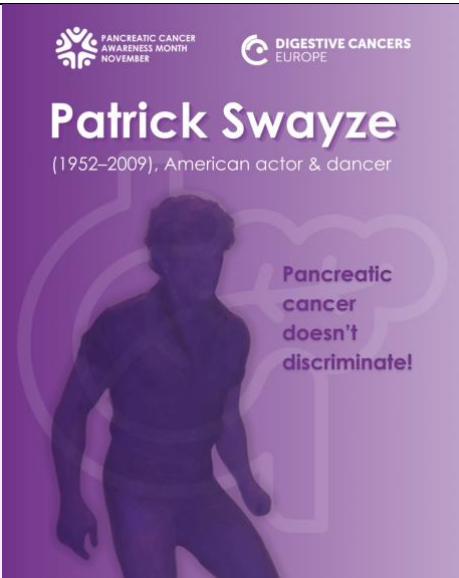
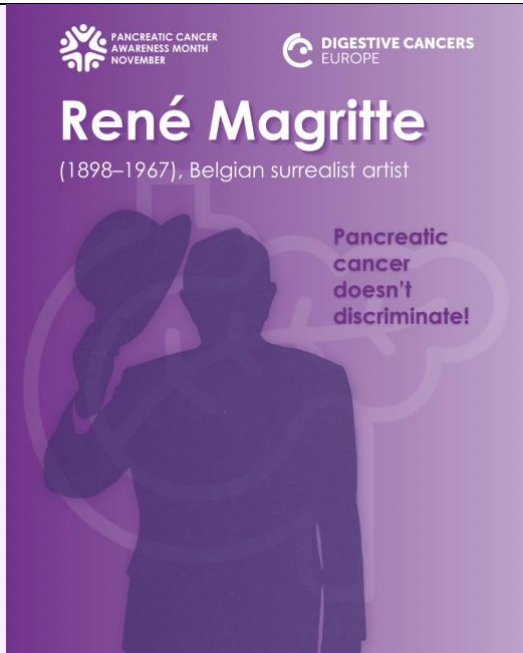


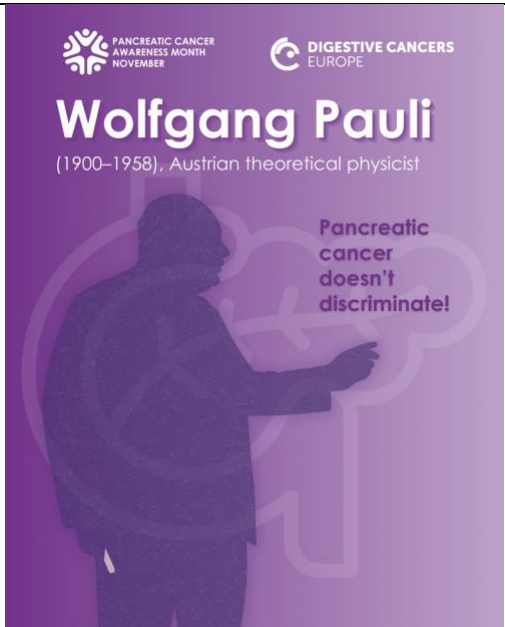
Pancreatic Cancer Awareness Month 2025 – DiCE’s Social Media Calendar

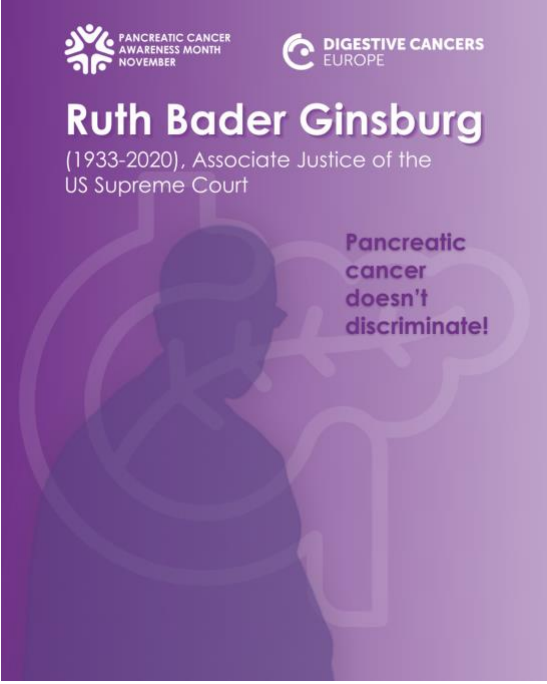
Date	Post	Graphic	Hashtags
31/10	The pancreas has the crucial functions to help your body digest food and regulate blood sugar through hormones like insulin. Pancreatic cancer happens when cells in the pancreas start growing in an uncontrolled way. It often goes unnoticed until the late stages. This is why pancreatic cancer is the third leading cause of cancer deaths in Europe. Throughout history, the disease has touched many well-known lives. From opera legend Luciano Pavarotti to actor Patrick Swayze. Their stories remind us that this disease can affect anyone, regardless of age, status, or where you live. This November, during Pancreatic Cancer Awareness Month, we reflect	 CANVA Template	#PancreaticCancerAwarenessMonth #PancreaticCancer #PCAM #PancreaticCancerInHistory #PancreasHealth

	on the stories of well-known people who faced this disease, reminding us that awareness and early action can make all the difference.		
06/11	Patrick Swayze's death at just 57 from pancreatic cancer highlights how this disease can affect individuals across all walks of life. In approximately 5–10% of cases, pancreatic cancer is linked to inherited genetic factors. That's why knowing your risks is so important: awareness of family history and consultation with a healthcare professional can make a real difference. Learn more about understanding your risk: https://digestivecancers.eu/pancreatic-cancer-what/pancreatic-cancer-risk-prevention/	 CANVA Template	#PancreaticCancerAwarenessMonth #PancreaticCancer #PCAM #PancreaticCancerInHistory #PancreasHealth #PatrickSwayze #FamilyHistory

13/11	Opera singer Luciano Pavarotti died in 2007 at age 71 from advanced pancreatic cancer. His passing shows how this illness can affect lives regardless of fame or legacy. Did you know that you can take active steps to lower your risk of pancreatic cancer?! So start today by informing yourself on the daily steps you can take to take care of your pancreas. Learn more: https://digestivecancers.eu/pancreatic-cancer-what/pancreatic-cancer-risk-prevention/	 CANVA Template	#PancreaticCancerAwarenessMonth #PancreaticCancer #PCAM #PancreaticCancerInHistory #PancreasHealth #LucianoPavarotti #EatHealthy
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20/11	Belgian surrealist René Magritte died of pancreatic cancer in 1967. His story reminds us that the disease knows no boundaries and can affect anyone's life. This doesn't mean you can't take steps to reduce your risk of pancreatic cancer. Simple lifestyle changes like quitting smoking, limiting alcohol, and staying active can help lower your risk and improve your overall health. Learn more: https://digestivecancers.eu/pancreatic-cancer-what/pancreatic-cancer-risk-prevention/	 CANVA Template	#PancreaticCancerAwarenessMonth #PancreaticCancer #PCAM #PancreaticCancerInHistory #PancreasHealth #ReneMagritte #ReduceAlcohol #StopSmoking
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27/11	Nobel Prize-winning physicist Wolfgang Pauli died in 1958 at 58 from pancreatic cancer. His loss is a reminder that this disease can affect people in every field, from science to the arts. Thanks to advancements in research, we have learned more about the risk factors of this disease. For example, obesity is linked to about a 20% higher chance of developing pancreatic cancer, showing how our overall lifestyle and health can shape the risks. Learn more: https://digestivecancers.eu/pancreatic-cancer-what/pancreatic-cancer-risk-prevention/	 CANVA Template	#PancreaticCancerAwarenessMonth #PancreaticCancer #PCAM #PancreaticCancerInHistory #PancreasHealth #WolfgangPauli #HealthyWeight
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28/11	Ruth Bader Ginsburg, the second woman to serve on the U.S. Supreme Court, died from metastatic pancreatic cancer in 2020. Her story is a reminder that pancreatic cancer does not discriminate based on your role in society or gender. Incidence rates are similar for men and women, and it remains one of the leading causes of cancer death in Europe. For women, it is the fourth most common cause of cancer death, after breast, lung, and colorectal cancers. For men, it ranks fourth as well, after lung, colorectal, and prostate cancers. That's why prevention is so crucial. Living a healthy lifestyle doesn't mean you're guaranteed not to get pancreatic cancer, but it can reduce the risk, and it's something we can take control of. Learn more: https://digestivecancers.eu/pancreatic-cancer-what/pancreatic-cancer-risk-prevention/	 CANVA Template	#PancreaticCancerAwarenessMonth #PancreaticCancer #PCAM #PancreaticCancerInHistory #PancreasHealth #RuthBaderGinsburg #HealthyWeight
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