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Easy Does It

Fabrics used: Century Solids by Andover.

Cancer Awareness Ribbon FPP template by Angela Bowman of Sewfinity.

How will you SewPINK this year?

Each October, Breast Cancer Awareness Month brings attention to a disease that affects millions of people across the world. Breast cancer is the most commonly diagnosed cancer in women and a leading cause of cancer-related death.

While awareness efforts have made a meaningful impact over the years, there's still more to understand, and more we can do to protect ourselves and others.

Breast Cancer Awareness Month is more than a ribbon.

It's a reminder to educate ourselves, take preventive action, advocate for better care, and support those facing the disease. With continued research, awareness, and compassion, we can save more lives and move closer to a future without breast cancer.

Annie

INSIDE:

- *5 ways you can raise awareness*
- *2026 SewPINK Blog Hop schedule*
- *FREE Cancer Awareness Patterns*
- *Risk assessment resources*
- *New SewPINK Photo Contest category*

5 ways you can SewPINK

Fabrics used: *Norma Rose* by Natalie Barnes of Beyond the Reef Fabrics for Windham Fabrics.

1 Make something for someone in need

Know someone going through cancer treatment or recovery? Support them by making a project that can help them on their journey.

Bosom Buddy is a comfortable cushion designed to fit over a seat belt. It will reduce discomfort and protect tender areas for someone who has had surgery or a chemo port placement.

Mastectomy Pillow makes a thoughtful gift for anyone going through breast cancer treatment. Designed by Shannon Fabrics, the pillow benefits greatly from the soft Cuddle fabrics.

Get these FREE Cancer Awareness patterns

2 Follow our 2026 SewPINK Blog Hop

Throughout October 2026, we'll be sharing stories, projects, inspiration, and more as our sewing community comes together to raise awareness and show support for those affected by cancer.

Our SewPINK calendar is filled with opportunities to get involved all month long, including our Blog Hop, Screening Day, Donate Day, Sew Day, and more.

Follow along at ByAnnie.com/sewpink

3 Sew for Breast Cancer Awareness

Sewing is a great activity to help spread awareness. Amazing conversations can happen among friends, reminders to get screened and do self exams can be shared, and your projects can highlight it all.

Start with something simple like one of our ByAnnie Basics patterns and highlight a specific type of cancer by using fabric in its related color. You could also incorporate Sewfinity's FPP Cancer Awareness Ribbon into your project. Find videos and links to these patterns at ByAnnie.com in our FREE Cancer Awareness and ByAnnie Basics courses.

Get your FREE ByAnnie Basics Course + patterns

Fabrics used:
Above: Century Solids by Andover.

Drop Zone: Confetti Cotton Solids By Riley Blake Designs.

Drop Zone

Share your project in our monthly photo contest, now with a SewPINK category!

4 Assess your cancer risk & schedule screenings

From recognizing risk factors to adopting healthy lifestyle choices, awareness is the first step in the fight against cancer.

Cancer is unique to every individual. Speak to your physician about your family history and ask if you should pursue genetic counseling for a better understanding of your risks. At **ByAnnie.com/SewPink**, link to the Dana-Farber Cancer Institute's risk assessment quiz to print out and bring to your next appointment.

This month is a good reminder to call your doctor and schedule your annual checkup and recommended screenings. Be it a mammogram, colonoscopy, pap smear, or dermatolgist review, early detection is key.

5 Sew more than pink

Bosom Buddy

Fabrics used: Century Solids by Andover.

While most people know October is Breast Cancer Awareness Month, many don't know that EVERY month features a way to spread cancer awareness and prevention. Visit **ByAnnie.com/SewPink** to see a full list of events that help raise awareness about other cancers and diseases.

There are cancer awareness ribbons in every color of the rainbow and then some. One easy way to show your support is by making a project using colors that correspond with a particular cancer's ribbon.

Link to this free FPP Cancer Awareness Ribbon (designed by Angela Bowman at Sewfinity) in our **FREE Cancer Awareness course.**

by Annie.com SewPINK

PHOTO CONTEST GALLERY

ByAnnie.com/
photo-contest

Renee G

Carol W

Joy F

Kathy B

Sarah P

Janet G

Brenda L

Maryse T

Anna R

Carol P

Paula G

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