

## November is purple for Pancreatic Cancer Awareness

Purple is the official colour representing pancreatic cancer. The colour is symbolic for courage, mystery, mourning and spirituality. It is perceived as calming and uplifting.

## Meaning of Awareness Ribbons

The awareness ribbon has become a symbol to show your support for a cause that is special to you.

In the early nineties cancer ribbons became a successful tool for promoting awareness about cancer. This began with pink ribbons for

breast cancer. There are now different colors representing support for each kind of cancer. Remember the song "Tie a yellow ribbon around the old oak tree?" This is all about making a statement, raising awareness and being noticed.

As a symbol, ribbons unite all who wear them. Women will strike up conversations with strangers when they notice a ribbon. Men will nod in respect. If you happen to have an unusual one that is not as well known, people will stop you to ask what its meaning is and why you are wearing it?

## Meaning of Awareness Bracelets



Awareness bracelets gained in popularity in 2004 when the Lance Armstong Foundation introduced its trademark yellow silicone Livestrong Wristband to raise support for cancer research. By 2005,

the silicone wristbands had become popular with many charities. It is also a great way to raise awareness and help others realize that they can make a difference and can help increase the knowledge of others.

## Raising Awareness for pancreatic cancer



By wearing a purple ribbon or bracelet out in the public, you endorse your support to fight pancreatic cancer.

Place purple lights on your home to shed light on this devastating disease.

Remember ... it means a lot to those who have suffered, lost a loved one, or are currently fighting a good fight.