**Color Cancer Cured Week**

**Days of Awareness:** Each day we are asking students and staff to wear a color that represents a type of cancer. Our goal is to share facts about particular cancers each day so we will become aware of symptoms and preventative measures. At all lunches on Tuesday and Thursday, we will have activities in the cafeteria promoting cancer awareness. Please help Color Cancer Cured and participate in creating awareness the week of October 18-22.

**Monday Orange**

Type of Cancer: **Kidney** - Every year more than 41,000 men and 24,000 women are diagnosed with kidney cancer

Symptoms: Blood in the urine, low back pain on one side, anemia, fatigue

Preventative Measures: Do not smoke, maintain normal blood pressure, Diet high in fruits and vegetables and low in fat, maintain healthy body weight

Type of Cancer:  **Leukemia** – Daily 170 Americans are diagnosed and 67 die from this disease

Symptoms: Pain in the bones and joints, dizziness, fatigue, bruise easily

Preventative Measures: Healthy lifestyle and weight, exercise – there is no cure currently

**Tuesday Blue**

Type of Cancer: **Prostate** (light blue) – There are over 3 million cases each year in the US

Symptoms: Men over 50 are at the greatest risk difficulty starting and maintaining a steady stream of urine

Preventative Measures: Regular exercise and eating healthy

Type of Cancer: **Stomach** (periwinkle blue) - About 28,000 people are diagnosed each year. 75% of people are over the age of 50.

Symptoms: Poor appetite, Nausea, vomiting blood, difficulty swallowing, weight loss, feeling bloated after small amount of food, and heartburn.

Preventative Measures: Diet, good nutrition, physical activity, low alcohol use

Type of Cancer: **Colon** (dark blue) – Colon cancer affects more than 200,000 people, both men and women, in the US per year

Symptoms: Changes in bowel habits, blood in the stool, abdominal discomfort

Preventative Measures: Being active, exercising regularly, routine screening

Type of Cancer: **Ovarian** (teal) – 21,000 diagnosed yearly

Symptoms: Abdominal bloating, sweating, quickly feeling full when eating, weight loss, frequently urinating

Preventative Measures: birth control, healthy lifestyle habits

Type of Cancer: **Esophogeal** (periwinkle) Over 19,000 diagnosed yearly in the US

Symptoms: difficulty swallowing, chest pain, heartburn, coughing, hoarseness, indigestion issues

Preventative Measures: No smoking, Take care of acid reflux issues, maintain a healthy lifestyle

**Wednesday Green**

Type of Cancer: **Liver**- 24,500 men and 10,000 women are diagnosed with liver cancer a year.

Symptoms: Pain in the abdomen, bloating, fluid in the abdomen, nausea or vomiting, fatigue or loss of appetite, itching, weight loss, yellow skin and eyes.

Preventative Measures: Following healthy lifestyle measures: exercise regularly, control your weight, eat a healthy diet with limited amounts of alcohol.

Type of Cancer: **Non-Hodgkin’s Lymphoma** (lime green) 81,560 people are expected to be diagnosed with Non-Hodgkin’s Lymphoma in the US in 2021

Symptoms: Swelling of lymph nodes in neck and armpit areas, persistent fatigue, fever, shortness of breath, itchy skin

Preventative Measures: Do not smoke, healthy diet

Type of Cancer: **Gall Bladder** (green) – 11,980 adults are diagnosed with this per year

Symptoms: Pain in the abdomen, fever, loss of appetite, itching, weight loss

Preventative Measures: Stay at a healthy weight, keep physically active, do not drink alcohol

**Thursday Tie-dye (All Cancers)**

Type of Cancer: **Skin Cancer** (black) – Over 9,500 people are diagnosed with skin cancer daily in the U.S.

Symptoms: A white waxy lump or a brown scaly patch on areas affected by the sun, an unusual growth or change in mole, or a thick rough patch of scaly spots that bleed easily.

Preventative Measures: Stay in the shade when possible, wear clothing that covers your body, protect you face and neck from the sun, and use sunscreen.

Type of Cancer: **Blood Cancers** (red) - One person is diagnosed with a blood cancer every 3 minutes in the US, or 174,250 people per year.

Symptoms: Abnormal production and function of blood cells, Pale skin, dizziness, shortness of breath, poor blood clotting

Preventative Measures: The best thing is to watch for symptoms and to be diagnosed early

Type of Cancer: **Lung** (white) Most common cancer worldwide

Symptoms: Persistent cough, wheezing, shortness of breath, loss of weight and appetite, hoarse voice, pneumonia, chest pain, pain in the ribs, shoulders or back

Preventative Measures: Do not smoke any forms of tobacco, avoid second hand smoke, get your home tested for radon and avoid exposure to it, eat a healthy diet

Type of Cancer: **Hodgkin’s Lymphoma** (violet) Almost 9000 people are diagnosed each year in the US with Hodgkin’s Lymphoma

Symptoms: Painless swelling of lymph nodes, Persistent fatigue, Fever, Night sweats, Unexplained weight loss, Severe itching, Increased sensitivity to the effects of alcohol

Preventative Measures: Healthy lifestyle habits

**Friday Pink**

Type of Cancer: **Breast Cancer** – around 3.8 million are affected in the US and 43,000 die each year

Symptoms: Lump in the breast area, bleeding from the nipple area, change is shape or texture of the breast area

Preventative Measures: Stay at a healthy weight, be physically active, avoid alcohol