

**Introduction
to pancreatic cancer
&
Pancreatic cancer
support services**

Pancreatic Cancer UK

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Overview

- PCUK support services
- Statistics & risk factors
- The function of the pancreas
- The impact of pancreatic cancer on the pancreas
- Diagnosis
- Staging
- Questions



- Accurate Information
- Clear and concise
- Read, download or order.
- Access to PCUK support
- For anyone affected by pancreatic cancer
- Wherever they are in their diagnosis or treatment.

Health Professional Support : website



Join our Health Professional Support and Information bulletin to:

- 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/>

Health Care Professional Learning development

Learning and development for health professionals

Together we can improve the experience of people with pancreatic cancer



Here you can access a range of information and resources to support and improve your knowledge of pancreatic cancer. This is a valuable resource for nurses to use for revalidation.



Dietetic management



Treatment for pancreatic cancer



Symptom management



Diabetes



End of life care



Clinical Trials



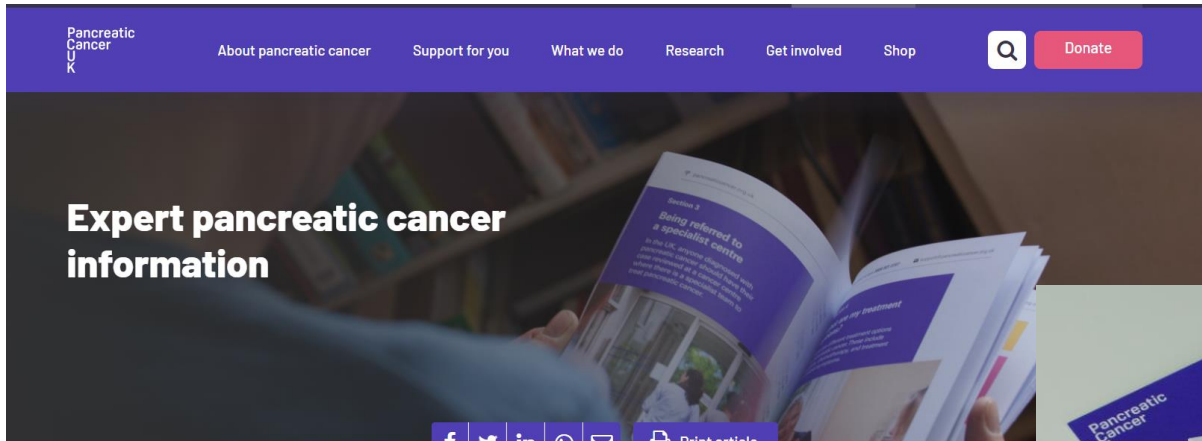
Resources for GPs



Online courses



Presentations from past events



We know being diagnosed with pancreatic cancer can feel very overwhelming. It can be hard to take in everything your doctor tells you. Our easy to understand information is here to break it down for you so you can take your time and get prepared. It is reviewed by experts, so you know you can trust it.

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

Read more about dealing with diet and digestion problems

Find out more about dealing with problems with digestion and diet in our booklet, *Diet and pancreatic cancer*.

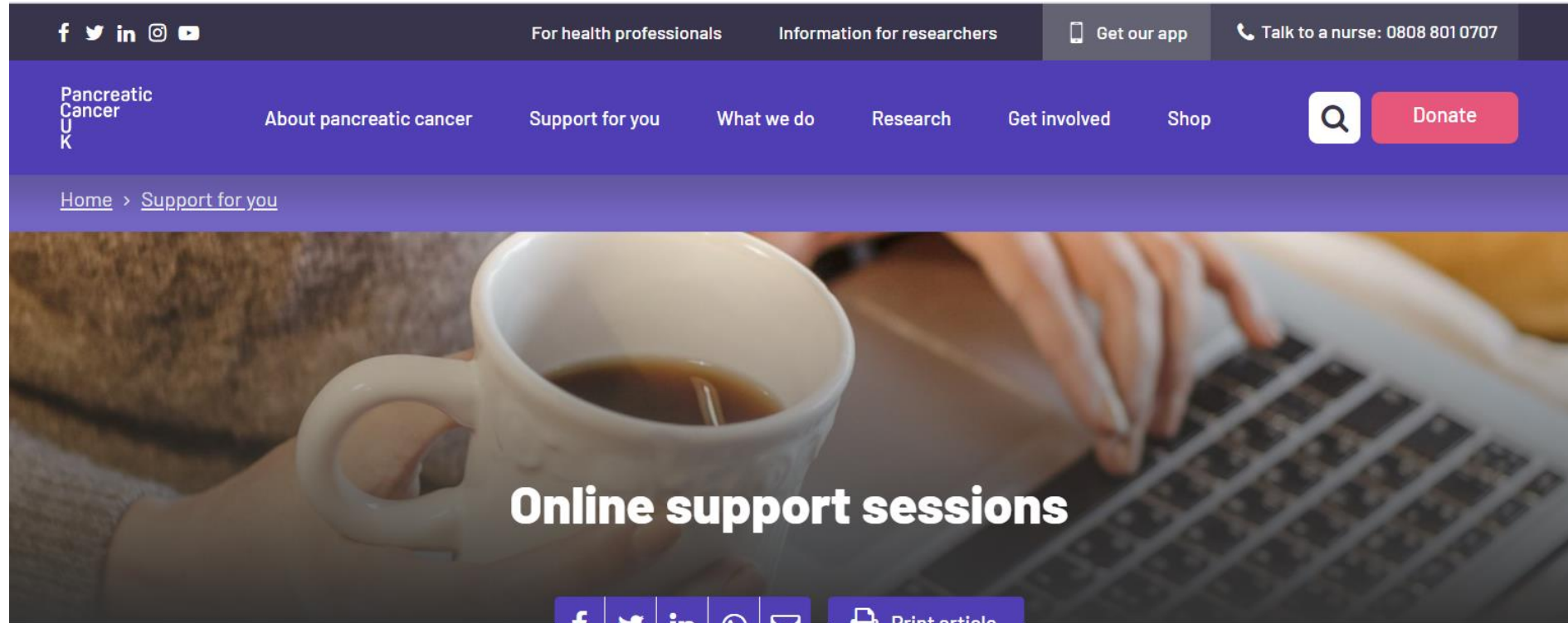
[Download the booklet](#)

[Order the booklet](#)

Diet and pancreatic cancer



Online support sessions



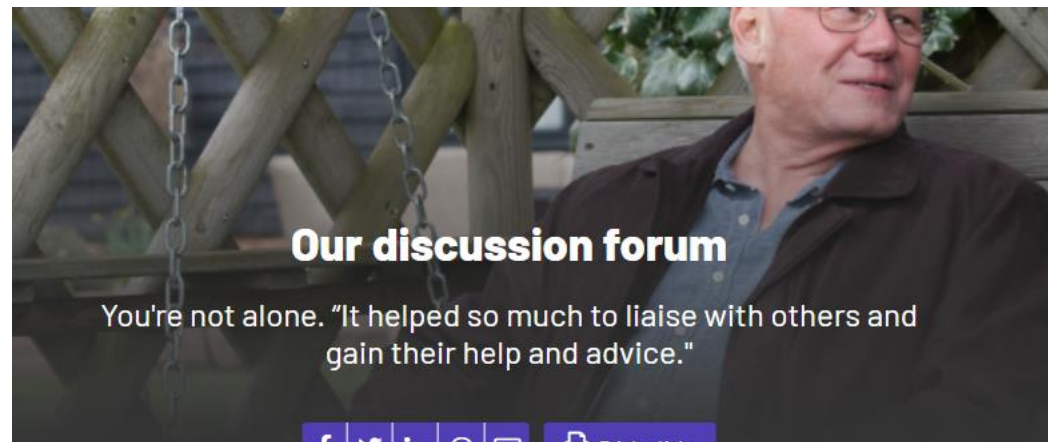
[Book an online support session](#)

Other support services



Trained volunteers who have been through it too

Side by Side is a phone service where you can speak to a trained volunteer who has already had pancreatic cancer surgery. We will try and match you with someone who had a similar type of surgery.



Our discussion forum

Our online discussion forum is a supportive place where everyone affected by pancreatic cancer can be there for each other, any time of day or night. It is a place where you can discuss everything from how to navigate the healthcare system, to how to talk about cancer with your loved ones.

You can see our forum before joining, however you will need to register if you would like to post.

Specialist nurse Support Line

Our specialist nurses can **support you with any specific questions you might have around caring for someone with pancreatic cancer**. They also provide additional support to your patients and their families. Call our free and confidential Support Line on [0808 801 0707](tel:0808 801 0707) or email nurse@pancreaticcancer.org.uk

Find out more



Download our app

Managing a diagnosis can be overwhelming. Our app, Medli, provides tailored information relevant to your specific circumstances, helping to save time and make things easier for you.



Get tailored information about your diagnosis

Not sure where to start? If you or a loved one have just been diagnosed with pancreatic cancer, our emails can help you get the information and support you need. The emails are tailored to the diagnosis and provide key information over several weeks.

[Sign up to get tailored emails](#)



Pancreatic cancer

Introduction & Overview

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





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.

Risk Factors Signs and Symptoms

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 history of cancer – more research is needed.

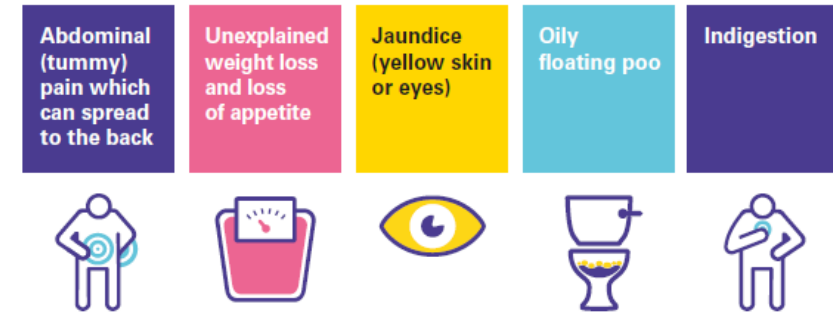
The Pancreas

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.

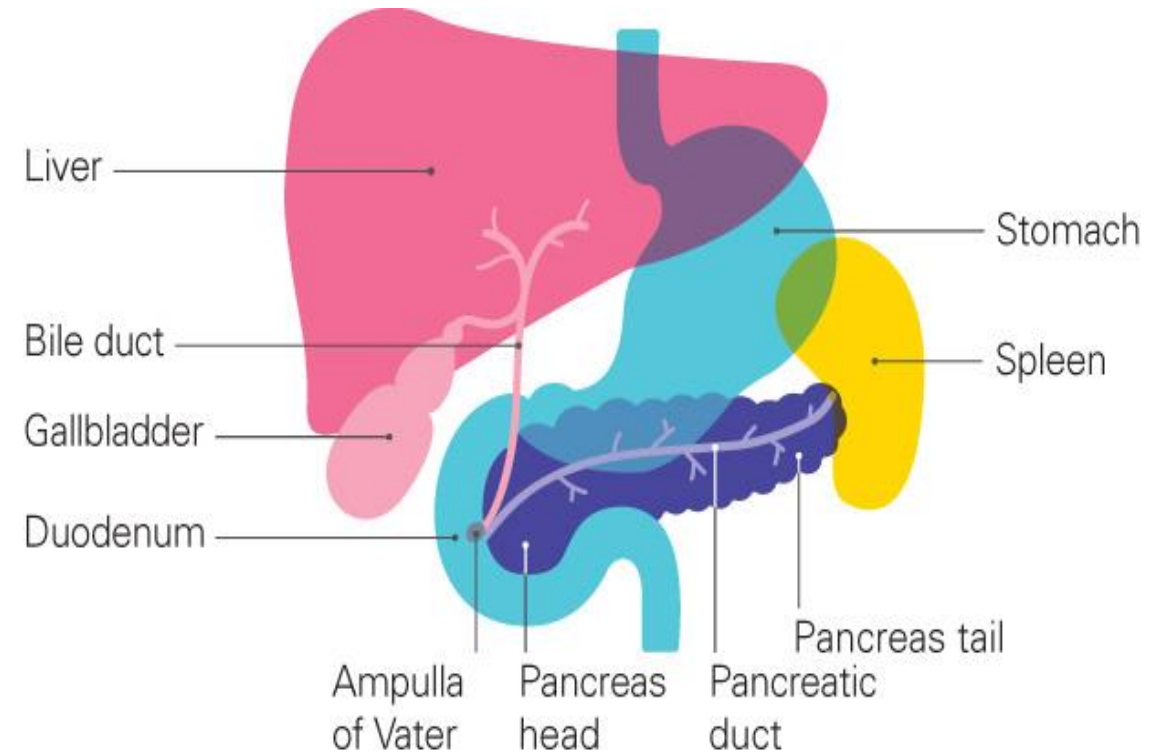
If you have any of these symptoms it might suggest a problem with your pancreas, such as pancreatic cancer.

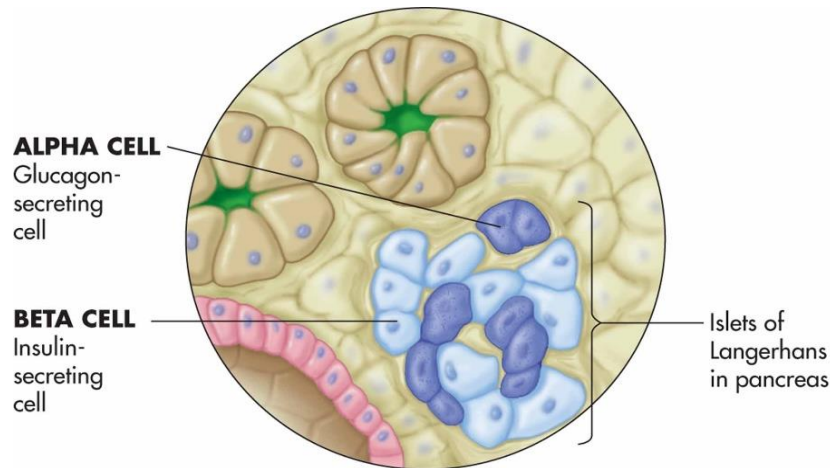
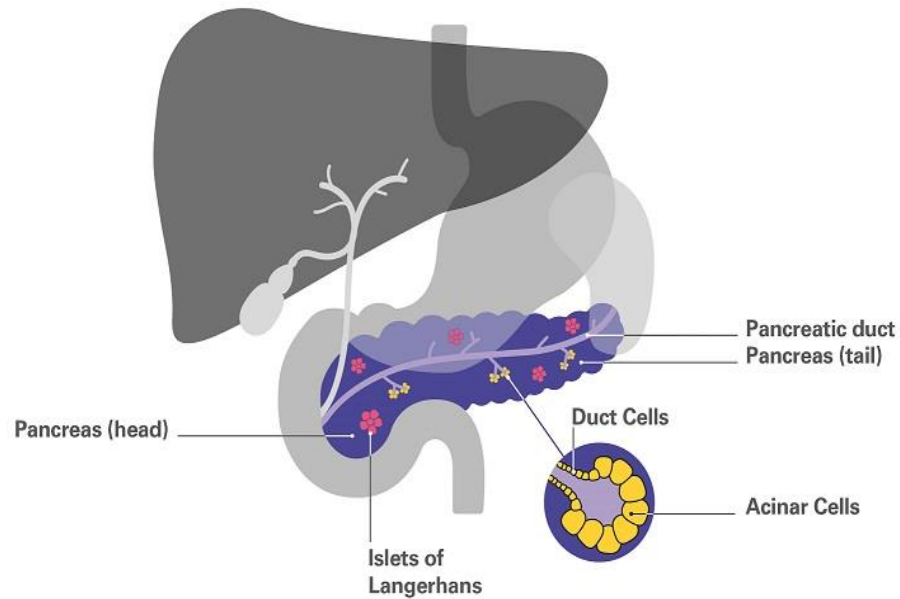


If you have jaundice you should go to your GP without delay. If you have any of the other symptoms and they are unexplained or persistent (lasting 4 weeks or more), visit your GP. Remember, these symptoms can be signs of other conditions and may not be pancreatic cancer.

Pancreatic Cancer 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.





Glucagon—raises blood glucose level
Insulin—lowers blood glucose level

The Pancreas has two main Functions

- The pancreas produces enzymes (Exocrine Function) **Exocrine Function.**
 - Protease to break down **protein**
 - Lipase to break down **fat**
 - Amylase to break down **carbohydrate**
- Produces hormones which regulate blood sugars. **Endocrine Function**
 - (β) Insulin
 - (α) Glucagon
 - (δ) Somatostatin
 - (PP) Pancreatic polypeptide
- Also produces **Bicarbonate.**

Impact of pancreatic cancer on these functions

Exocrine

- Pancreatic Exocrine insufficiency
- Impacts digestion & absorption
- High prevalence in PC
- The treatment for this is PERT
- Nice Guidance = offer PERT to pancreatic cancer patients

Endocrine

- Diabetes as a Risk factor
- Development of diabetes - symptom of pancreatic cancer
- Pancreatogenic Diabetes or Type 3c Diabetes

Diagnosis

Diagnosis

Blood Tests

Abdominal
Ultrasound

Computerised
Tomography scan (CT)

Endoscopic Ultrasound
Scan (EUS)

Positron Emission
Tomography (PET CT) Scan

Magnetic Resonance
Imaging (MRI) Scan

Endoscopic Retrograde
Cholangio-pancreatography
(ERCP)

Biopsy

Laparoscopy

Magnetic Resonance Cholangio-
Pancreatography (MRCP)

Why do we need biopsy results?

- The different types of pancreatic cancer are divided into two main groups.
- Based on **the different types of cells found in the pancreas.**
- **Exocrine tumours** start in the exocrine cells, where enzymes are made.
- Approx 95% pancreatic cancers are exocrine tumours.
- **Pancreatic ductal adenocarcinoma (PDAC)**, is an exocrine tumour.

- **Neuroendocrine cancers** start in the neuroendocrine cells.
- Approx 5 % of pancreatic tumours.
- Pancreatic endocrine cells make hormones that help to control blood sugar levels.
- Pancreatic Neuroendocrine Tumours, pancreatic NETs, PancNETs or pancreatic neuroendocrine neoplasm (pNENs). <https://www.neuroendocrinecancer.org.uk/>

TNM staging for pancreatic cancer

T is the size of the Tumour.

- **T1:** the cancer is contained inside the pancreas and is smaller than 2cm.
- **T2:** the cancer is contained inside the pancreas. It is larger than 2cm but no larger than 4cm.
- **T3:** the cancer is larger than 4cm and has started to grow into tissues around the pancreas, but it hasn't grown into the large blood vessels.
- **T4:** the cancer has grown into nearby large blood vessels.

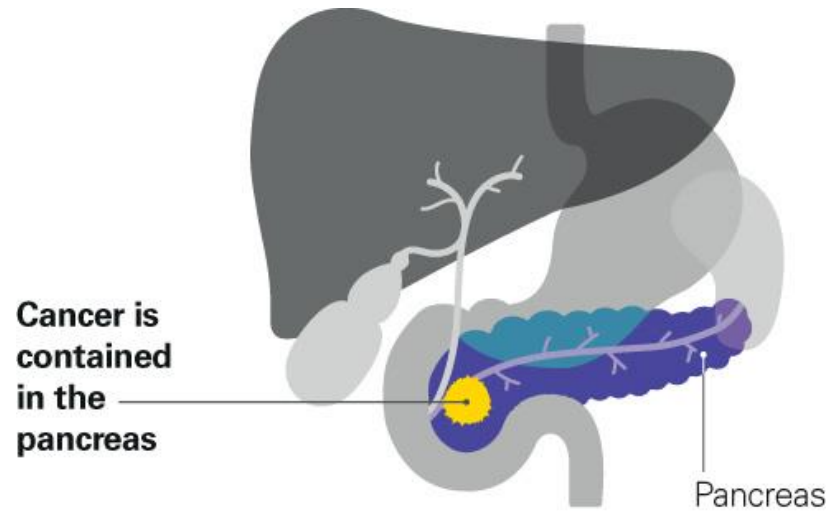
N shows whether the cancer has spread to the nearby lymph nodes.

- **N0:** the cancer hasn't spread to nearby lymph nodes.
- **N1:** the cancer has spread to nearby lymph nodes.
- **N2:** the cancer has spread to four or more lymph nodes.

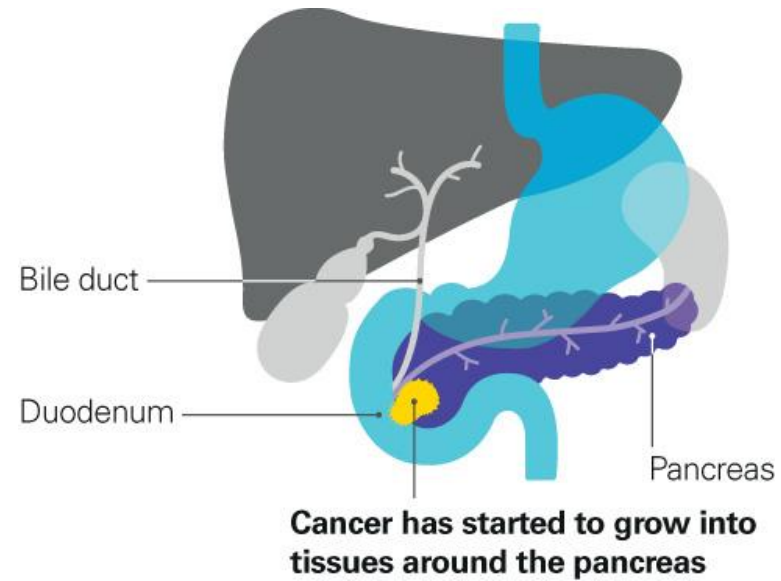
M shows whether the cancer has spread to another part of the body (metastatic cancer).

- **M0:** the cancer hasn't spread to other parts of the body.
- **M1:** the cancer has spread to other parts of the body, such as the liver or lungs.

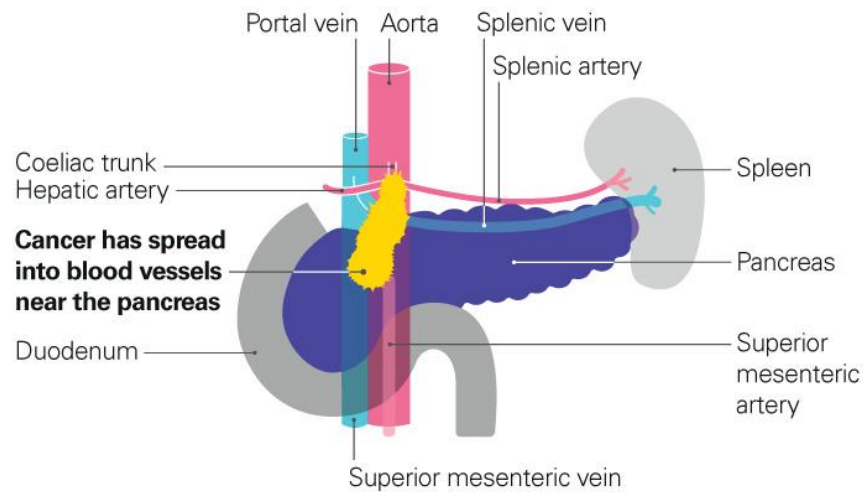
Stage 1



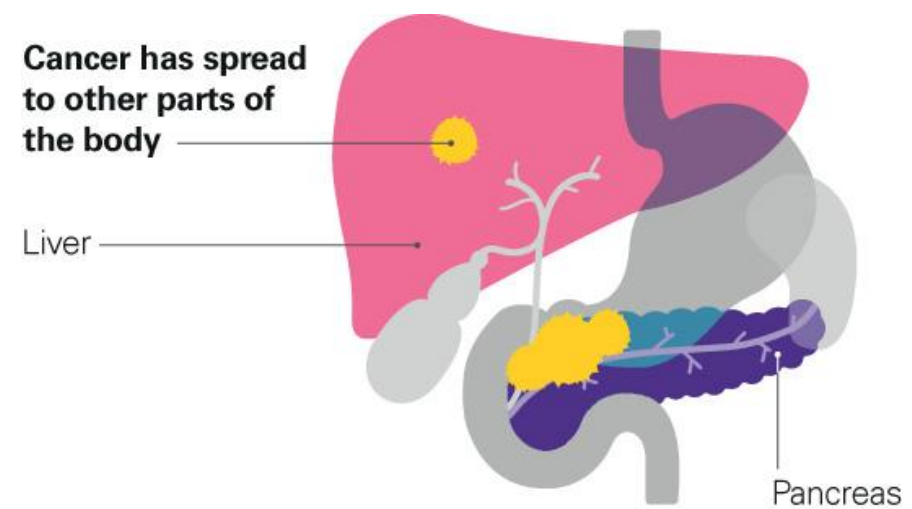
Stage 2



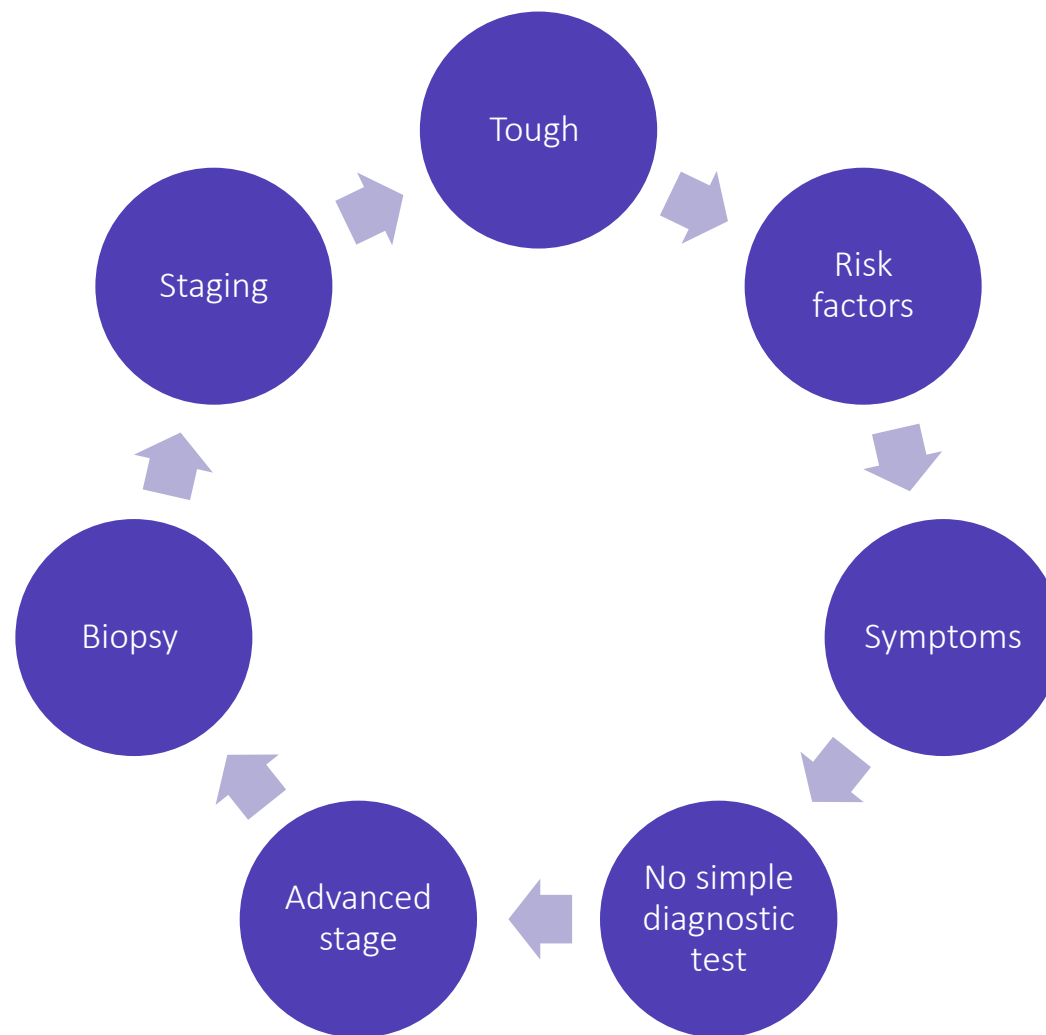
Stage 3



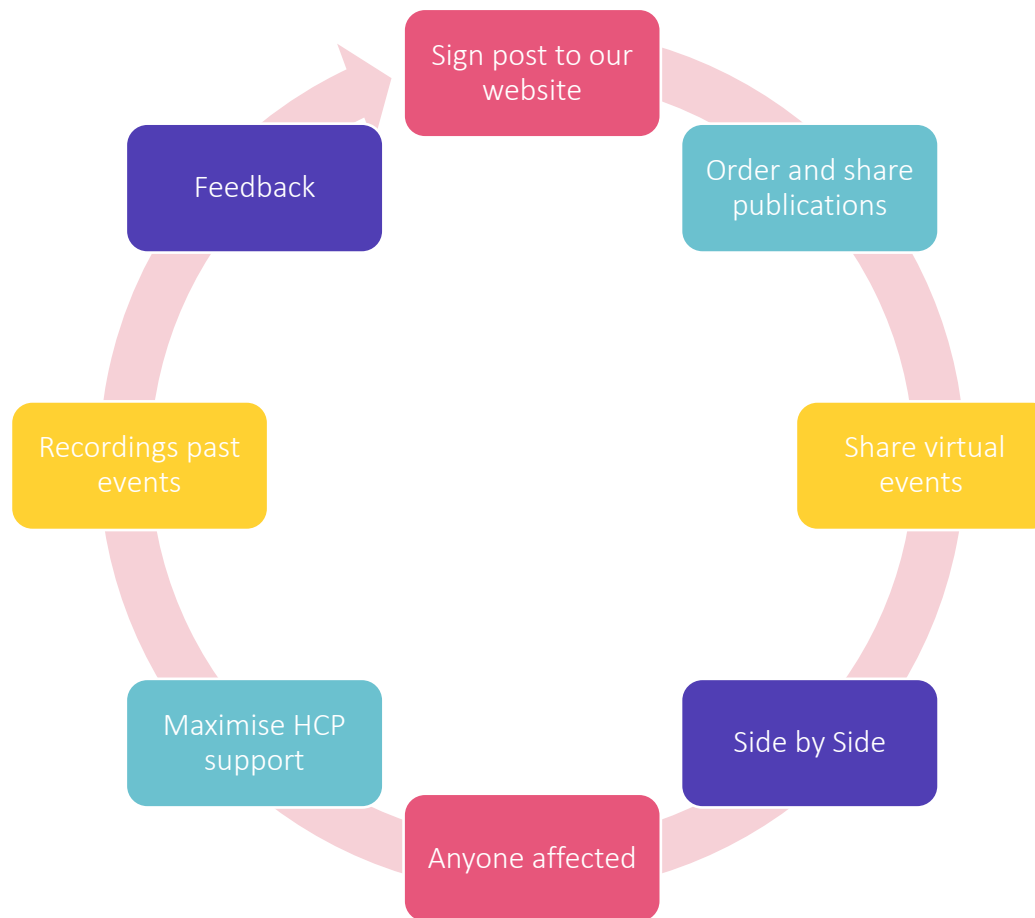
Stage 4



Summary



Support summary





Thank you!