

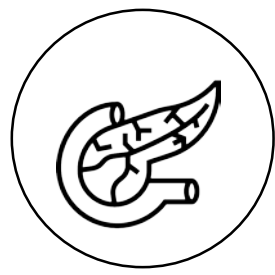
PANCREATIC CANCER

REMEMBER RISK, SIGNS & SYMPTOMS

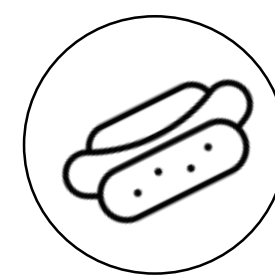
If you have multiple risks, signs, and symptoms for pancreatic cancer, be your own health advocate and discuss your concerns with your doctor.

SPELL:

P

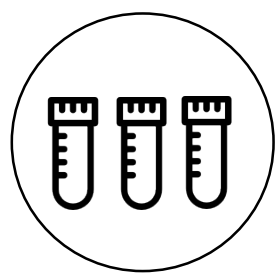


Pancreatitis unexplained in a person over 50 years old. *Risk.*

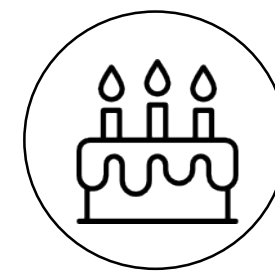


Processed meats and sugary drinks in excess. *Risk.*

A

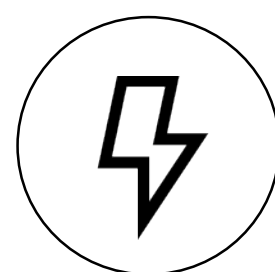


Abnormal Labs: Glucose (Hemoglobin A1c) increase in person over 50 years old; and/or Amylase, Lipase. *Risk.*

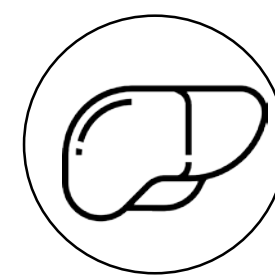


Age: greater than 45 years, increasing age increases risk, (could occur at younger ages). *Risk.*

N

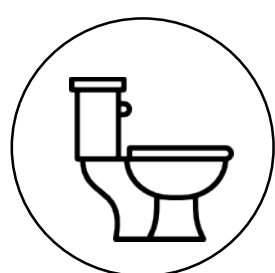


Nerve pain, sometimes radiating often from mid-back, can cause gait disturbances, or blood clots causing swelling, warm skin or aches. *Symptom.*



NAFLD: associated with Non-Alcoholic Fatty Liver Disease and Obesity. *Sign/Risk.*

C

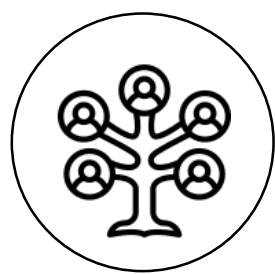


Changes in stool or pale color. *Symptom.*

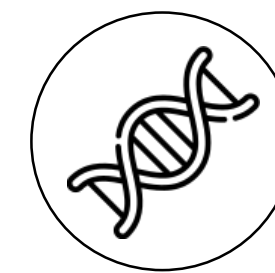


Chronic health complaints w/o definitive diagnosis to root cause, multiple signs increase risk. *Risk.*

R

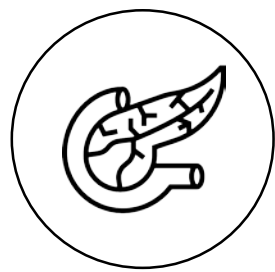


Relatives: multiple first degree relatives or relatives under the age of 50 diagnosed with pancreatic cancer. *Risk.*

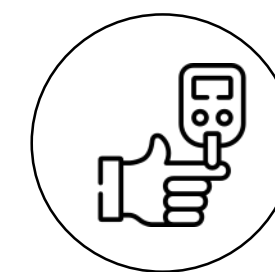


Race/ethnicity: inherited genetic mutations, higher risk among African Americans and Ashkenazi Jewish descent. *Risk.*

E

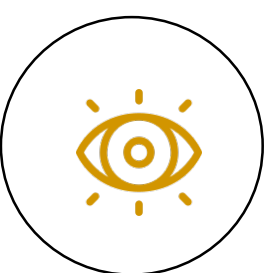


Exocrine Insufficiency (EPI): inability to digest foods & fats. *Sign/Symptom.*

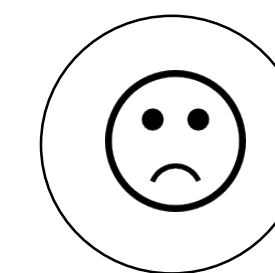


Elevated glucose – newly diagnosed or early onset diabetes in person over 50 years old. *Sign/Risk.*

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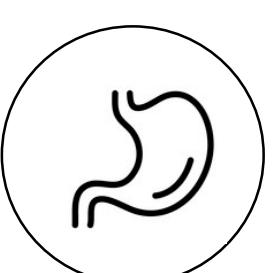


Additional late signs: Jaundice, yellow eyes & skin, itching, dark urine color changes. *Signs/Symptoms.*

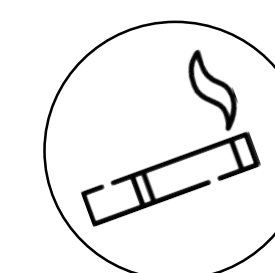


Added Signs: vague stomach pain, fatigue, depression. *Symptom.*

S



Stomach/digestive issues: pain, nausea, bloating, acid reflux w/wo chest pain – worse when laying down or after a meal, burping, excessive gas, digestive difficulties, unintentional weight loss, appetite loss. *Symptoms.*



Smoking: causes 20-30% of pancreatic cancer. *Risk.*