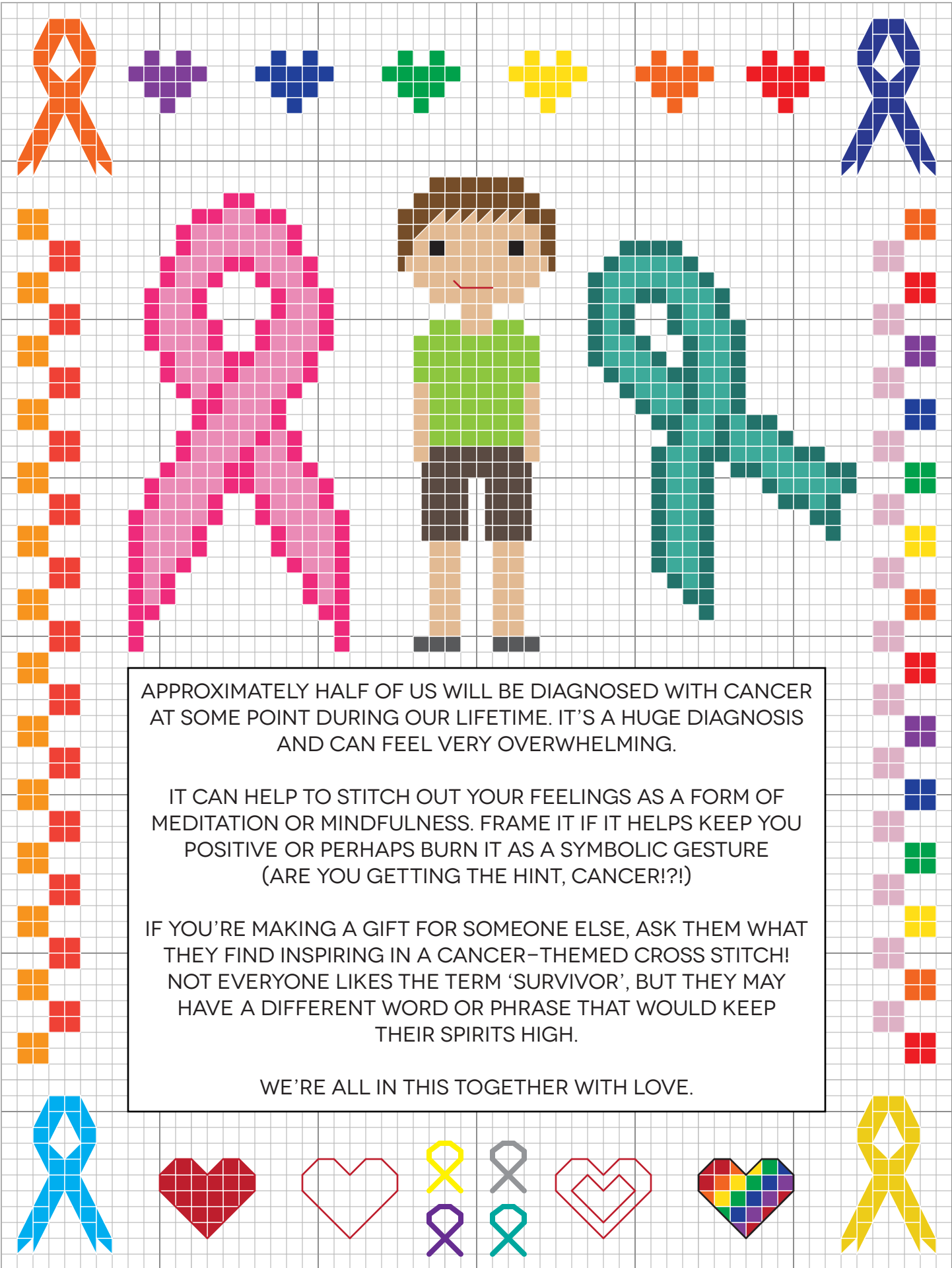




STITCH & PEOPLE

Cancer Ribbons



APPROXIMATELY HALF OF US WILL BE DIAGNOSED WITH CANCER AT SOME POINT DURING OUR LIFETIME. IT'S A HUGE DIAGNOSIS AND CAN FEEL VERY OVERWHELMING.

IT CAN HELP TO STITCH OUT YOUR FEELINGS AS A FORM OF MEDITATION OR MINDFULNESS. FRAME IT IF IT HELPS KEEP YOU POSITIVE OR PERHAPS BURN IT AS A SYMBOLIC GESTURE (ARE YOU GETTING THE HINT, CANCER!?!)

IF YOU'RE MAKING A GIFT FOR SOMEONE ELSE, ASK THEM WHAT THEY FIND INSPIRING IN A CANCER-THEMED CROSS STITCH! NOT EVERYONE LIKES THE TERM 'SURVIVOR', BUT THEY MAY HAVE A DIFFERENT WORD OR PHRASE THAT WOULD KEEP THEIR SPIRITS HIGH.

WE'RE ALL IN THIS TOGETHER WITH LOVE.

WHEN MAKING A CANCER RELATED CROSS STITCH, YOU MAY WANT TO USE THE COLOR(S) THAT CORRESPONDS TO THE RELEVANT CANCER AWARENESS RIBBONS.

BELOW ARE A LIST OF DMC COLORS THAT CAN BE USED:



ALL CANCERS (LAVENDER): DMC 155

BLADDER CANCER (YELLOW): DMC 973

BRAIN CANCER (GREY): DMC 318

BREAST CANCER (PINK): DMC 3806

CARCINOID CANCER (BLACK & WHITE): DMC 310 & B5200

CERVICAL CANCER (TEAL/WHITE) DMC 3848 & B5200

CHILDHOOD CANCER (GOLD): DMC 728 OR DMC 284Z (METALLIC)

COLON/COLORECTAL CANCER (DARK BLUE): DMC 820

ESOPHAGEAL CANCER (PERIWINKLE): DMC 340

GALLBLADDER CANCER (GREEN): DMC 701

HEAD & NECK CANCER (BURGUNDY & IVORY): DMC 815 & 746

HODGKINS LYMPHOMA (VIOLET): DMC 210

KIDNEY CANCER (LIGHT ORANGE): DMC 721

LEIOMYOSARCOMA (PURPLE): DMC 550

LEUKEMIA (ORANGE): DMC 946

LIVER CANCER (EMERALD): DMC 909

LUNG CANCER (WHITE): DMC B5200

NON-HODGKINS LYMPHOMA (LIME): DMC 907

MELANOMA (BLACK): DMC 310

MULTIPLE MYELOMA (BURGUNDY): DMC 815

OVARIAN CANCER (TEAL): DMC 3848

PANCREATIC CANCER (PURPLE): DMC 550

PROSTATE CANCER (LIGHT BLUE): DMC 996

SARCOMA/BONE CANCER (YELLOW): DMC 973

STOMACH CANCER (PERIWINKLE): DMC 340

TESTICULAR CANCER (ORCHID): DMC 554

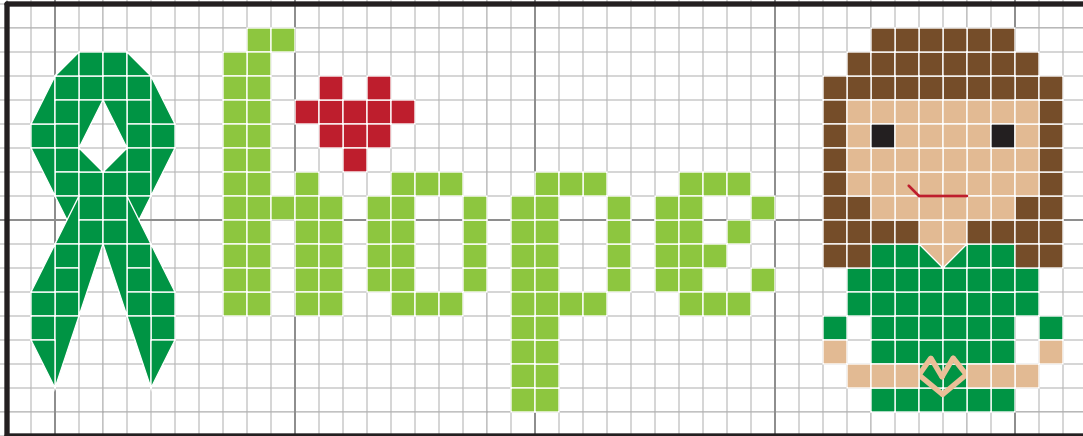
THYROID CANCER (TEAL/PINK/BLUE): DMC 3848, 3806, & 820

UTERINE CANCER (PEACH): DMC 353

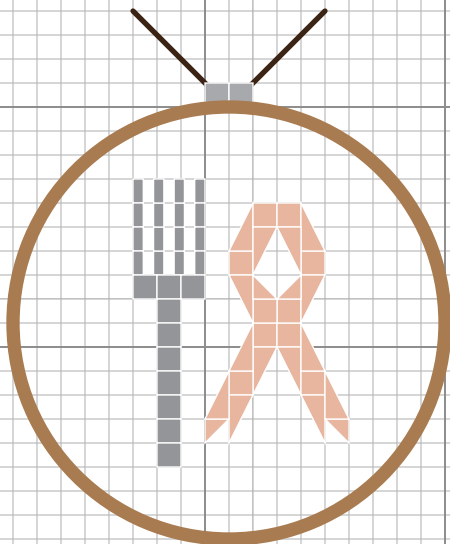
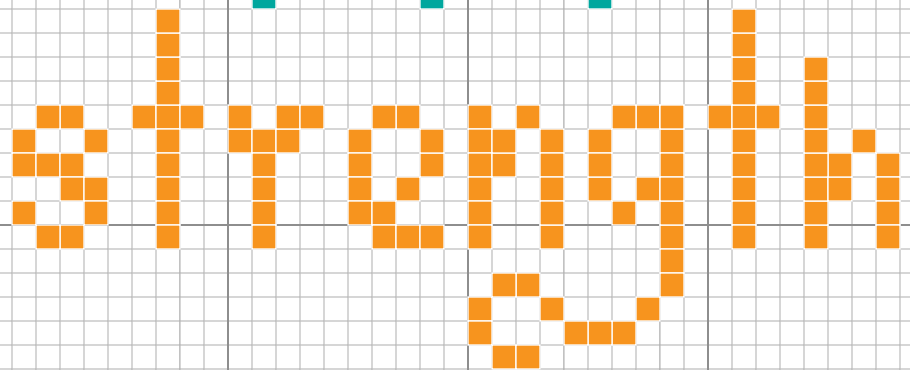
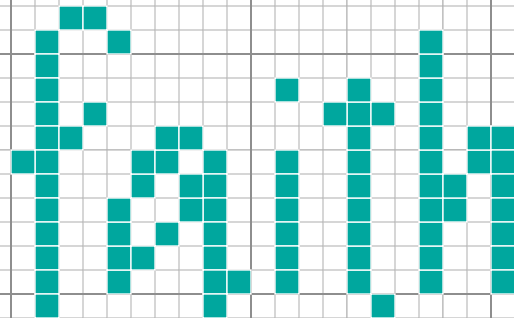
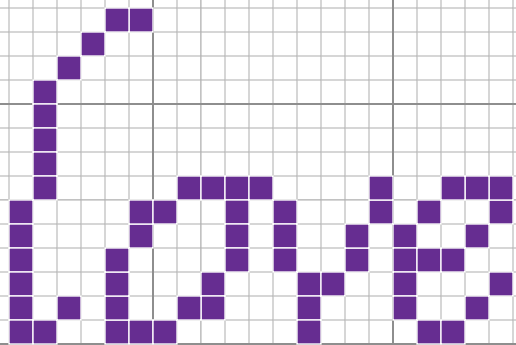
IN HONOR OF CAREGIVERS (PLUM): DMC 915



FOR AN UPLIFTING, PERSONAL, AND USEFUL GIFT, TRY A BOOKMARK!
INCORPORATE A RIBBON, A WORD OF ENCOURAGEMENT,
AND PERHAPS A SMILING PORTRAIT OF YOURSELF TO REMIND THEM
THAT YOU'RE SENDING THEM LOVE.



HERE ARE A FEW OTHER IDEAS YOU MIGHT LIKE TO USE, BUT IF NONE OF
THESE SEEM RIGHT, ASK YOUR RECIPIENT WHAT THEY WOULD LIKE BEST!



OR PERHAPS A SMALL NECKLACE PENDANT,
LOVINGLY STITCHED WITH A MESSAGE FROM
THE HEART, COULD BE JUST WHAT THE
DOCTOR ORDERED?