

An introduction to Pancreatic Cancer

21 Mar 2023 - Diabetes and pancreatic cancer

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Setting the scene

- **10,449 people** diagnosed with pancreatic cancer in the UK in 2018.
- Pancreatic cancer is the 10th most common cancer in the UK (9th in women; 12th in men)
- Pancreatic cancer is the **5th biggest cancer killer** in the UK with 9,000 deaths every year
- Incidence has increased by 17% since 1990
- 47% of cases are in the over 75's
- 80% of cases are diagnosed in the late stages
- Risk factors: smoking, obesity, alcohol, chronic pancreatitis; gallstones, diabetes and family history
- Pancreatic cancer has the lowest survival of all common cancers, with five-year survival **less than 7%**

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



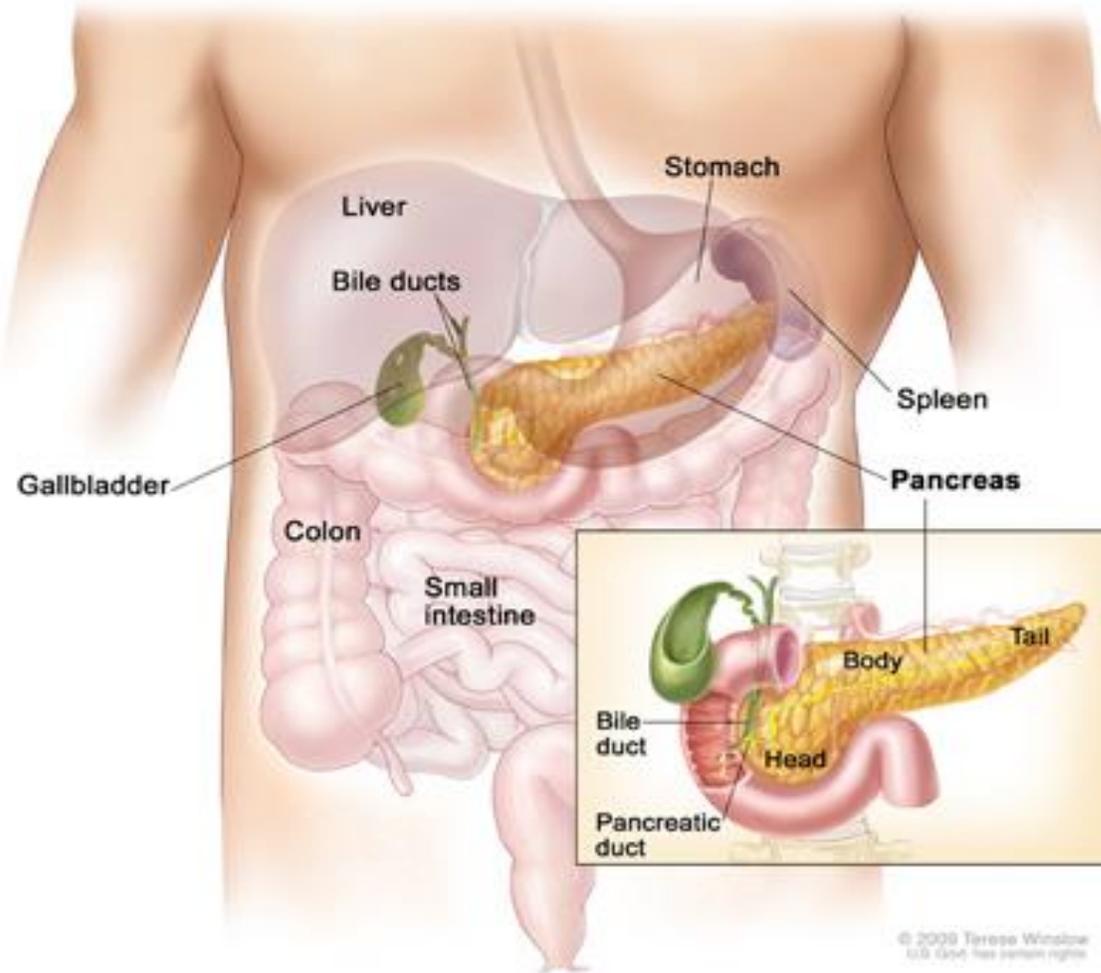
Tough to survive
Pancreatic cancer has
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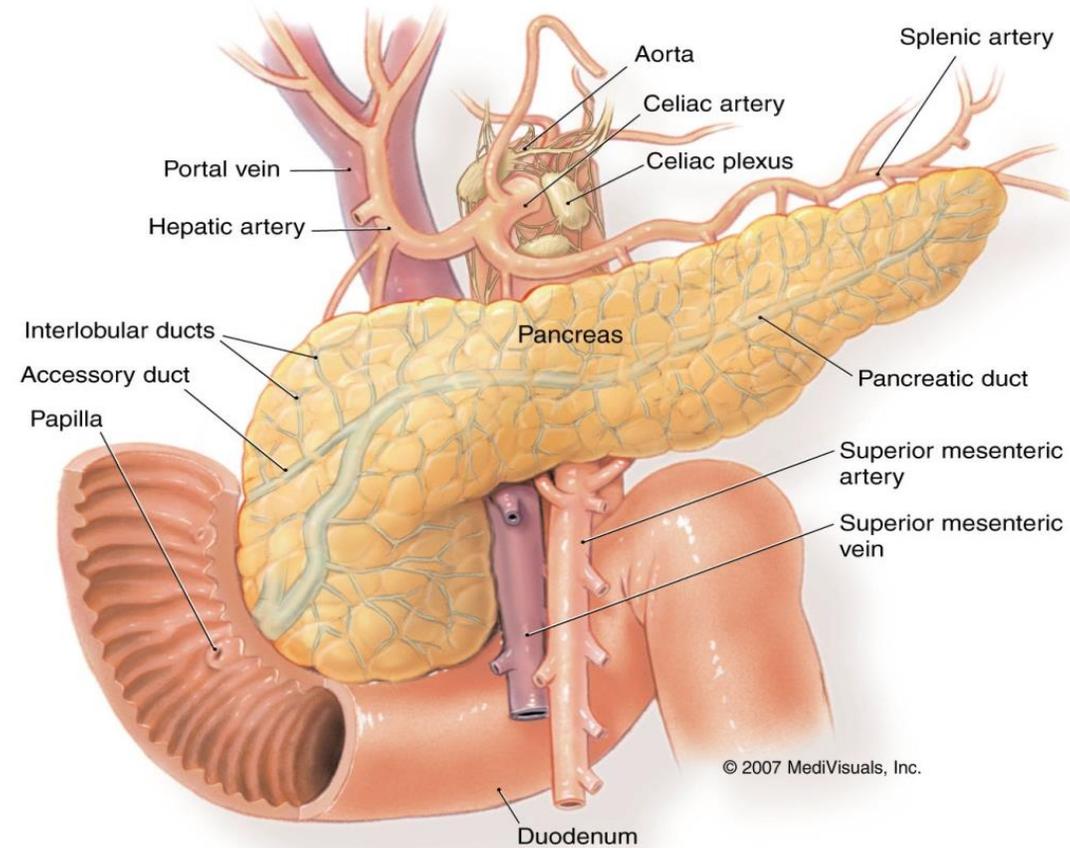
Tough to research
only 3%
of the annual UK
cancer research
budget goes into
pancreatic cancer



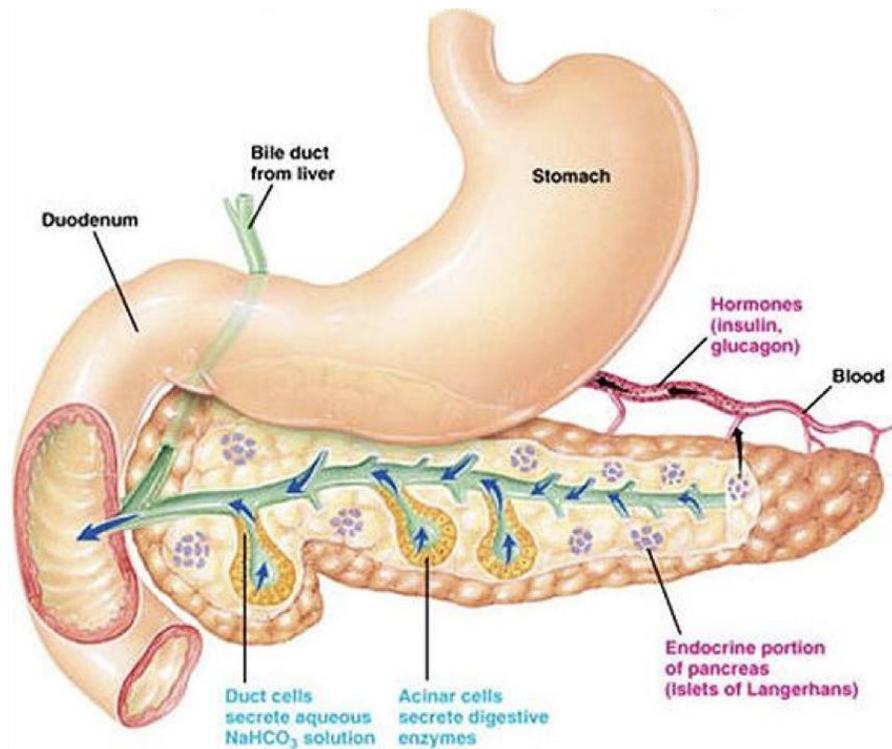
Nearly half
of all pancreatic
cancer patients are
diagnosed through
**emergency
routes**
e.g. A&E



Normal Pancreas



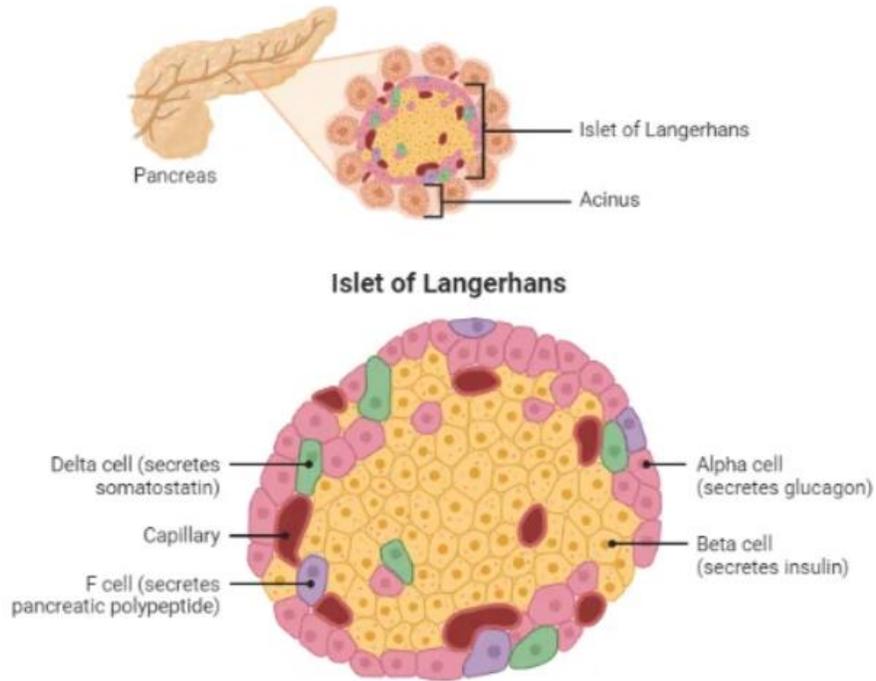
Exocrine Pancreas



Pancreas function

- Digestive function – helps breakdown carbs, fats, proteins in the duodenum.
- The pancreatic enzymes travel along the pancreatic duct and become activated when they reach the duodenum.
- It also produces bicarbonate which neutralizes the stomach acid entering the duodenum.

Endocrine Pancreas



Pancreas function

Islets of Langerhans –
endocrine hormones

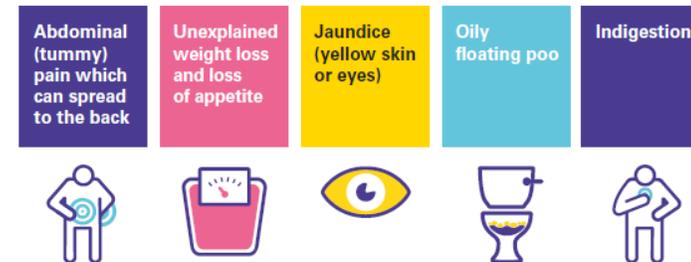
- Alpha cells – glucagon
- Beta cells – insulin
- Delta – somatostatin
- Epsilon – Ghrelin
- PP cells – F cells producing pancreatic polypeptide

- Abdominal pain +/- back pain
- Dyspepsia/reflux/bloating
- Fatigue
- Change in bowel habit
(Constipation/Diarrhoea/ Steatorrhea)
- Unintentional loss of weight/appetite loss
- New onset diabetes
- Jaundice
- Thromboembolism

Signs and symptoms

Nobody knows your body better than you.

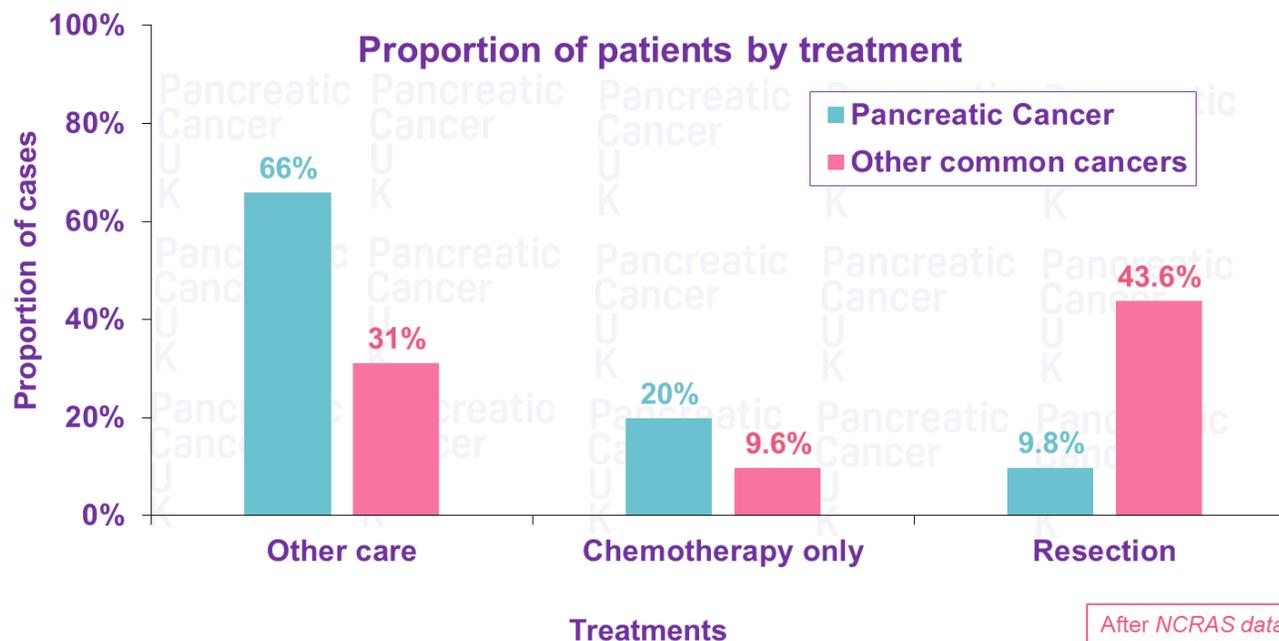
If you have any of these symptoms it might suggest a problem with your pancreas, such as pancreatic cancer.



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 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



Ongoing symptoms

- Pancreatic Exocrine Insufficiency (PEI), loss of appetite & weight loss
- Biliary blockage
- Pain
- Gastric Outlet Obstruction
- Fatigue
- Diabetes
- Ascites
- Psychological impact

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.

Need for support

Pancreatic Cancer UK

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. It explains what type 3c diabetes is, and how to manage it.

Managing diabetes if you have pancreatic cancer can be complicated. Speak to your medical team for help with managing diabetes, and ask them any questions you have.

You can also speak to our specialist nurses on our confidential Support Line for support with diabetes. Call free on **0800 801 0707** or email nurse@pancreaticcancer.org.uk

We have information about diabetes as a symptom before people are diagnosed with pancreatic cancer on our website at: pancreaticcancer.org.uk/symptoms

We have information about diabetes as a risk factor of pancreatic cancer at: pancreaticcancer.org.uk/riskfactors



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 **0800 801 0707**

Pancreatic Cancer UK

