

Introduction to Pancreatic Cancer

Learning objectives

- **Learn more about the statistics surrounding Pancreatic Cancer and what this might mean for your patients**
- **Learn more about how pancreatic cancer can present, its signs and symptoms and how it is diagnosed.**
- **Explore how Pancreatic Cancer UK support you in supporting your patients**

Pancreatic cancer is the 10th most common cancer

Every day 28 people are diagnosed with the disease



More than half
of people diagnosed
with pancreatic
cancer die

**within 3
months**



Tough to diagnose

3 in 5

people are
diagnosed at an
advanced stage
(stage 3 and stage 4)



Tough to treat

1 in 10

people with
pancreatic cancer will
receive potentially
curative surgery



Tough to survive

Pancreatic cancer has
the lowest survival of
all common cancers,
with five-year survival

less
than **7%**



Tough to research

only **3%**

of the annual UK
cancer research
budget goes into
pancreatic cancer



Nearly half

of all pancreatic
cancer patients are
diagnosed through
**emergency
routes**
e.g. A&E

The deadliest and quickest killing cancer

10,000

Pancreatic cancer cases
in 2016, UK



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

9,000

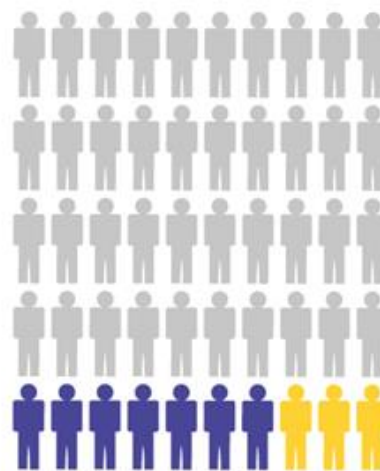
Pancreatic cancer deaths in
2016, UK



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

7%

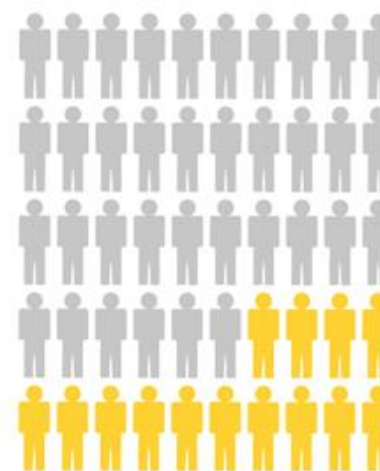
Five-year survival



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

24%

One-year survival



What are the known risk factors?

There is **good** evidence that, age, smoking, being overweight, family history of cancer, pancreatitis and diabetes **may** increase your risk of pancreatic cancer.

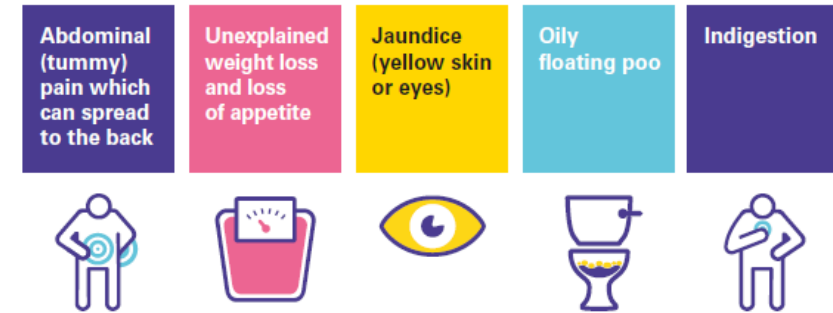
Some evidence has suggested that there are other things **may** also increase risk, such as alcohol, red and processed meat and hx of cancer – more research is needed.

Signs and Symptoms

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

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.

Pancreatic Cancer is an Emergency



BMJ 2014;349:g5261 doi: 10.1136/bmj.g5261 (Published 4 September 2014)

Page 1 of 2

VIEWS & REVIEWS

PERSONAL VIEW

Pancreatic cancer should be treated as a medical emergency

"The greatest oncological challenge" results partly from delays to diagnosis and treatment, writes
J-Matthias Löhr

J-Matthias Löhr professor of gastroenterology and hepatology and senior consultant, Karolinska Institutet and Karolinska University Hospital, Gastrocentrum, Stockholm, Sweden

Outcomes for pancreatic cancer are poor, and the following case shows why. A 63 year old man presented to his general practitioner with abdominal pain and weight loss and eventually had diabetes diagnosed. He subsequently developed obstructive jaundice and was admitted to the emergency department of his local hospital on a Friday afternoon. Endoscopic retrograde

management (ERCP, multidisciplinary team discussion, surgery, chemotherapy).

In reality, only a third of patients experience the third scenario, and most patients are seen initially at primary or secondary hospitals, particularly in countries with large rural areas. Once diagnosed, pancreatic cancer qualifies for fast track surgery in

Presentation & Diagnosis

Early diagnosis is essential to increase survival

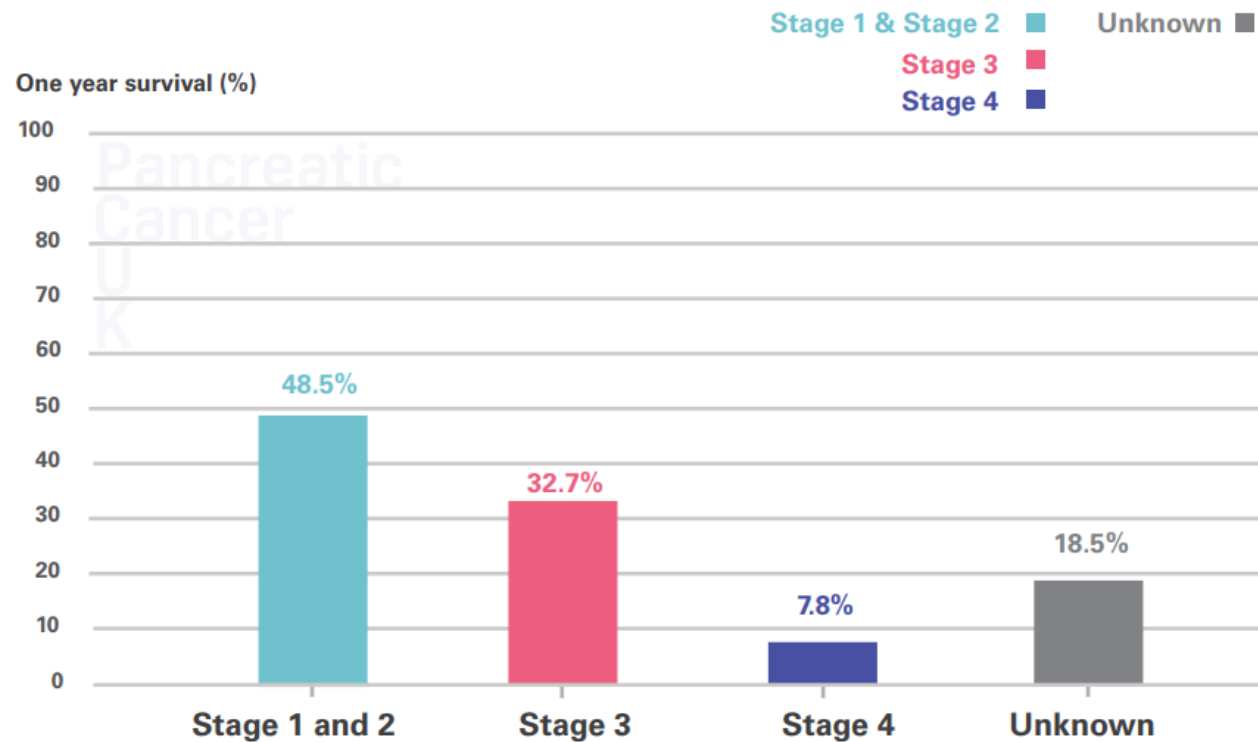


Figure 1: One year survival for people with exocrine pancreatic cancer diagnosed at each stage

Challenges in early diagnosis

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

Diagnosis and Referrals

- Diagnosis often complex
 - Multiple investigations
 - Delays
 - Internet
- Referrals – Specialist Centres
 - Communication issues
 - 2 week wait
 - ‘Black hole’ effect



Diagnosing Pancreatic Cancer

Blood tests | CA 19-9 and CEA specific pancreatic tumour markers, however if raised does not necessarily mean 'cancer'.

Abdominal Ultrasound | inexpensive, non invasive. If highlights an abnormality, then CT requested.

CT (computed tomography) | often given IV injection of contrast to highlight blood supply to certain organs. Good diagnostic tool.

MRI/MRCP (magnetic resonance imaging/cholangiopancreatography) | useful addition to imaging, can be more specific for liver metastases and highlighting abnormalities within the bile ducts

Diagnosing Pancreatic Cancer

ERCP – (endoscopic retrograde cholangiopancreatography) | endoscope is passed through mouth, down the oesophagus into stomach and into the duodenum. A smaller tube is then inserted through the centre of endoscope and dye is injected to highlight any obstruction to its flow through the biliary system.

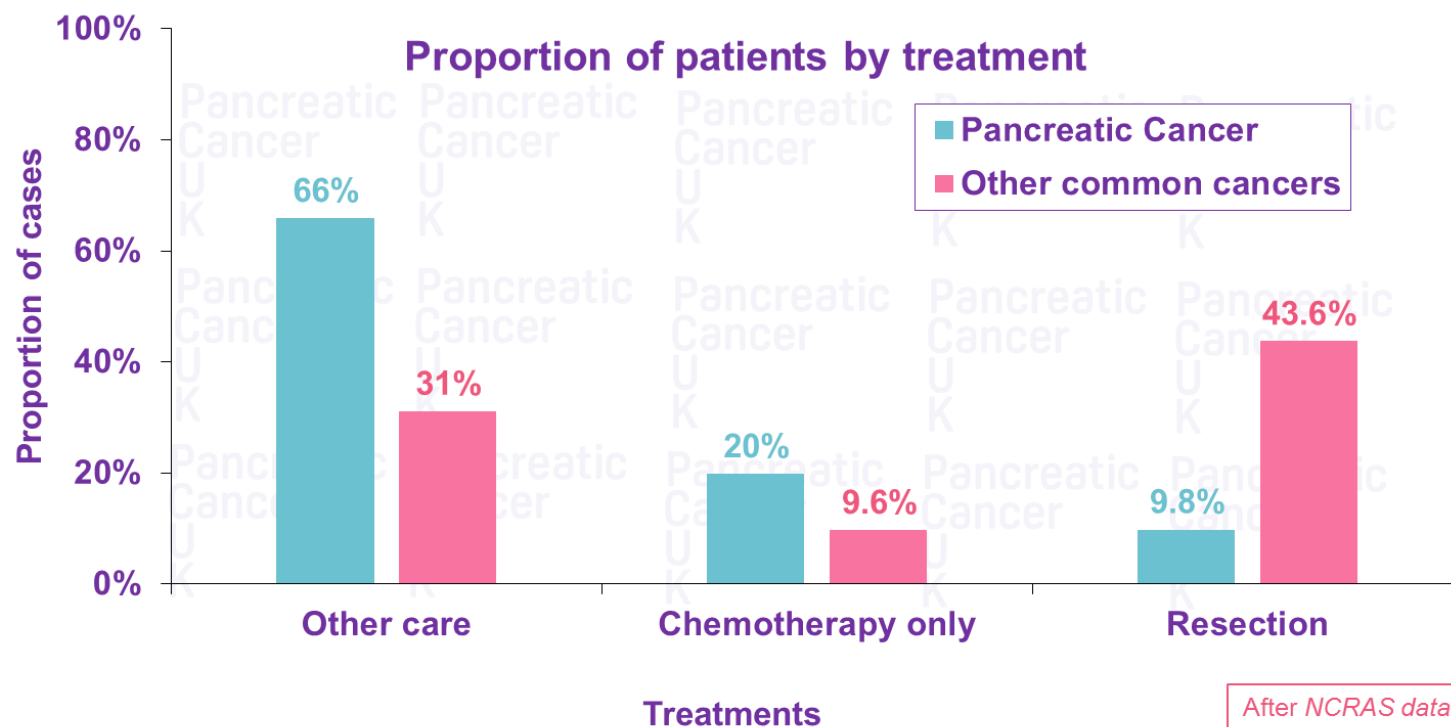
PET – (Positron Emission Tomography) | very specialised nuclear medicine scan that utilizes radioactive substances.
Use more often with those cases with locally advanced disease

EUS – (Endoscopic Ultrasound) | Endoscope & ultrasound combined. Very accurate, good for visualizing Lymph nodes and taking biopsies in particular.

Tissue Diagnosis is imperative for treatment to be planned.

Pancreatic cancer is undertreated

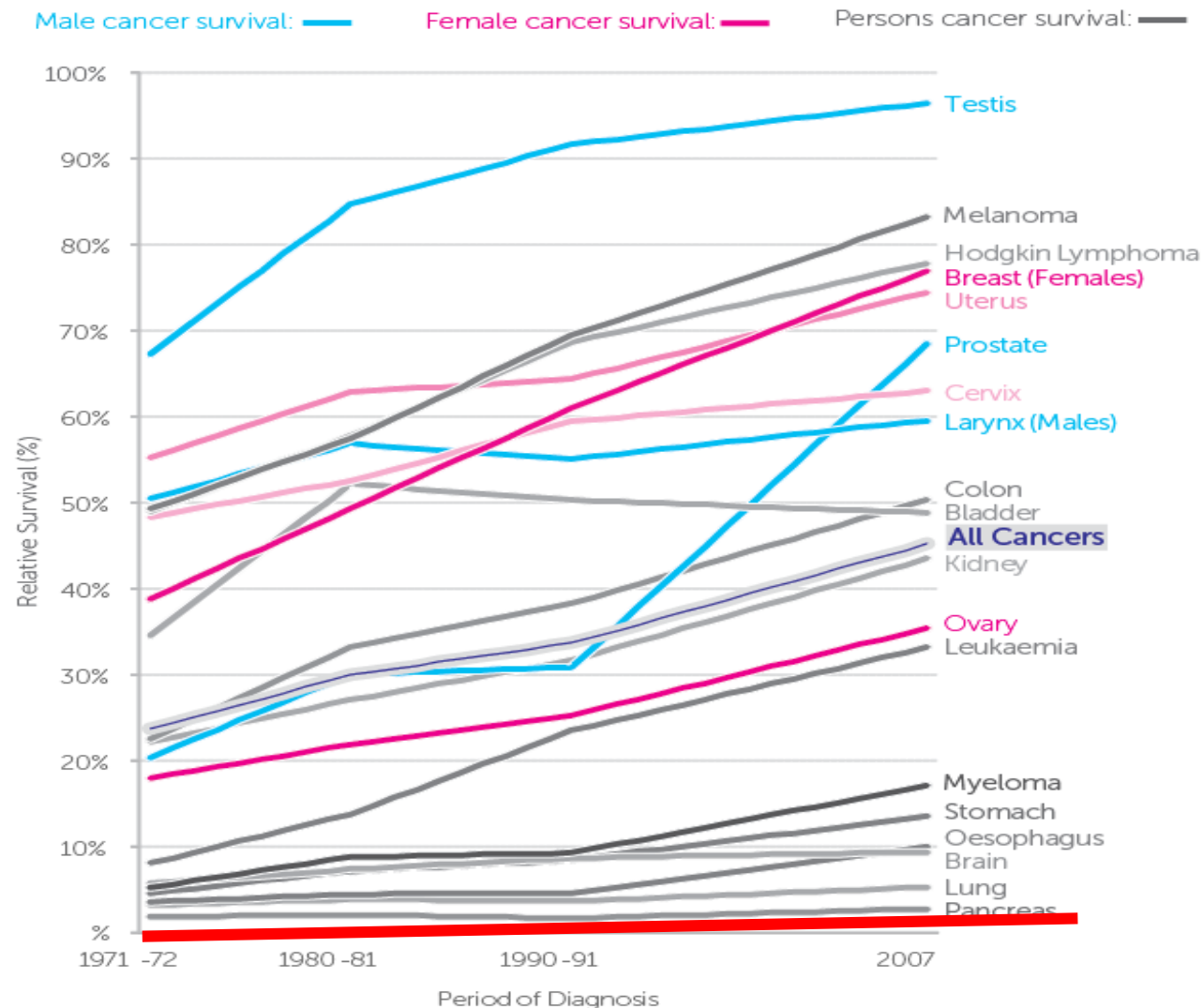
- ✓ **7 in 10** people with pancreatic cancer do not receive any active treatment, including surgery, chemotherapy or radiotherapy
- ✓ **Only 1 in 10** people with pancreatic cancer receive potentially curative surgery
- ✓ **Only 2 in 10** people will receive chemotherapy



5 year survival rate hasn't improved in last 40 years



http://www.cancerresearchuk.org/sites/default/files/cstream-node/cs_surv_common.pdf
(October 2017)



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/>

Supporting those with Pancreatic cancer



Providing cancer patients with information helps patients with decision making, prepares them for treatment and helps them cope with adverse effects associated with it, reduces anxiety and depression, increases satisfaction with treatment, improves communication with family and improves quality of life

The National Cancer Patient Experience survey reports that access to information and support is poorer in pancreatic cancer than in other cancers



Publications

New patient packs

- A pack for people with **operable pancreatic cancer** (stage 1 or stage 2)
- A pack for people with **inoperable pancreatic cancer** (stage 3 or stage 4)

Diet

Chemotherapy

Surgery

Stents

Fatigue etc

Easy read options

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

SIDE BY SIDE



A support service for people affected by pancreatic cancer who have had, or are likely to have, surgery to remove their cancer. It gives you the chance to speak to a trained volunteer who has been in a similar situation to your own.

<https://www.pancreaticcancer.org.uk/support-for-you/side-by-side-support-for-before-and-after-surgery/>

Pancreatic cancer that can be removed by surgery

A guide if you have just been diagnosed



Diet and pancreatic cancer



How to manage problems with digestion using pancreatic enzyme replacement therapy (PERT)

This fact sheet is for anyone who has been diagnosed with pancreatic cancer. Your family may also find it helpful. It explains how to manage problems with digestion, which are common if you have pancreatic cancer.

The pancreas plays an important role in digestion, as it produces enzymes that help to break down the food we eat. Nutrients from the food are then absorbed into the blood and used by the body. Pancreatic cancer and surgery to remove the cancer can reduce the number of enzymes your pancreas makes. This means that you can't digest your food properly, so the nutrients in the food aren't absorbed. This is called **malabsorption**.

These digestion problems can be managed by capsules that replace the enzymes your pancreas would normally make. This is called **pancreatic enzyme replacement therapy (PERT)**. This fact sheet explains how to take PERT.

Speak to your dietitian, doctor or nurse for support with digestion problems and PERT.



You can also speak to our specialist nurses on our confidential Support Line. Call free on **0808 801 0707** or email nurse@pancreaticcancer.org.uk

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.

Call our free and confidential Support Line today


0808 801 0707

You can email our nurses at

nurse@pancreaticcancer.org.uk

f t in @ v

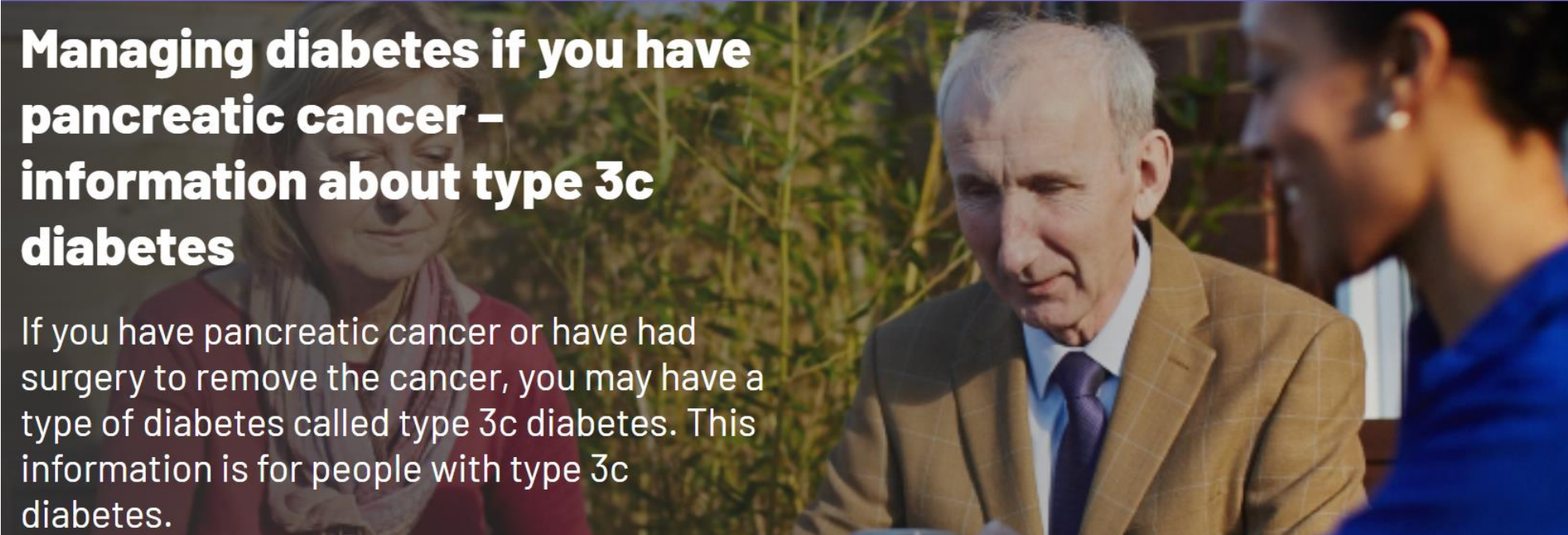
For health professionals Information for researchers COVID-19 information Talk to a nurse: 0808 801 0707

Pancreatic Cancer UK Information about pancreatic cancer Support for you What we do Research Get involved  [Donate](#)

[Home](#) > [Information about pancreatic cancer](#) > [Managing symptoms and side effects](#)

Managing diabetes if you have pancreatic cancer – information about type 3c diabetes

If you have pancreatic cancer or have had surgery to remove the cancer, you may have a type of diabetes called type 3c diabetes. This information is for people with type 3c diabetes.



<https://www.pancreaticcancer.org.uk/information/managing-symptoms-and-side-effects/diabetes-with-pancreatic-cancer/>

Diet after a stent or bypass surgery

This page has information on managing your diet after a stent or bypass surgery.

<https://www.pancreaticcancer.org.uk/information/treatments-for-pancreatic-cancer/stents-and-bypass-surgery/diet-after-a-stent-or-bypass-surgery/>

Stents and bypass surgery for pancreatic cancer

This fact sheet is for people with pancreatic cancer who are having a stent or bypass surgery. These treatments help symptoms caused by the cancer blocking the bile duct or duodenum. Family members may also find it helpful. It describes what the treatments involve, possible side effects, how they can affect your diet, and recovering afterwards.

Contents

What are stents and bypass surgery used for?	2
What are stents and when are they used?	3
Stent for a blocked bile duct	4
Stent for a blocked duodenum	6
Are there any problems with stents?	7
What is bypass surgery and when is it used?	9
After your bypass surgery	13
Are there any side effects from bypass surgery?	14
Diet after a stent or bypass surgery	15
Coping with pancreatic cancer	16
Further information and support	17

Each hospital will do things slightly differently so use this fact sheet as a general guide. Ask your doctor or nurse for more information about your treatment.



You can also speak to our specialist nurses on our confidential Support Line.
Call free on 0808 801 0707 or email nurse@pancreaticcancer.org.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



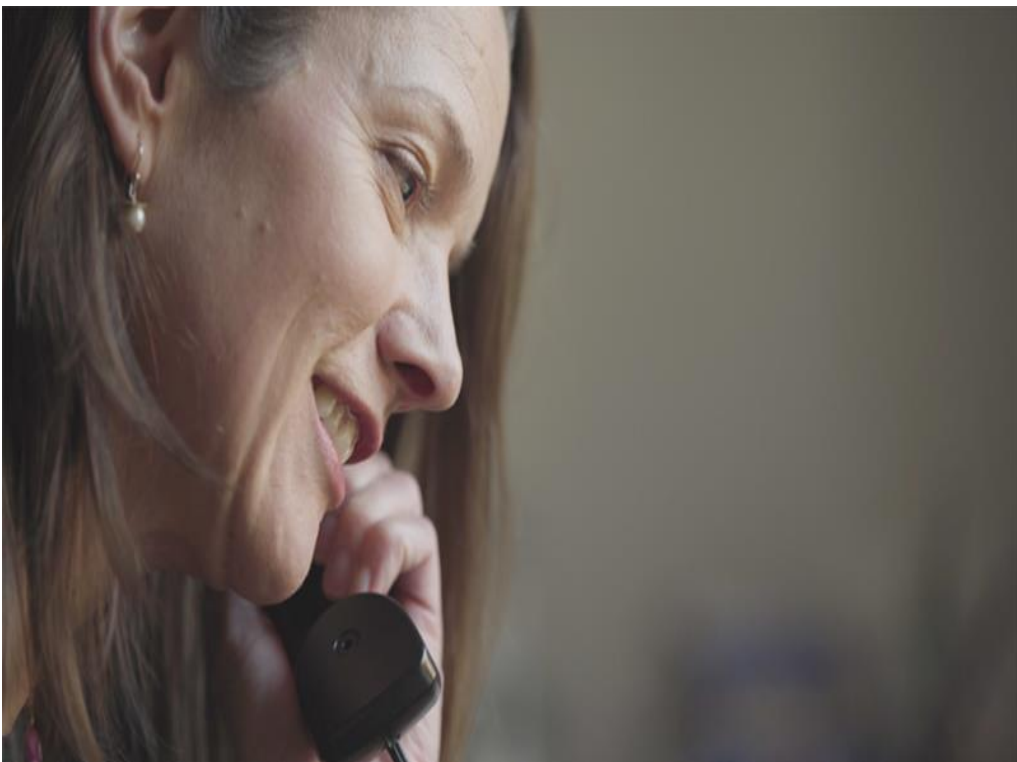
people diagnosed with pancreatic cancer
will die **within a year**

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

Pancreatic cancer and end of life care

Information for people in the
last few months, weeks or
days of life





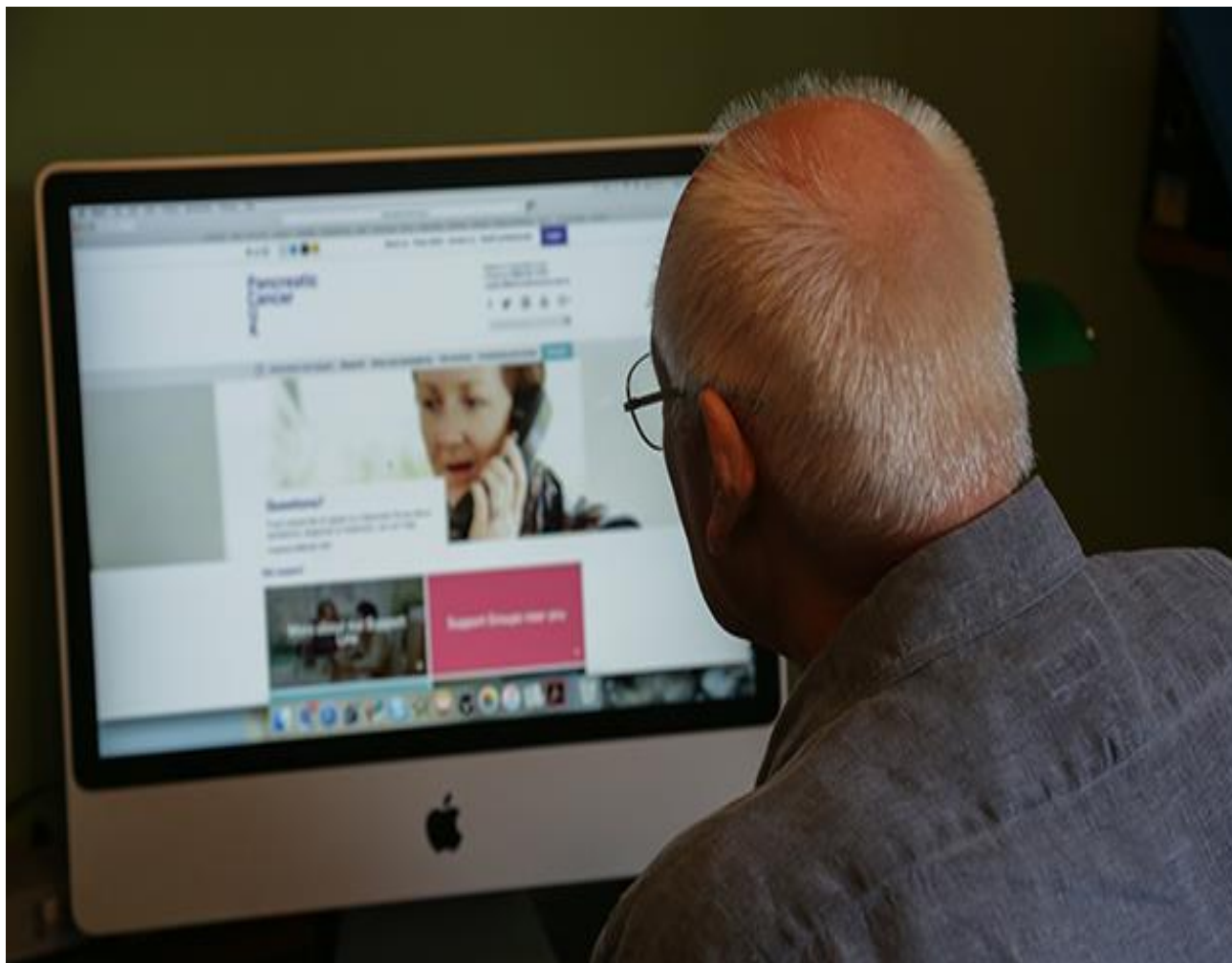
Support line

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

Weekdays 9am - 4pm

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

Virtual Support Sessions

100% of people who have given us feedback said they would recommend attending one of our online support sessions to someone else who is diagnosed, or supporting someone, with pancreatic cancer.

- Newly Diagnosed
- Managing Nutrition and Pancreatic Enzymes
- Managing Chemotherapy
- Undergoing Surgery and Recovery
- and Family, Friends and Carers' Cuppa



<https://www.pancreaticcancer.org.uk/support-for-you/living-with-pancreatic-cancer-support-sessions/>

Pancreatic
Cancer
UK



Thank you for listening
Lynne.mccallum@pancreaticcancer.org.uk