



Pancreatic Cancer Awareness Month

Pancreatic cancer makes up about 3% of all cancers in the U.S

Risk Factors

Smoking
Obesity
Type 2 Diabetes
Family History

Lower Your Risk

Quit smoking
Stay active
Maintain a healthy weight.

Watch For

Fatigue
Unexplained Weight Loss
New-Onset Diabetes
Belly or Back Pain
Jaundice



[Learn More!](#)



[View Key Statistics!](#)

Diabetes Awareness Month

Diabetes & The Cancer Connection

Did you know that type 2 diabetes doesn't just affect your blood sugar? It can also increase your risk for certain cancers, including liver, pancreatic, and uterine cancers

Why the Link?

Diabetes and cancer share many of the same root causes:

Unhealthy diet Too much sitting Excess body weight

The Good News

You have the power to lower your risk! The same steps that manage diabetes can also help protect against cancer.

☒ Move more ☒ Sit less ☒ Eat more fruits, veggies, and whole grains

New Research:

Emerging studies suggest medications like Ozempic and Mounjaro, often used for diabetes and weight loss, may also help reduce the risk of colorectal cancer.

Read the ACS research highlight:

[Can Ozempic & Mounjaro Reduce Colorectal Cancer Risk?](#)

[Click Here For ACS Guidelines for Diet & Physical Activity](#)

Stomach Cancer Awareness Month

Stomach Cancer

Stomach cancer is uncommon but serious — about 30,000 people are diagnosed in the U.S. each year. It often starts with subtle signs that are easy to miss.

Be aware of changes like:

- **Ongoing indigestion or nausea** - **Feeling full after small meals** - **Unexplained weight loss**

Certain habits can raise your risk:

- **smoking** - **high salt or smoked foods** - **untreated H. pylori infections.**

Eating plenty of fruits and vegetables, and limiting processed foods, can help protect your stomach health.

Learn More [Here](#)

