

Pancreatic Cancer Webinar—Let's Learn!  
October 26 7:00 p.m. ET

# Symptoms and Risk Factors



Dr. Rachna T. Shroff



Daniel G Garza  
Moderator



Dr. Fiyinfolu Balogun

# Let's Win Pancreatic Cancer

Let's Win is an online platform that enables doctors, scientists, and patients to share fast-breaking information on potentially life-saving pancreatic cancer treatments and clinical trials.

All stories published on the Let's Win website are available in English and Spanish and are reviewed by medical experts.



[www.letswinpc.org](http://www.letswinpc.org)



# National Alliance for Hispanic Health

The National Alliance for Hispanic Health is the premier science-based and community-driven organization that focuses on the best health for all. Community-based members provide services to more than 15 million Hispanics throughout the U.S. every year and national organization members provide services to more than 100 million people annually. The Alliance works to ensure that health incorporates the best of science, culture, and community.



[www.healthyamericas.org/](http://www.healthyamericas.org/)



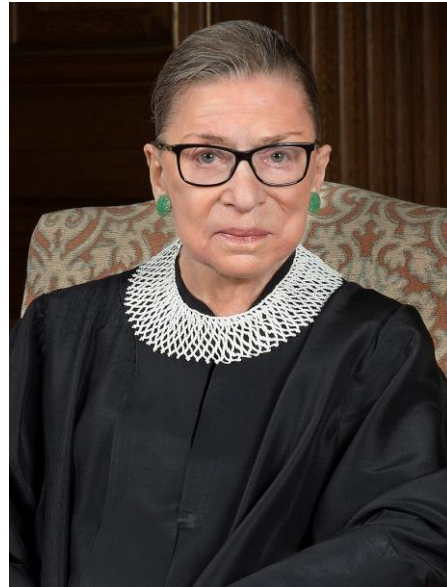
# The Importance of this Webinar

- Be aware of your health
- Know the risk factors for pancreatic cancer
- Be mindful of the symptoms of pancreatic cancer
- Make informed choices in your lifestyle

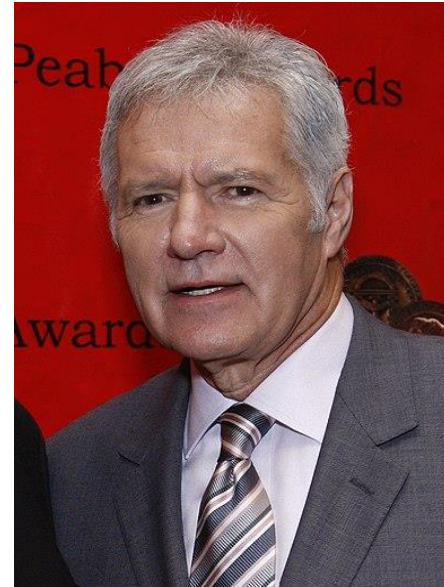
# Pancreatic Cancer: Among the Lives Lost



Congressman John Lewis  
July 2020



Ruth Bader Ginsburg  
September 2020



Alex Trebek  
November 2020



Aretha Franklin  
August 2018

# Pancreatic Cancer: By the Numbers

- About 62,000 people are diagnosed with pancreatic cancer each year in the US
- The average rate of occurrence in the US is 13.3% but in the Black community the rate is 15.9%
- The rate of occurrence is slightly lower in Hispanics but certain risk factors, such as Type 2 diabetes are higher in Hispanics
- The 5-year survival rate is about 11%
- Vague symptoms
- Most people are diagnosed at a later stage of the disease
- The most effective treatment is surgery, but most patients are diagnosed at a too advanced of a stage
- At this time, there is no easy screening test for pancreatic cancer

# Where is the Pancreas?



# Expert Panelists

Dr. Fiyinfolu Balogun  
Memorial Sloan Kettering  
Cancer Center



Dr. Rachna Shroff  
University of Arizona  
Cancer Center





# Types of Risk Factors

Pancreatic cancer cases are on the rise.

Risk factors:

- Lifestyle behaviors
- Diseases, such as diabetes
- Genetic mutations, such as BRCA



# Risk Factors: Lifestyle

## Smoking

- About 25% of pancreatic cancers are believed to be caused by smoking
- Pancreatic cancer risk is twice as high in smokers as nonsmokers

## Obesity

- People with a BMI over 30 are 20% more likely to get pancreatic cancer

## Heavy alcohol consumption

- Can lead to chronic pancreatitis

## Aging—the risk factor we can't control

- Two-thirds of patients are over 65

# Risk Factors: Disease

## Diabetes

- People with long-term diabetes (type 1 and type 2) have twice the risk as people without diabetes
- New-onset diabetes, after age 50
- Type 3c diabetes

Pancreatitis, especially chronic pancreatitis, which has a genetic link in some families.

Pancreatic cysts—some types are more likely to develop into cancer

- Intraductal papillary mucinous neoplasms (IPMNs)
- Mucinous cystic neoplasms (MCNs)

# Risk Factors: Genetic Mutations

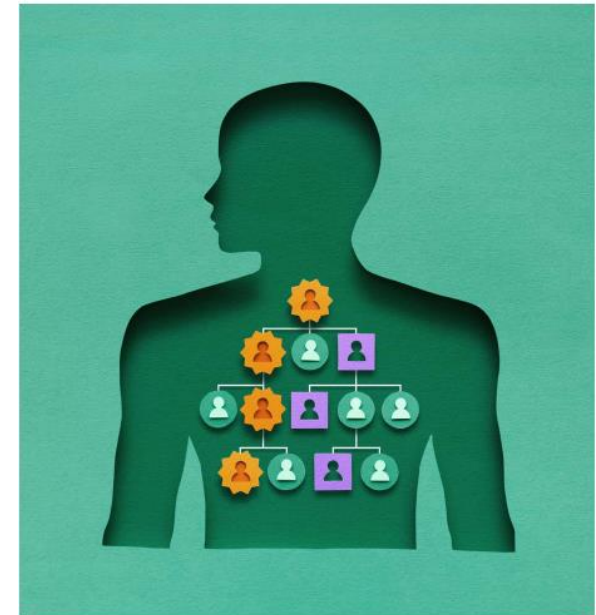
## Best-known mutations

- BRCA1/BRCA2
- PALB2

There are a number of less common mutations that also increase a person's risk for developing pancreatic cancer. These include :

- Familial atypical multiple mole melanoma syndrome (FAMMM), caused by variants in the CDKN2A gene
- Lynch syndrome (hereditary non-polyposis colorectal cancer syndrome), most often caused by a defect in the MLH1 or MSH2 genes
- Familial pancreatitis, usually caused by mutations in the PRSS1 gene
- Peutz-Jeghers syndrome (caused by variants in the LKB1 gene)

However, only 10-20% of familial pancreatic cancers are caused by known mutations.



# Symptoms of Pancreatic Cancer



Unintended Weight Loss



Pain After Eating

- Pain in the abdomen or back
- Pain after eating
- Indigestion
- Nausea
- Loss of appetite
- Unintended weight loss
- Fatigue
- Dark urine
- Light-colored stool
- Jaundice
- New-onset diabetes
- Depression



Dark urine  
& light stool



Jaundice



Nausea



Lower Abdomen Pain

# When to Speak to Your Doctor

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- If you have known risk factors
- If you have two or more symptoms

# For More Information

**Let's Win Pancreatic Cancer/Symptoms**

[www.letswinpc.org/symptoms/](http://www.letswinpc.org/symptoms/)

**Lustgarten Foundation**

[www.lustgarten.org](http://www.lustgarten.org)

**Pancreatic Cancer Action Network**

[www.pancan.org](http://www.pancan.org)

**American Cancer Society**

[www.cancer.org](http://www.cancer.org)

**Cancer Care**

[www.cancercare.org](http://www.cancercare.org)



# Thank You

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Remember to register for the  
November 9<sup>th</sup> webinar

Treatment Options and Clinical Trials in Pancreatic Cancer

