, keeping a healthy weight, drinking little or no alcohol, and getting human papillomavirus (HPV) vaccinations on time can lower the risk of getting cancer. Screening tests can prevent some cancers or find them early, when treatment works best. Some of these risk factors vary by race and ethnicity.

- More Black men than White men say they smoke cigarettes now.
- Non-Hispanic Black Americans are more likely than other groups to be exposed to smoke from other people's cigarettes, called secondhand smoke.
- Obesity is most prevalent among non-Hispanic Black adults.
- Overall, non-Hispanic Black adults are less likely than non-Hispanic White adults to be vaccinated against HPV. HPV vaccines help prevent several kinds of cancer.
- Non-Hispanic Black adults are less likely than non-Hispanic White adults to engage in heavy drinking.
- Black people are more likely than White people to be up to date on screening tests for colorectal, breast, and cervical cancer.

#### How to lower your risk

You can take steps to lower your risk of getting cancer.

#### **Prostate cancer**

Black men are more likely to get prostate cancer than men who are members of other racial or ethnic groups. They are more than twice as likely to die from prostate cancer than other men. Learn about the possible benefits and harms of prostate cancer screening. Then talk to your doctor about your risk and decide if screening is right for you.

#### Breast cancer

Overall, White women are more likely to get breast cancer than Black women, but Black women are more likely die from the disease. Breast cancer is often diagnosed at later stages and is more aggressive in African American women than in White women. Know how your breasts normally look and feel. Talk to your doctor if you see changes.

#### Lung cancer

Black men have the highest rates of developing and dying from lung cancer. If you smoke, try to quit, and stay away from other people's cigarette smoke. If you're 50 to 80 years old and smoke now or quit in the last 15 years, lung cancer screening may be right for you.

#### **Cervical cancer**

Black women are more likely to die from cervical cancer than White women in the United States. If you're 26 years old or younger, make sure you're vaccinated against HPV. HPV causes almost all cervical cancers. If you're 21 to 65 years old, get screened for regularly.

#### What CDC is doing

CDC helps all people lower their cancer risk and get the right screening tests at the right time. CDC works with communities to find the best ways to prevent and control cancer and put these practices into action.

- Face Your Health is an educational outreach program that encourages African American women to get screened for cervical cancer.
- CDC awarded funds to the nonprofit organization Cicatelli Associates, Inc. as part of a project to understand what works to advance health equity in cancer. The organization will examine Project BAT (Black people Against Tobacco), which works to help Black people in Mississippi quit using tobacco.

#### Courtesy of the CDC

#### Alfreida Harris, Seamstress 224 N Parler Ave, St George, SC 2947 843.636.9111

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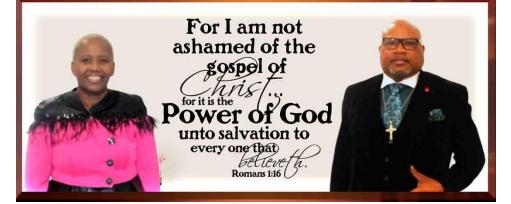
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MAKING STRIDES Against Breast Cancer









For more information contact Candance "Candy" Fuller 803.347.1490



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Pre-registration QR Code



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Support | You are not alone in your caregiving journey and support groups allow you the space to converse with other caregivers in the community. Free memory screenings available by appointment.

#### The ARK of Harleyville

First Baptist Church – Harleyville (Wednesdays) For information: Bambi Rushton: (843) 670–2215



of your Look Good – Feel Good 2024 Charity Fashion Show and Luncheon



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