

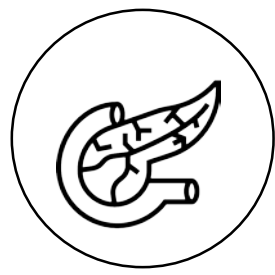
# PANCREATIC CANCER

## REMEMBER RISK, SIGNS & SYMPTOMS

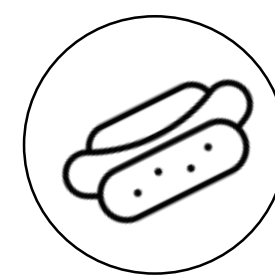
*If you have multiple risks, signs, and symptoms for pancreatic cancer, be your own health advocate and discuss your concerns with your doctor.*

### SPELL:

P

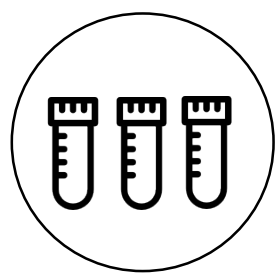


**P**ancreatitis unexplained in a person over 50 years old. *Risk.*

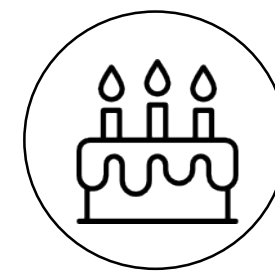


**P**rocessed meats and sugary drinks in excess. *Risk.*

A

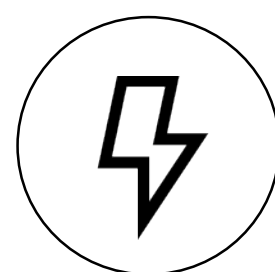


**A**bnormal Labs: Glucose (Hemoglobin A1c) increase in person over 50 years old; and/or Amylase, Lipase. *Risk.*

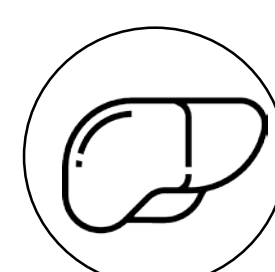


**A**ge: greater than 45 years, increasing age increases risk, (could occur at younger ages). *Risk.*

N

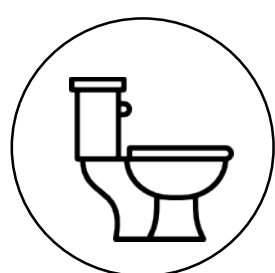


**N**erve pain, sometimes radiating often from mid-back, can cause gait disturbances, or blood clots causing swelling, warm skin or aches. *Symptom.*



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

C

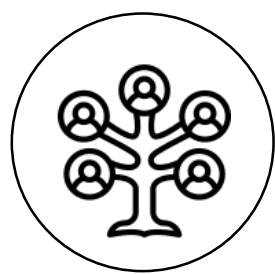


**C**hanges in stool or pale color. *Symptom.*



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

R

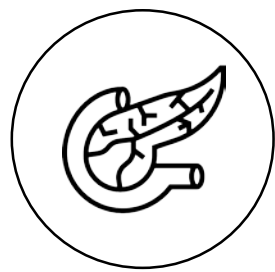


**R**elatives: multiple first degree relatives or relatives under the age of 50 diagnosed with pancreatic cancer. *Risk.*

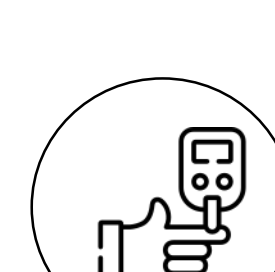


**R**ace/ethnicity: inherited genetic mutations, higher risk among African Americans and Ashkenazi Jewish descent. *Risk.*

E

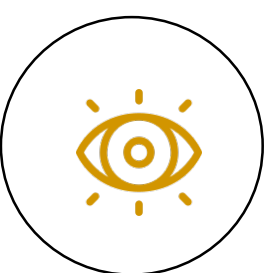


**E**xocrine Insufficiency (EPI): inability to digest foods & fats. *Sign/Symptom.*

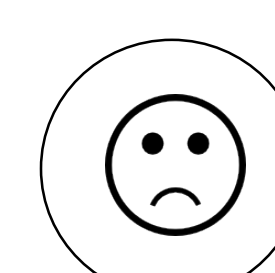


**E**levated glucose – newly diagnosed or early onset diabetes in person over 50 years old. *Sign/Risk.*

A

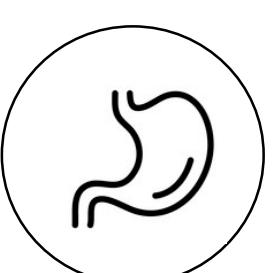


**A**dditional late signs: Jaundice, yellow eyes & skin, itching, dark urine color changes. *Signs/Symptoms.*

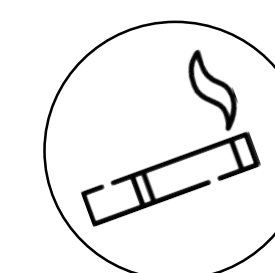


**A**dded Signs: vague stomach pain, fatigue, depression. *Symptom.*

S



**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.*