



Pancreatic
CANCER UK

Treatment for incurable pancreatic cancer

Rachel Richardson, Lynne McCallum and Lea Booth
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Welcome and introductions

- **Rachel Richardson, Lynne McCallum and Lea Booth, Nurse Specialists at Pancreatic Cancer UK**
- This webinar is aimed at people with a diagnosis of pancreatic cancer, or people supporting a family member or friend with pancreatic cancer. If you are a healthcare professional, we have lots of resources, information and events on our website: <https://www.pancreaticcancer.org.uk/health-professionals/>
- **Q&A:** please send your questions in via the Q&A box at the bottom of your screen.
- **Chat:** please share your comments and experiences here.
- **Captions:** select 'show captions' in the bottom of your screen for live captions.
- **Follow up:** the recording and slides from this session will be shared with you in the next couple of days via email.
- **Feedback:** at the end of the event, we'll share a link to a 3 minute feedback form. We'd really appreciate any feedback you can give.



What we will talk about tonight

01 Chemotherapy

02 Radiotherapy

03 Keeping well before, during and after treatment

04 Q&A

01

CHEMOTHERAPY

The decision to treat

- Test results (bloods, scans and biopsy)
- Family history
- Have you any other conditions, illnesses or history of other cancers
- How fit you are

The multidisciplinary team (MDT)

All this information is then discussed at an MDT meeting.

This meeting includes team members involved in your care.

The MDT will decide on the best options for you.



Balancing the benefits and burdens of treatment is essential

If you're living with pancreatic cancer and have had treatment, how well prepared did you feel for your treatment?

- **Well prepared**
- **Somewhat prepared**
- **A little bit prepared**
- **Not prepared at all**

What is chemotherapy?

- Chemotherapy is one word to describe lots of different drugs
- It works by killing cells
- It is a systemic treatment
- Its aim is to control the growth of cancer, extend life and maintain quality of life

Names of chemotherapy regimes

Folfirinox (3 drugs)

Treatment is every 2 weeks; this is 1 cycle

Gemcitabine & Abraxane (2 drugs)

4 weeks is 1 cycle, treatment given weekly for 3 weeks then a week off

Gemcitabine and Capecitabine (2 drugs)

4 weeks is 1 cycle, IV treatment given weekly for 3 weeks with tablets taken twice a day for 3 weeks then a week off

Gemcitabine (1 drug)

4 weeks is 1 cycle, treatment given weekly for 3 weeks. then a week off

Things to think about

- **Chemo usually last 6 months**
- **You will have bloods taken before every dose**
- **Scans before, halfway through & at the end**
- **One size doesn't fit all**

Benefits of Chemotherapy

- **Controls the cancer**
- **Extends life**
- **Improves & maintains quality of life**
- **Don't usually need to stay in hospital**

Burdens of Chemotherapy

- **Side effects**
- **Uncertainty**
- **Blood tests and scans**
- **Time**

If your loved one has pancreatic cancer and has received treatment, how well prepared did you feel to support them with their treatment?

- **Well prepared**
- **Somewhat prepared**
- **A little bit prepared**
- **Not prepared at all**

02

RADIOTHERAPY

Radiotherapy

- Two types of radiotherapy used
External beam radiotherapy
&
Stereotactic ablative body radiotherapy (SABR) also known as stereotactic body radiotherapy (SBRT)
- Radiotherapy is localized treatment
- Radiotherapy can be used to treat locally advanced pancreatic cancer
- Is given after chemotherapy



Benefits of Radiotherapy

- **Treatment is relatively quick**
- **Don't usually have to be an inpatient**
- **Can have fewer side effects compared to chemotherapy**
- **Treats the cancer**
- **Can help with symptoms**

Burdens of Radiotherapy

- **There are side effects**
- **Daily travel to the hospital**
- **Not everyone can have radiotherapy**

10 treatment questions

- 1** What are my treatment options?
- 2** Why am I being offered these options?
- 3** What are the benefits of this treatment?
- 4** What are the burdens?
- 5** How many visits to the hospital will there be?
- 6** Can I have treatment closer to home?
- 7** How will the side effects be managed?
- 8** Who is my point of contact in the team?
- 9** Who is my emergency contact when on chemotherapy?
- 10** Are there any other treatment options?

“My top tip is to ask questions all the time, this is your cancer and your treatment.”

Chris
Living with Pancreatic Cancer

03

KEEPING WELL

What do you think is important when preparing for treatment?

- Diet
- Exercise
- Emotional wellbeing
- Managing symptoms
- All of the above

Preparing for treatment



Gentle exercise



Emotional wellbeing



Diet and digestion



Treat any symptoms

Keeping well on treatment

- Before starting treatment ask how will this treatment make you feel
- Ask how are the side effects prevented
- Take any preventative medications as directed and if these don't help **tell someone**
- Manage symptoms alongside any side effects and keep a diary on how you feel
- Side effects need to be managed proactively
- Discuss how you feel with you team at every review

Common side effects of treatment

- **Nausea & vomiting**
- **Diarrhoea & constipation**
- **Low blood count**
- **Sore mouth & taste changes**
- **Tingling fingers & toes, cold sensitivity**
- **Sore hands & feet**
- **‘Reaction’**

Bradley and Claire share with us their experience and thoughts on chemotherapy.

Watch the video here: <https://youtu.be/ro0SKKYbIkM>

Help to keep you well

- Pancreatic Cancer UK
- Palliative and Supportive Care
- Local cancer support centers (e.g. Maggie's)
- Macmillan Information centres
- Your hospital team
- Your GP practice
- Your local hospice



Bradley and Claire share with us their experience and thoughts on accessing support.

Watch the video here: <https://youtu.be/CupzNfbPAzw>

What happens after treatment?



Our support and information

- Specialist Nurse Support Line: 0808 801 0707
Monday – Friday, 9am-4pm
(10am-4pm on Wednesdays)
- Email nurse@pancreaticcancer.org.uk
- Expert information: free, expert information about pancreatic cancer
<https://www.pancreaticcancer.org.uk/>



Watch our webinars on demand

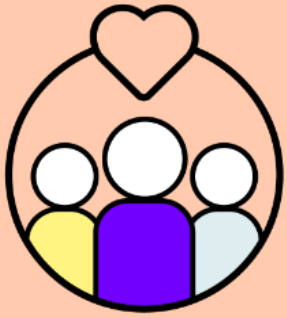
We have webinar recordings available on the following topics to watch at a time that suits you:

- Diet and pancreatic cancer
- Diabetes and pancreatic cancer
- Pancreatic cancer and emotional wellbeing
- Living well to the end of life

Find out more:

<https://www.pancreaticcancer.org.uk/support-for-you/webinars/>





CIRCLES

Circles is a supportive online community which **connects you to others** currently affected by pancreatic cancer via WhatsApp and Facebook groups. Share the highs, the lows and everything in between with people who understand, **people who 'just get it.'**

We have **groups covering various topics**, such as groups for those living with pancreatic cancer and groups for family, friends and carer.

Find out more: <https://www.pancreaticcancer.org.uk/support-for-you/circles/>



Take Home Tips

- 1 Treatment is different for everyone
- 2 Keep asking questions
- 3 Keeping well on & off treatment is a priority
- 4 Keep a diary of how you feel
- 5 If you have side-effects **treat them straight away**
- 6 Call the 24 hour hotline for urgent advice
- 7 Treatment breaks & dose reductions are **normal and helpful**
- 8 **Quality of life is so important** – prioritise yourself & each other
- 9 Make sure that you know who to contact if you have any questions or need advice
- 10 Get support from the right people at the right time

How confident do you now feel about talking to your team and family about your treatment plan?

- **Very confident**
- **Confident**
- **Somewhat confident**
- **Not confident**

04

Q&A

