



It's Time to GIST Do It 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 “GIST Do It All Year Long.”

How to keep the momentum going? Here are some suggestions:

- Talk to us about organizing a GIST Do It Walk, either virtual or in-person now that things are opening up. We are happy to help!
- 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.
- Distribute information about GIST to local doctors and medical institutions.
- Create a birthday fundraiser on social media.
- Volunteer to be a state leader or GIST Mentor.
- 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, or playing with your grandchildren. Send them to us or post on social media or our website.
- Take action. Become a “Patient Researcher” by filling out our surveys, joining the patient registry (liferaftgroup.org/patient-registry) or by sharing your tips on GIST Chat.

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

No matter what you do, have fun!

#GISTAwarenessDay #TimeToGetTested #ItsTime