



Pancreatic
CANCER UK

Understanding treatment for incurable pancreatic cancer

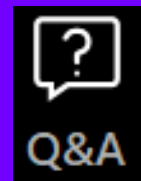
Simon Walker & Lea Booth
14th July 2026

What will we be talking about tonight?

- What are chemotherapy and radiotherapy and how are they used to treat pancreatic cancer?
- What side effects can I expect with these treatments?
- How can I stay as well as possible before, during and after my treatment?
- What are some useful questions I should ask my healthcare team about my treatment?
- Where can I get further support?

Information about tonight's session

- **Simon Walker 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.



Let's talk about Daraxonrasib...

- **What is it?** A potential new treatment, currently at trial stage
- **What is KRAS?** KRAS is a gene involved in regulating cell growth
- **Is this treatment available to me?** In the UK it is currently only available as part of a clinical trial for people who have had successful surgery followed by chemotherapy
- **Where can I find out more information?** We have a blog available on our website, and can talk to you in more detail via our Support Line

Understanding treatment for incurable pancreatic cancer

Lea Booth

What happens before treatment and how are these decisions made?

The decision to treat

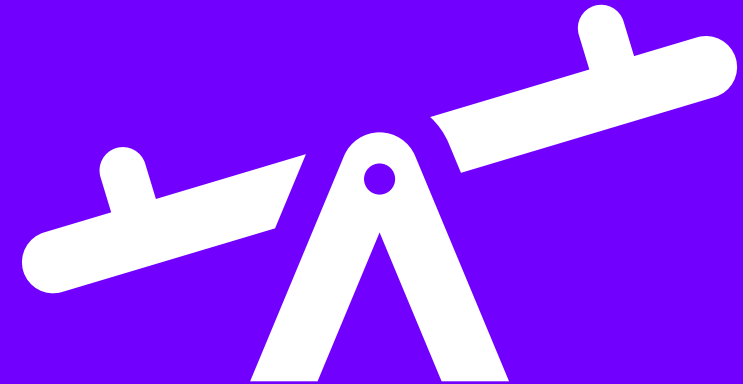
- Test results (bloods, scans and biopsy)
- Family history
- Have you any other conditions, illnesses or history of other cancers
- How fit you are

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**

What is chemotherapy and how is it used to treat pancreatic cancer?

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 regimens

1. Folfirinox (3 drugs) – FFX

- Treatment is every 2 weeks

2. Gemcitabine & Nab-Paclitaxel / Abraxane (2 drugs) - Gem/Abr

- IV treatment weekly for 3 weeks, then a week off

3. Gemcitabine and Capecitabine (2 drugs) - Gem/Cap

- IV treatment weekly for 3 weeks with tablets taken twice a day for 3 weeks, then a week off

4. Gemcitabine (1 drug) – Gem

- IV treatment given weekly for 3 weeks, then a week off

Things to think about:

- Chemo usually lasts 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**

What is radiotherapy and how is it used to treat pancreatic cancer?

Radiotherapy

- Two types used:
 - **External beam radiotherapy**
 - **Stereotactic ablative body radiotherapy (SABR) and stereotactic body radiotherapy (SBRT)**
- Localized treatment
- 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**

Staying well before, during and after treatment

10 questions to discuss with your healthcare team

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?



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Claire Harrington

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

Chris
Living with Pancreatic Cancer

What do you think is important when preparing for treatment?

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



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 of the cancer alongside any side effects of the treatment
- Keep a diary of how you feel
- Side effects need to be managed proactively
- Discuss how you feel with your 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’**

Who is available to support you in keeping well?

Who is available to help?

- **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





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Claire and Bradley

Bradley diagnosed
with pancreatic
cancer in 2022

mentioned that we should
mention is about engaging with

Claire Harrington

What happens after treatment?

- Common to have a break from treatment and be placed on active surveillance
- Make sure to ask your health professional team about what's next
- If your treatment is coming to an end, this is not the end of your care and support



Where have you looked for information and support about your treatment?

- Google/online search
- AI platform e.g. Chat GPT or Gemini
- My doctor, nurses etc
- Pancreatic Cancer UK or other organisation
- Family and friends
- Other

Pancreatic Cancer UK

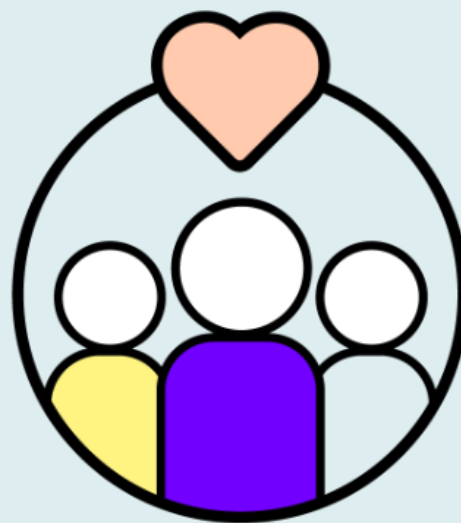
Specialist Nurse Support Line
Monday – Friday, 9am-4pm
(10am-4pm on Wednesdays)

- **Call** 0808 801 0707
- **Email** on
nurse@pancreaticcancer.org.uk
- **WhatsApp** on +44 7418 304789

Visit our website to order or download
free information:

www.pancreaticcancer.org.uk





CIRCLES



What is Circles?

Circles are peer to peer support groups, for people like you to connect with others sharing similar experiences.



Are the groups online?

Yes, there are groups hosted on WhatsApp and Facebook. You can choose which group you would like to join, for example, the living with pancreatic cancer group or 'The 3am Club'.



Who is in the group with me?

This will be people living with pancreatic cancer or supporting their loved one, so you can connect with others and share your experiences.



Living with pancreatic cancer Group

A space for those living with pancreatic cancer to discuss anything you wish. Everything is valid, however you may be feeling.

[Join now](#)

*“I was scared when I was diagnosed but **Circles helped me find support from people who are experiencing similar emotions.**”*

“It is just so good to know there are people there for you”

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 Know who you can contact for timely support
- 10 Check any information you find online with a health professional

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

- Very confident
- Confident
- Somewhat confident
- Not confident

Over to you...

...What questions do you have for us?