

Support for you & your patients

Pancreatic Cancer UK

Tracey Buckley – Pancreatic cancer nurse specialist

Overview

- Key Stats around pancreatic cancer in the UK
- Signs and symptoms
- The function of the pancreas
- The impact of pancreatic cancer on the pancreas
- Support for you and your patients
- Questions

Pancreatic Cancer is tough



Tough to diagnose

80% are not diagnosed until the cancer is at an advanced stage.



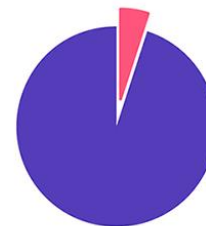
Tough to treat

Surgery is the only treatment which could save lives yet only 8% have it.



Tough to research

Pancreatic cancer research historically underfunded. Over the last decade it's received only 1% of the cancer research budget.



Tough to survive

Less than 7% of people with pancreatic cancer will survive beyond 5 years in the UK.

Pancreatic Cancer UK

10,000

Pancreatic cancer cases in 2016, UK



Pancreatic cancer is the **11th most common cancer**

9,000

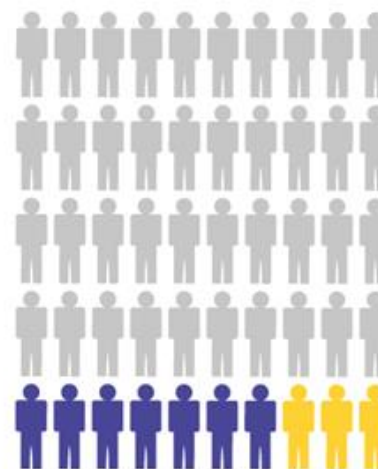
Pancreatic cancer deaths in 2016, UK



Pancreatic cancer is the **5th biggest cancer killer**

7%

Five-year survival



Pancreatic cancer has the **lowest survival of all common cancers**

24%

One-year survival



Copyright of Pancreatic Cancer UK

1 in 4



people diagnosed with pancreatic cancer
will die **within a month**

In contrast, only 1 in 10 people will die on average if
diagnosed with one of the 20 common cancers

3 in 4



people diagnosed with pancreatic cancer
will die **within a year**

In contrast, only 3 in 10 people will die on average if
diagnosed with one of the 20 common cancers

Challenges in early diagnosis

- Vague and non specific symptoms
- No simple diagnostic test
- Symptoms often don't present until a late stage

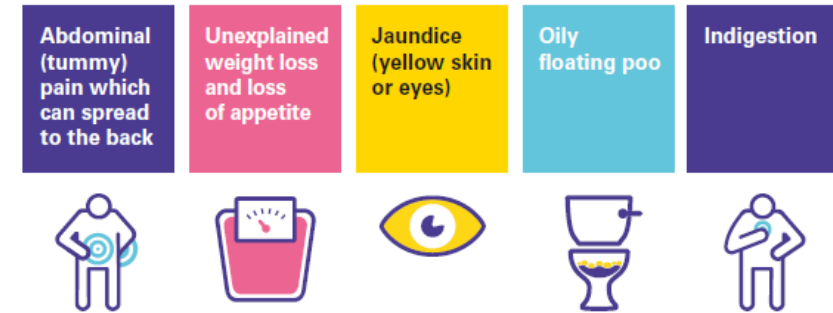
Signs and Symptoms

Signs and Symptoms

- Abdominal pain +/- back pain
- Dyspepsia/reflux/bloating
- Fatigue
- Change in bowel habits
- Unintentional weight loss
- New onset diabetes
- Jaundice
- Thromboembolism

Nobody knows your body better than you.

If you have any of these symptoms it might suggest a problem with your pancreas, such as pancreatic cancer.

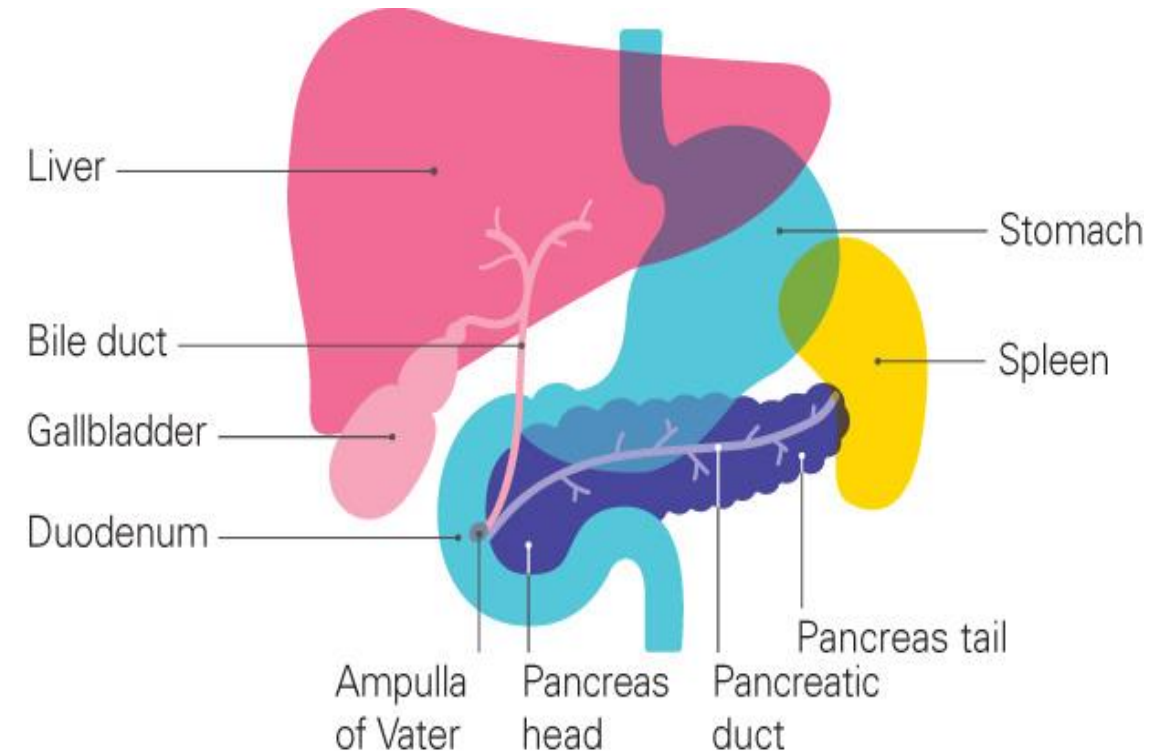


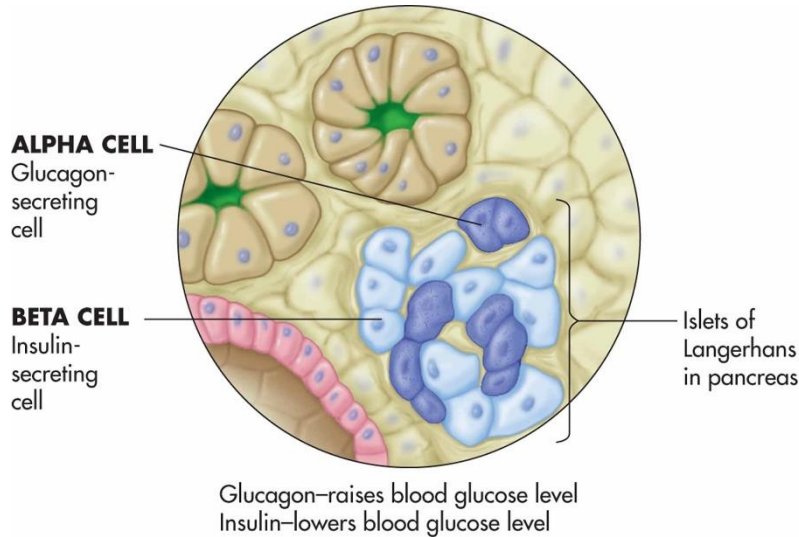
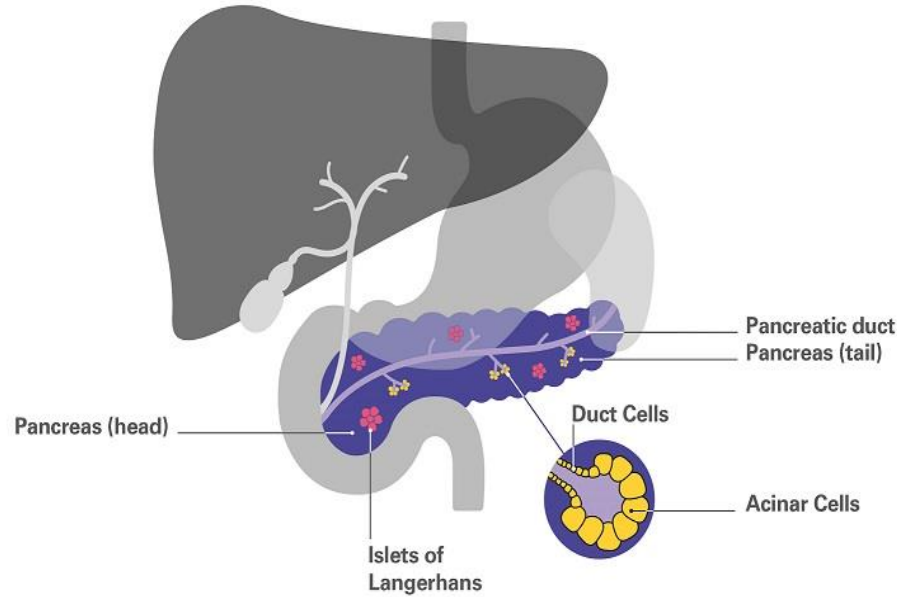
If you have jaundice you should go to your GP without delay. If you have any of the other symptoms and they are unexplained or persistent (lasting 4 weeks or more), visit your GP. Remember, these symptoms can be signs of other conditions and may not be pancreatic cancer.

The Pancreas

Pancreatic Cancer UK

- Large gland, about 12 -15 cm (6") long and 2.5cm (1") thick.
- Lies just behind the stomach, in front of the spine.
- Divided into the head, neck, body & tail.
- The head, is the larger portion nestled within the 'C – shaped' curve of the duodenum.
- The tail lies in close proximity to the spleen
- The pancreatic duct and the common bile duct meet at the Ampulla and excrete into the duodenum.





Functions

- **Exocrine Function** -Plays an important role in digestion, produces enzymes
 - Protease to break down **protein**
 - Lipase to break down **fat**
 - Amylase to break down **carbohydrate**
- **Endocrine Function** -Produces hormones to regulate blood sugar.
 - (β) Insulin
 - (α) Glucagon
 - (δ) Somatostatin
 - (PP) Pancreatic polypeptide
- Also produces Bicarbonate.

Impact of pancreatic cancer on these functions.

Exocrine

- Pancreatic Exocrine insufficiency
- Inability to digest food and absorb nutrients.
- High prevalence in pancreatic cancer
- The treatment for this is PERT.
- Nice recommends offering PERT to pancreatic cancer patients.

Endocrine

- Development of diabetes
- Can be a symptom of pancreatic cancer
- Diabetes may increase the risk of pancreatic cancer.
- Pancreatic cancer patients may have Pancreatogenic Diabetes or Type 3c Diabetes

Supporting Health Care Professionals

Health Professional Support and Information Bulletin



Support for your patients



**Learning and development for
you**



Events for you

By joining our bulletin you will:

- Hear about the latest pancreatic cancer updates
- Be the first to hear about our upcoming events
- Find out about and order free copies of new and updated pancreatic cancer publications

<https://www.pancreaticcancer.org.uk/health-professionals/health-professional-support-and-information-bulletin/>

New hub on pancreatic enzyme replacement therapy (PERT)

Visit our new hub for resources on pancreatic cancer and PERT, including our short online course endorsed by the British Dietetic Association and the Pancreatic Society of Great Britain and Ireland, and guides for health professionals and patients.

[Visit our PERT Hub](#)



PERT training – Online course

A health professional's guide to pancreatic cancer and PERT, endorsed by the British Dietetic Association and Pancreatic Society of Great Britain and Ireland.

Free | 30 – 45 minutes

[Take our short course](#)



<https://www.pancreaticcancer.org.uk/health-professionals/pert-hub/>



- Two resources designed for you to use with your patients with Type 3c diabetes. This is also known as Pancreatogenic Diabetes or Secondary Diabetes.
- The first is for people with a reduced appetite
- The second is for people who have a good appetite

<https://bit.ly/363sBwU>

Health professional - Virtual events

- Support for your own local events
- Upcoming events – Pancreatic Cancer UK & External
- National Study Sessions – October 2021 (more info coming soon)
- Access to Past events can be found at this link <https://bit.ly/3h4bIZa>

Supporting those with Pancreatic cancer



<https://publications.pancreaticcancer.org.uk/>

Information you can trust and understand

- Based on the latest evidence
- Easy to understand
- Reviewed by health professionals
- We also involve people affected by pancreatic cancer
- Updated regularly
- Easy read options



Support line

We are here to support and listen. Our free and confidential Pancreatic Cancer UK Support Line is a lifeline for thousands of patients, families and friends. Our specialist nurses understand the issues you might be facing and will support you in coping with pancreatic cancer.

0808 801 0707

Mon, Tues, Thurs, Fri 9am - 4pm

Wed 10am – 6pm.

nurse@pancreaticcancer.org.uk



Website

Access to information and support. Feel free to explore our real life stories, order or download our publications, visit our Forum, use our Clinical Trial Finder, or find out how you can get involved with the charity.

www.pancreaticcancer.org.uk

Our Virtual support sessions

The screenshot displays the Pancreatic Cancer UK website. At the top, a dark blue navigation bar contains social media icons (Facebook, Twitter, LinkedIn, Instagram, YouTube) on the left, and links for 'For health professionals', 'Information for researchers', 'COVID-19 information', and 'Talk to a nurse: 0808 801 0707' on the right. Below this is a purple header bar with the Pancreatic Cancer UK logo on the left, navigation links for 'About pancreatic cancer', 'Support for you', 'What we do', 'Research', and 'Get involved' in the center, and a search icon and a red 'Donate' button on the right. A light purple breadcrumb trail shows 'Home > Support for you'. The main content area features a large image of a person's hands holding a white mug of coffee while typing on a laptop keyboard. Overlaid on this image is the text 'Living with Pancreatic Cancer online support sessions' in white. At the bottom of the image, there is a row of social media sharing icons (Facebook, Twitter, LinkedIn, Email) and a 'Print article' button.

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For health professionals Information for researchers COVID-19 information Talk to a nurse: 0808 801 0707

Pancreatic Cancer UK

About pancreatic cancer Support for you What we do Research Get involved

Search Donate

Home > Support for you

Living with Pancreatic Cancer online support sessions

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Side by Side

- Telephone support service for people with pancreatic cancer who have had, or are likely to have surgery
- The opportunity to speak to someone who has gone through surgery and is a trained volunteer
- Can be a one off support call or ongoing for several months

I can't tell you how wonderful it was to speak to someone who knew what it was like because they've been through it **themselves**



Other people are very kind but they don't really understand – not like someone who has been there

**Pancreatic
Cancer
UK**

**You don't have
to face pancreatic
cancer alone**

Let us help you and
your family today.

**Pancreatic
Cancer
UK**

We're here to guide you through every stage
In addition to our nurse Support Line, our range of services are here when you need them most.

Expert information

Our free information covers everything about pancreatic cancer to help you understand your diagnosis, ask questions, make decisions and live as well as you can.



Living with Pancreatic Cancer Online Support Sessions

Our online support sessions are hosted by our specialist pancreatic cancer nurses and will give you the chance to connect with others who have also been diagnosed.



Side by Side service for people having surgery

This phone service connects you to trained volunteers who have already had pancreatic cancer surgery. They understand what you might be going through and share their own experiences of both before and after surgery.



Online forum

The forum is a supportive online space where everyone affected by pancreatic cancer can be there for one another at any time.



Pancreatic cancer Support Groups

Run by people affected by pancreatic cancer, these groups are an opportunity for people to meet others and support each other.



Real life stories

Read other people's experiences of pancreatic cancer on our website to find out how they coped with their diagnosis and treatment and their tips on looking after themselves.



Whether it's support for you, or a friend or family member, our services are available now. Find out more at

pancreaticcancer.org.uk/getsupport

Or you can call one of our nurses on

0808 801 0707

**Pancreatic
Cancer
UK**

Our specialist nurses are here to talk now
If your world has been turned upside down by a pancreatic cancer diagnosis, we are here to talk now. We can answer your questions, recommend practical steps and provide the emotional support you and your loved ones need, when you need it most.

Waiting for your call
Specialists in pancreatic cancer, we are only a call or email away. You can contact us about anything - managing symptoms, questions about your diagnosis, treatment options or just to talk about how you're really feeling.

A specialist nurse, dedicated to you
We can assign a dedicated nurse who stays with you through everything and gets to know you and your situation. Supporting over 2,000 people affected by pancreatic cancer each year, we are specialists in pancreatic cancer.

Unlimited time and bespoke follow-up
From 4 minutes to 40 minutes, we can talk and listen for as long as you need. After your call, we can provide personalised information by email or post, explaining the next steps and giving you confidence to move forward.

Nurse Support Line
Specialists in pancreatic cancer, our friendly nurses are only a phone call away and are here to answer questions and talk for as long as you need.

0808 801 0707
Mon to Fri 10am - 4pm

nurse@pancreaticcancer.org.uk

**You don't have
to face pancreatic
cancer alone**
Let us help you and
your family today.

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Support Line today**
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You can email our nurses at
nurse@pancreaticcancer.org.uk



Thank you!