**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.

**S P E L L:**

- **P**ancreatitis unexplained in a person over 50 years old. *Risk.*
- **P**rocessed meats and sugary drinks in excess. *Risk.*
- **A**bnormal Labs: Glucose (Hemoglobin A1c) increase in person over 50 years old; and/or Amylase, Lipase. *Risk.*
- **A**ge: greater than 45 years, increasing age increases risk, (could occur at younger ages). *Risk.*
- **N**erve pain, sometimes radiating often from mid-back, can cause gait disturbances, or blood clots causing swelling, warm skin or aches. *Symptom.*
- **N** AFLD: associated with Non-Alcoholic Fatty Liver Disease and Obesity. *Sign/Risk.*
- **C**hanges in stool or pale color. *Symptom.*
- **C**hronic health complaints w/o definitive diagnosis to root cause, multiple signs increase risk. *Risk.*
- **R**elatives: multiple first degree relatives or relatives under the age of 50 diagnosed with pancreatic cancer. *Risk.*
- **E**xocrine Insufficiency (EPI): inability to digest foods & fats. *Sign/Symptom.*
- **E**levated glucose – newly diagnosed or early onset diabetes in person over 50 years old. *Sign/Risk.*
- **A**dditional late signs: Jaundice, yellow eyes & skin, itching, dark urine color changes. *Signs/Symptoms.*
- **A**dded Signs: vague stomach pain, fatigue, depression. *Symptom.*
- **S**tomach/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.*
- **S**moking: causes 20-30% of pancreatic cancer. *Risk.*

*W/wo = with or without  Red Flag = See a doctor immediately

Laura Metzger, Pancreatic Cancer survivor and advocate, diagnosed in 2020 after 8 years of symptoms, in consultation with Stephen Pandol, M.D., Cedars Sinai Medical Center, Los Angeles, CA. Information gathered from local and worldwide pancreatic associations, the American Cancer Society, as well as personal experience (memorablemedicalposters@gmail.com). © 2021