

# ABOUT PANCREATIC CANCER

Pancreatic cancer is the **3RD** leading cause of cancer-related death in the United States

Pancreatic cancer has the lowest five-year survival rate of any major cancer, at **ONLY 8%**

**MORE** patients will die from pancreatic cancer than breast cancer in 2016

## SYMPTOMS:

Pancreatic cancer may cause only vague symptoms that could indicate different conditions. If you are experiencing one or more of these unexplained symptoms, the Pancreatic Cancer Action Network urges you to see your doctor.

Symptoms include:



Pain (usually in the abdomen or back)



Loss of appetite



Jaundice (yellowing of the skin and/or eyes)



Weight loss



Nausea



Change in stool



Recent onset diabetes

## RISK FACTORS

The exact causes of pancreatic cancer are not yet well understood. Research studies have identified certain risk factors that may increase the likelihood that an individual will develop pancreatic cancer.



### Family History

If a person's mother, father, sibling or child had pancreatic cancer, then that person's risk for developing the disease increases 2-3 times.



### Diabetes

Pancreatic cancer is more likely to occur in people who have long-standing (over 5 years) diabetes.



### Pancreatitis

People with chronic pancreatitis have an increased risk of developing pancreatic cancer. The risk of developing pancreatic cancer is even higher in individuals who have hereditary pancreatitis.



### Smoking

Smoking is a significant risk factor and may cause about 20-30% of all exocrine pancreatic cancer cases.



### Race

African-Americans and Ashkenazi Jews have a higher incidence of pancreatic cancer.



### Age

The chance of developing pancreatic cancer increases with age. Most people diagnosed with pancreatic cancer are over the age of 60.



### Gender

Slightly more men are diagnosed with pancreatic cancer than women.



### Diet

A diet high in red and processed meats is thought to increase the risk of developing pancreatic cancer. A diet high in fruits and vegetables may decrease the risk.



### Obesity

Obese people have a 20% increased risk of developing the disease compared to people of a normal weight.

LEARN MORE ABOUT PANCREATIC CANCER BY VISITING [PANCAN.ORG/WAGEHOPE](http://PANCAN.ORG/WAGEHOPE)

Source: Key Pancreatic Cancer Statistics (American Cancer Society Cancer Facts & Figures 2016. Atlanta: American Cancer Society; 2016)