

Pancreatic Cancer Webinar— Let's Learn!

June 11th 2:00 p.m. EST

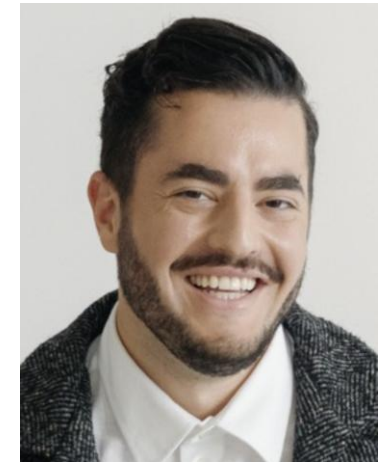
Nutrition for Pancreatic Cancer Patients



Audrey Caspar-Clark
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Susan Ganis
Pancreatic Cancer Advocate



Juan Pellerano-Rendon
Moderator

Let's Win Pancreatic Cancer

Let's Win is a go-to resource that guides patients and caregivers with vital information for better outcomes. Through a dynamic online platform available in English and Spanish, everyone who is diagnosed with pancreatic cancer (or individuals at higher risk) can have easy access to the most up-to-date knowledge about their disease.

Let's Win gives pancreatic cancer patients and their caregivers a clear path for action as well as much-needed hope.



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



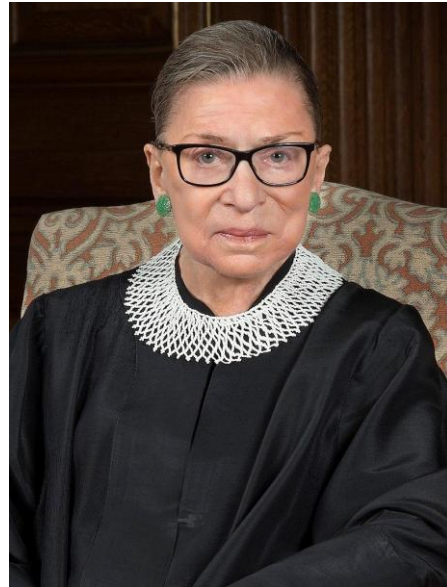
The Importance of this Webinar

- Understand how this disease and its treatments affect your digestive tract
- Learn how to get the most out of your nutrition
- Know where to find people and tools that can help you
- Work with a registered dietitian to make informed choices
- Don't hesitate to ask questions!

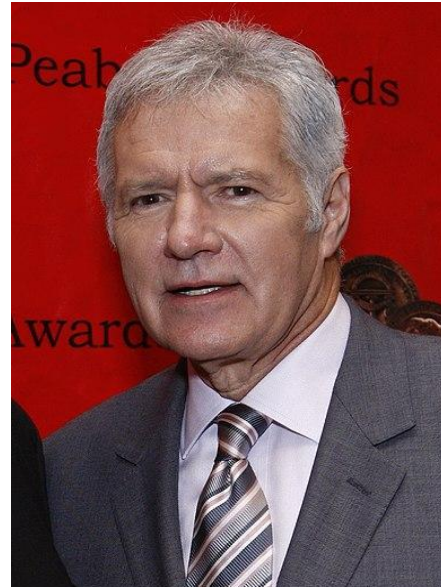
Pancreatic Cancer: Among the Lives Lost



Congressman
John Lewis



Ruth Bader
Ginsburg



Alex Trebek

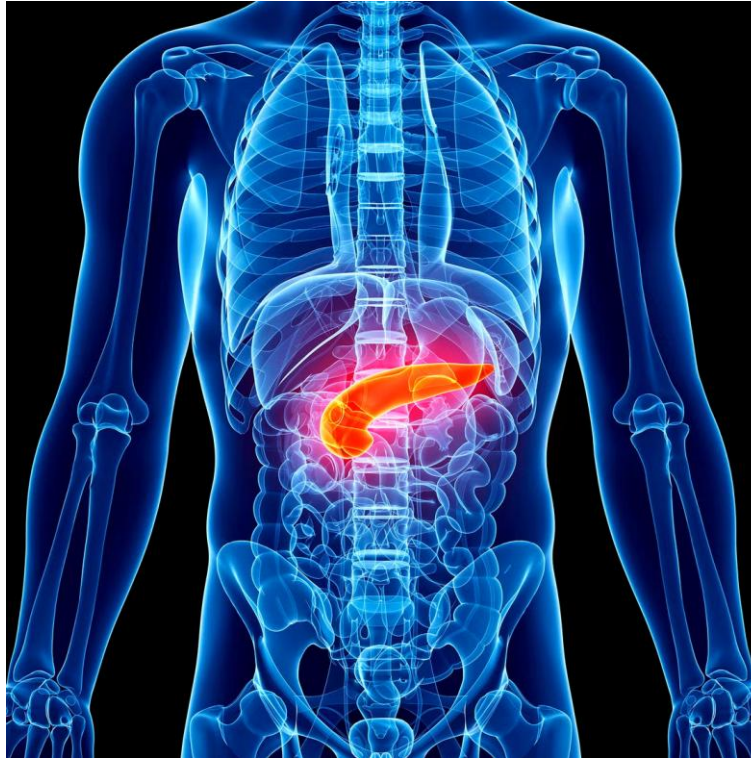


Aretha Franklin

Pancreatic Cancer: By the Numbers

- About **67,400** people will be diagnosed with pancreatic cancer in the US this year
- The average rate of occurrence in the US is **13.7%** but for Black Americans that rate is **16.6%**
- The 5-year survival rate is about **13%**
- The symptoms mimic many other more common conditions
- The pancreas is deep in the body, so tumors are not found on a physical exam
- Most people are diagnosed at a later stage of the disease
- The most effective treatment is surgical removal, but most patients are diagnosed at a too advanced stage
- At this time, there is no easy screening test for pancreatic cancer

Where is the Pancreas?



Nutrition for Pancreatic Cancer Patients



Audrey Caspar-Clark
Oncology Dietitian



Susan Ganis
Patient Advocate

Why is Diet and Nutrition Such a Challenge?

Pancreatic cancer is a disease of the digestive system. This means that nutrition challenges occur as part of:

- The symptoms of the disease
- Side effects of treatment

Getting the Most Out of Nutrition

- Foods to eat
- Foods to avoid
- Practical tips

Importance of Enzymes

- What are enzymes and what role do they play?
- What is PERT?
- The cost of enzymes
- Alternatives to enzymes/Creon

Who Can Help?

- Dietitians
- Caregivers

Susan's Story and Best Practices

- Managing my nutrition during treatment

Q&A



Audrey Caspar-Clark
Oncology Dietitian



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Patient Advocate

Final Thoughts

Further reading on the Let's Win website:

- [Disease Management: Diet and Nutrition](#)
- [How to Eat with Pancreatic Cancer](#)
- [Nutrition Myths Debunked](#)
- [Alternatives to Creon](#)
- [Enzyme Calculator Tool](#)

Stay informed with our weekly [newsletter](#)



Thank you for attending!



Please join us on October 8th for our next webinar, which will be in
Spanish: **Discussing Genetic Risk with Your Family**