

## Take home messages

- Palliative care does not necessarily mean end of life care.
- Knowing who is there to provide your palliative care and how to reach them can help you feel supported and more in control.
- Seek support from your team as early as possible, don't wait until symptoms become unmanageable.
- Palliative care can support you with emotional, psychological and practical needs, it's not just for physical symptoms.
- Palliative care support is for you and your loved ones.
- Palliative care is personalised, it's about supporting you to live as well as possible with pancreatic cancer