

13TH
ANNUAL

BASEBALL
BATTLES
CANCER

AMERICAN LEGION BASEBALL



MAIN EVENT

JUNE 13, 2026

10 A.M. - 8 P.M.

AMERICAN LEGION TOURNAMENT – JUNE 10-14 – BALLWIN ATHLETIC ASSOCIATION



Proceeds benefit **Friends of Kids with Cancer**, with a portion supporting the **American Cancer Society's Hope Lodge in St. Louis.**



With the help of our sponsors, teams, coaches, friends, family and the community, Baseball & Softball BATTLES Cancer has raised over

\$217,000

to support those affected by cancer and cancer research since 2013.

PRESENTED BY



Visit BaseballBattlesCancer.com for event details.

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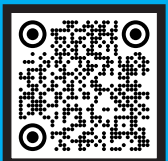


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TOURNAMENT SCHEDULE
& RAFFLE TICKETS

◀ SCAN OR VISIT
BASEBALLBATTLESCANCER.COM

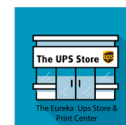
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CANCER PREVENTION CHECKLIST

An ounce of cancer prevention is worth a ton of cancer cure.



● Schedule your annual check-ups - primary care, eye and dental

● Avoid carcinogens

● Don't smoke or vape

● Don't overeat

● Drink more water.
Tip: make a pitcher of infused water

● Limit the amount of alcohol you drink

● Eat fresh fruits as dessert

● Try a yoga class

● Take part in cancer-screening programs

● Walk your dog every night after dinner - great for you and the dog

● Use food storage containers made of glass

● Walk at least 1-mile or more every day

● Visit a farmer's market and use seasonal produce in your meals. Even better... plant a garden!

● Go on a bike ride

● Take a group fitness class

● Limit exposure to environmental toxins such as radon, asbestos, and secondhand smoke.

● If you're sitting at your desk all day, take a 20-minute break to walk

● Eat healthy snacks like nuts, fruits and veggies

● Wear UV protected sunglasses

● Drink from a BPA free water bottle

● Eat food with clean ingredients - avoid processed foods

● Seek shade and wear sunscreen daily

● Sleep!
Your body needs to rest

● Do not eat overcooked or burnt meat

● When eating out, order water with fresh lemon instead of soda or alcohol

● Reduce stress with daily meditation and prayer

● Implement intermittent fasting into your lifestyle

battling against
BLOOD CANCER



192,000

estimated new cases of blood cancer this year
67,790 leukemia | 88,240 lymphoma | 36,000 myeloma

Blood cancers account for roughly 9% of all new cancer diagnoses in the United States.

STAY ON TOP OF ROUTINE MEDICAL CARE

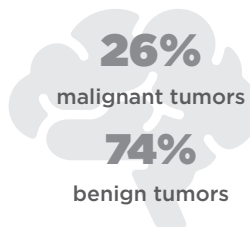
Regular checkups and paying attention to unusual symptoms like ongoing fatigue, frequent infections, easy bruising or swollen lymph nodes can help with earlier detection and treatment.



battling against
BRAIN CANCER

An Estimated
1.3 million

people in the U.S. are living with a primary brain or central nervous system (CNS) tumor diagnosis.



APPROXIMATELY

10-30%

OF ALL OTHER CANCERS LATER DEVELOP A BRAIN METASTASES. This accounts for an approximately 200,000 new metastatic brain tumor cases each year.

Brain and other nervous system cancers are the **NINTH** leading cause of cancer death in the United States. They are slightly more common in men than women.

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LUNG CANCER



MOST PEOPLE DIAGNOSED WITH LUNG CANCER ARE

65 or older

very small number of people diagnosed are younger than 45. The average age of people when diagnosed is about 70.



A positive note, the number of new lung cancer cases continues to **DECREASE**, partly because more people are quitting smoking (or not starting).

Lung cancer is by far the leading cause of cancer death in the US, accounting for about 1 in 5 of all cancer deaths.

Each year, more people die of lung cancer than of colon, breast, and prostate cancers combined.



battling against
THYROID CANCER

IN 2026, AN ESTIMATED
45,240

new cases of thyroid cancer will be diagnosed in the U.S.

3X

Women are 3 times more likely to develop thyroid cancer than men.

Until recently, rate of new thyroid cancers was growing faster than for any other cancer in the US.

This was largely due to increased detection during imaging tests such as CT or MRI scans that were done for other medical problems. These sensitive tests can sometimes detect small thyroid nodules that might not otherwise have been found.

battling against
BREAST CANCER



1 in 8 women

in the United States will be diagnosed with breast cancer in her lifetime. In 2026, an estimated 324,580 women and 2,670 men will be diagnosed with invasive breast cancer.



REMINDER

DON'T FORGET TO SCHEDULE YOUR ANNUAL Mammogram

Breast cancer is the 2nd most common cancer in American women.

Approximately 15% of women diagnosed have a family history of breast cancer. Those with a first-degree relative (mother, sister, daughter) with breast cancer are nearly twice as likely to develop breast cancer themselves.

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OVARIAN CANCER



PROGRESS! The incidence rate of ovarian cancer has been declining by nearly 3% per year over the past decade. The death rate has decreased by 45% since 1976, largely due to better treatments and fewer diagnoses.

- Mutations in the BRCA1 and BRCA2 genes significantly increase the risk of ovarian cancer. Women with these mutations have a 10% to 46% chance of developing the disease.
- Genetic testing can identify these mutations, allowing for preventive measures and targeted treatments.

The median age at diagnosis is 63.



of St. Louis

battling against
LIVER CANCER

Reducing Risk

You can lower your risk of getting liver cancer in the following ways:

- Keep a healthy weight and get enough physical activity.
- Get vaccinated against hepatitis B.
- Get tested for hepatitis C, and get medical care if you have it.
- Avoid or limit alcohol and tobacco use.
- Limit exposure to cancer-causing chemicals.

Did you know?

Chronic Hepatitis B and C infections can cause liver cancer.

Liver cancer incident rates have **more than tripled** since 1980.



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MELANOMA (SKIN) CANCER

5-YEAR RELATIVE SURVIVAL RATE OF

99%

WITH EARLY DETECTION AND TREATMENT

MELANOMA IS THE DEADLIEST FORM OF SKIN CANCER BECAUSE IT'S MORE LIKELY TO SPREAD

SOURCES ESTIMATE THAT UP TO

90%

OF CASES ARE CAUSED BY UV RADIATION

WARNING SIGNS:

Use **ABCDE** rule on spots:

- A**SYMMETRY
- B**ORDER
- C**OLOR
- D**IAMETER
- E**VOLVING

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ESOPHAGEAL CANCER

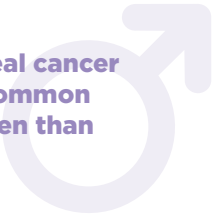


AN ESTIMATED

22,530

Americans will be diagnosed with esophageal cancer in 2026.

Esophageal cancer is more common among men than women.



Esophageal cancer becomes more common as people get older.

About 9 in 10 esophageal cancers are diagnosed in people who are 55 years of age or older.



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LEUKEMIA

IN 2025,

192,070

people were diagnosed with leukemia, lymphoma, or myeloma.

Leukemia is a broad term for cancers of the blood cells.

The type of leukemia depends on the type of blood cell that becomes cancerous and whether it grows quickly or slowly.

Leukemia occurs most often in adults older than 55, but it is also the most common cancer in children younger than 15.

563,581

people are living with or in remission from leukemia in the US.

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PROSTATE CANCER



1 in 8 men

will be diagnosed with prostate cancer in their lifetime.



Screening is important

because many early prostate cancers do not show symptoms. Early detection can save lives.

Although highly treatable when caught early, prostate cancer can be deadly when caught at late stages. **Cases of advanced-stage prostate cancer have increased by 4-5% annually for almost a decade.**

BOULEVARD
— bride —

battling against

COLON CANCER

#2

Colon and rectum (colorectal) cancers are the **SECOND** leading cause of cancer death in the United States.

Nearly half (45%) of all new colorectal cancer diagnoses now occur in adults younger than 65 — a major increase from 27% in 1995.

The American Cancer Society updated its 2026 screening guidelines to include **new blood-based screening tests in addition to colonoscopies and at-home stool tests.**



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*Thank You for Joining Us in the Fight
to End Cancer Once and For All.*

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