

# Pancreatic Cancer Webinar — Let's Learn!

October 25 2:00 p.m. ET

## Risk Factors and Symptoms



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Moderator



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# Let's Win Pancreatic Cancer



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

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.



# National Alliance for Hispanic Health



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

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.



# 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



Justice  
Ruth Bader Ginsburg



Alex Trebek



Aretha Franklin

# Pancreatic Cancer: Among the Lives Lost



Marta I. Rendon, M.D.

- World-renowned dermatologist who advanced medical knowledge as an educator, global lecturer, and pioneering researcher.
- President of Women's Dermatologic Society, President and Founder of American Society of Aesthetics Dermatology & Surgery, President of the Skin of Color Society, member of the Belizean Grove.
- Poor sleep was likely her first symptom and she underwent many different tests for years trying to solve the problem. She noticed that she was jaundiced while at work. From there, she self-ordered her blood work and admitted herself to the hospital.

# Pancreatic Cancer: By the Numbers

- About 64,000 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
- It is diagnosed more often in men
- The 5-year survival rate is about 12%
- 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 too advanced of a stage to undergo surgery
- At this time, there is no easy screening test for pancreatic cancer

# Where is the Pancreas?





# Expert Panelists



**Shaalan Beg, M.D., M.B.A.**



**Oscar Alvarez, M.D.**

# Types of Risk Factors

**Pancreatic cancer cases are on the rise.**

Risk factors:

- Lifestyle behaviors
- Diseases, such as diabetes
- Inherited factors



# 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: Inherited Factors

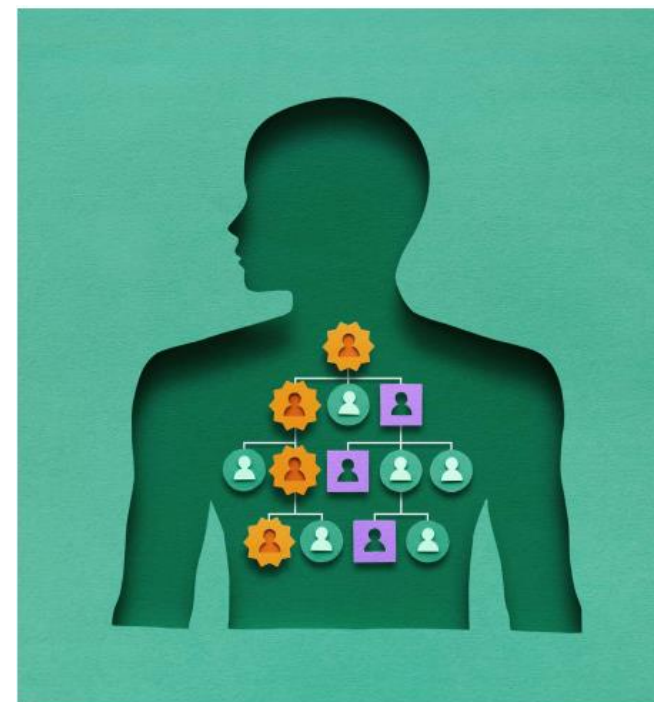
Best-known genetic mutations

- 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.



# If You Are at Increased Risk

## What is increased risk?

- Diseases, such as diabetes
- Inherited factors

## What can you do?

- Genetic testing
- Screening
- Be vigilant about symptoms



# Symptoms of Pancreatic Cancer



*Back Pain*



*Lower Abdomen Pain*



*Pain After Eating*



*Nausea*



*Unintended Weight Loss*



*Dark urine  
& light stool*



*Jaundice*

- 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

# When to Speak to Your Doctor

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



Q & A

Please type your questions into the chat

# 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!

Remember to register for the  
November 8<sup>th</sup> webinar

## Treatments and Clinical Trials in Pancreatic Cancer

