



It's Time to Tell the Stories - All Year Long

GIST Awareness Day is an amazing way to educate the medical community and general public about GIST. But it is a once-a-year effort. Our theme of “It’s Time” encourages our members and friends to be proactive, both in their treatment and in raising awareness about GIST. We would like to take it to the next level and encourage everyone to raise awareness all year long. In honor of our 20th anniversary, our theme is “It’s Time to Tell the Stories.’ Here are some ways you can tell the story of GIST and the Life Raft Group. ***Help us keep the momentum going!***

- Share your story. Offer to speak at a local cancer center or event. Send your story to a local newspaper. Make a short video (no more than two minutes) where you talk about what having GIST has meant in your life. Send them to us so we can use them as part of an awareness campaign on social media.
- Be an advocate. Contact your local and national legislators to encourage them to support funding for cancer research. Tell them your story of being a GIST patient or caregiver.
- Distribute information about GIST to local doctors and medical institutions.
- Create a birthday fundraiser on social media. Briefly share your story.
- Volunteer to be a state leader or GIST Mentor. Share your wisdom and experience with other.
- Respond to the stories the LRG shares on social media and our website. Share them with others.
- Offer to help host a local meeting, being mindful of guidelines for social distancing.
- Contact your state leader to ask how you can help.
- Share information about GIST on social media. Our website is a great source.
- Show the world how resilient GIST patients are. Have someone take photos of you as you “GIST Do It” while hiking, kayaking, gardening, or playing with your grandchildren. Send them to us to post on social media or our website. Tell your whole story, especially the positive parts.
- Take action. Become a “Patient Researcher” by filling out our surveys, joining the GIST Patient Registry (lifteraftgroup.org/patient-registry) or by sharing your tips on GIST Chat.

Send your photos, stories or original ideas to: mgarland@lifteraftgroup.org