

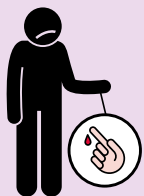
Pancreatic cancer: A diagnostic guide for GPs

Treatment-resistant dyspepsia



- Indigestion symptoms that are not responding to PPIs.

New onset type 2 diabetes mellitus



- Underweight
- Normal weight
- When there is no other associated metabolic condition or family history of diabetes.

Back and/or epigastric pain or discomfort



- Radiating dorsally
- Relieved by sitting & leaning forward
- The back pain is often described as where the bra strap would sit.

New-onset IBS-like symptoms in those >45 years



- Common misdiagnosis of pancreatic cancer
- It is essential to rule out pancreatic cancer as a cause for bloatedness flatulence and change of bowel habit especially if a patient has never had an IBS diagnosis before.

Suspected cancer: recognition and referral [NG12] 2015

Consider an urgent direct access CT scan (to be performed within 2 weeks), or an urgent ultrasound scan if CT is not available, to assess for pancreatic cancer in people aged 60 and over with weight loss AND any of the following:

- Diarrhoea
- Vomiting
- Back pain
- Constipation
- Abdominal pain
- New-onset diabetes.
- Nausea

Type 1 diabetes in adults: diagnosis and management [NG17] 2022

For people aged 60 and over presenting with weight loss and new-onset diabetes, follow recommendations on assessing for pancreatic cancer in the section on pancreatic cancer in the NICE guideline on suspected cancer: recognition and referral.

Pancreatic cancer in adults: diagnosis and management [NG85] 2018

- Diagnosis
- Monitoring for people with an inherited high risk of pancreatic cancer
- Staging
- Psychological support
- Pain and nutrition management
- Management for resectable, borderline resectable and unresectable cancer

Painless obstructive jaundice



- Yellowing of the skin and whites of the eyes
- Pruritus
- Dark urine and pale stools.

Altered bowel movements



- Increased frequency
- Offensive-smelling stools
- Steatorrhea.

Unexplained weight loss, vomiting & anorexia



- Possible signs of malignancy
- Unexplained weight loss is a red flag
- Can occur without any pain or apparent change in digestion.

Risk factors

- **Age**, the risk of having pancreatic cancer is low until the age of 50, when it increases sharply
- **Smoking is attributed to a third of cases**
- **Family history** of pancreatic cancer and familial cancer syndromes
- **Obesity**
- **Presence of the BRCA 2 genetic mutation.**