

PearlPoint: Blog Submission Guidelines

Thank you for your interest in contributing to the *Pearls of Wisdom* blog.

On our blog, we provide up-to-date information and practical advice for cancer patients, their caregivers, and other individuals interested in learning more about nutrition and cancer.

Through our posts, we aim to

- Educate readers on the importance of good nutrition during and after cancer treatment
- Inspire individuals impacted by cancer and their families
- Encourage everyone to make better food choices.

Blog Submission Guidelines

We welcome posts by guest contributors. We are more likely to accept posts that satisfy the following criteria:

- Posts need to **offer the latest information on cancer and nutrition.**
- Posts need to be **useful**, providing tips, advice, or a key takeaway.
- Posts need to **address an issue faced by people impacted by cancer and/or provide ways to improve nutrition.**
- Word count should be approximately 300-600 words.
- Posts should be in your own voice or tone, but the post needs to be professional and easy to understand.

PearlPoint reserve the right to make edits to posts. We will provide a final draft for your approval. We will attribute the post to you with your name, headshot, and a short bio. Our registered dietitian will also review submissions to make sure information given is follows current nutrition recommendations.

Here are some of the types of posts we love to receive:

- **Recipes:** We are always looking for healthy recipes to share with our audience.
- **Tips and Strategies:** Any post that provides specific tips or strategies for patients and caregivers to use to improve their wellbeing or make cancer treatment a little easier.

- **Survivor posts:** We are looking for posts that share personal experiences from people with a cancer diagnosis. We especially love advice you would give to someone who is newly diagnosed.
- **Caregiver posts:** Caregivers often play a huge role in their loved one's care, especially when it comes to nutrition and food prep. Share your tips, stories, and words of encouragement for other caregivers.
- **Healthcare professional posts:** If you are a healthcare professional, what information do you think more cancer patients and caregivers need to know? What are the questions you hear most often from patients?

We do NOT accept submissions that fall into the following categories:

- Promotional content to advertise a specific product or service.
- Posts that provide advice or information that contradict current recommendations.
- Posts that are inflammatory or political in nature.

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