

If you would like to donate and help us take action against pancreatic cancer, please visit:

[www.panact.org/donate](http://www.panact.org/donate)  
or  
scan the QR code.



For more information about pancreatic cancer and Pancreatic Cancer Action, please get in touch.

0303 040 1770

[enquiries@panact.org](mailto:enquiries@panact.org)

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

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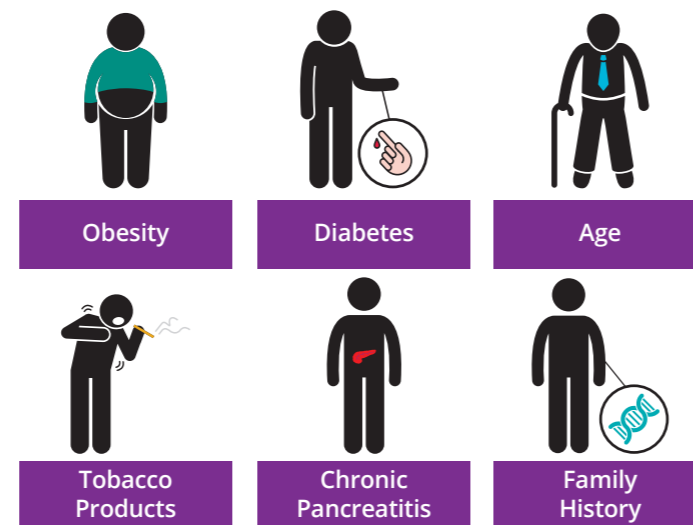


We save lives through early diagnosis

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## What are the risks?

The cause of pancreatic cancer is unknown. However, there are some factors which make developing pancreatic cancer more likely:



Eating a healthy balanced diet, staying a healthy weight and not smoking are ways you can reduce your risk. If none of these risk factors are relevant to you, this does not mean it cannot affect you. For more information visit:

[www.panact.org/causes](http://www.panact.org/causes)

## About Pancreatic Cancer Action

We are a national charity dedicated to saving lives through early diagnosis and improving the quality of life for those affected by pancreatic cancer.

### How we do this...

- ▶ Raise public awareness of the signs and symptoms of pancreatic cancer.
- ▶ Fund early diagnosis research.
- ▶ Provide free resources to healthcare professionals to help diagnose pancreatic cancer sooner.
- ▶ Campaign for better treatments and funding of pancreatic cancer.
- ▶ Provide free and helpful information for patients and carers.

To find out more about us visit:

[www.pancreaticcanceraction.org/about-us](http://www.pancreaticcanceraction.org/about-us)

*"As a pancreatic cancer survivor, I am living proof that early diagnosis is achievable, that there is hope and improving survival rates is possible!"*

**Ali Stunt**  
CEO and founder of Pancreatic Cancer Action



# Quick guide to pancreatic cancer

Symptoms and key information



We save lives through early diagnosis

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

## What is pancreatic cancer?



Pancreatic cancer occurs when cells in the pancreas grow uncontrollably to form a lump or mass, usually referred to as a 'cancerous tumour'.

The pancreas has two main jobs in the body:

- Making enzymes, these help to digest (break down) foods.
- Making hormones, such as insulin and glucagon, which control blood sugar levels.

In this way, the pancreas helps the body use and store the energy it gets from food. When cancer develops in the pancreas it affects how the organ works, which can make you very ill.

## Why should I know about pancreatic cancer?

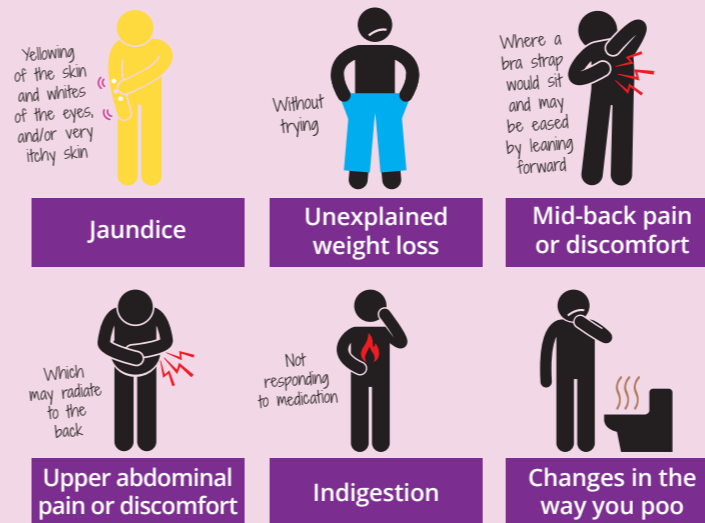
- ▶ Pancreatic cancer is the UK's 5th biggest cancer killer
- ▶ In most cases, it can develop unexpectedly with no family connection to the disease
- ▶ Knowing the signs and symptoms means you can act on any concerns you might have, sooner
- ▶ Early diagnosis can significantly increase your chance of receiving potentially life-saving surgery.

### The facts:

- ▶ Pancreatic cancer can affect any adult. It occurs equally in men and women
- ▶ Almost 10,000 people are diagnosed each year in the UK (that's the same as 909 football teams)
- ▶ 9,000 people die each year, and only 7% survive 5 years
- ▶ Surgery is currently the only cure
- ▶ 5-year survival increases to 30% if you can have surgery followed by chemotherapy.

## What are the symptoms?

As pancreatic cancer develops in the body, it may cause some of the following signs and symptoms:



- **Diabetes** - Which has developed recently and is not linked to weight gain
- **Fatigue** - Feeling tired or exhausted all the time
- **Loss of appetite** - Not feeling like eating
- **Nausea and vomiting** - Feeling and being sick.

## What do I do if I think I have these symptoms?

If you, or someone you know, is **experiencing any** of these **symptoms** and they are not normal for you, **do not ignore them.**

**Go and see your GP straight away.**

It can be useful to **keep a diary of your symptoms** so that when you visit your GP, they can easily understand what has been happening. Visit our website: [www.panact.org/symptoms-diary](http://www.panact.org/symptoms-diary) to download this.

If you would like to **talk to someone before going to the GP** please **call us on 0303 040 1770.**