05

EARLY DIAGNOSIS

Early diagnosis is catalytic to the development of the disease.

Some tests and imaging used to diagnose pancreatic cancer include:

- **TUMOUR MARKERS TEST**
- **CT SCAN OF THE ABDOMEN**
- **ULTRASOUND OF THE ABDOMEN**

Your doctor will discuss with you which tests are necessary for a correct diagnosis.

06

THERAPY

Early diagnosis and an individualised cancer treatment by an interdisciplinary team of health professionals offer better monitoring of the cancer and improve the survival rate of patients.

**Together in Life**

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PANCREATIC CANCER
It does not discriminate!
Prevention Now!

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01 What do we know about PANCREATIC CANCER?

The pancreas is an endocrine gland which is about 15 centimetres in size and resembles a pear.

It is located behind the stomach and in front of the spine. It is surrounded by other organs of the abdomen, such as the small intestine, liver and spleen.

Pancreas has two main functions:
A. It produces enzymes that are necessary for digestion
B. It produces hormones, such as insulin which regulates the levels of glucose in the blood.

Pancreatic cancer develops when cells in the pancreas begin to multiply out of control and form a mass.

02 know the risks

The cause of the majority of pancreatic cancer cases is unknown, but research studies have identified the following risk factors that may increase the likelihood that someone will develop pancreatic cancer:

- Age over 50
- A family history of pancreatic cancer
- Smoking
- Pancreatitis
- Diabetes
- Heavy alcohol use
- Obesity
- Indigestion

03 PREVENTION

Some risk factors, such as age, sex, race and family history cannot be changed. However, you can reduce the risk by:

- Avoiding smoking or use of other tobacco products
- Maintaining a healthy body weight
- Limiting the consumption of alcoholic beverages
- Adopting a healthy diet and adopting a healthy diet and exercise lifestyle

04 know the symptoms

Important: These symptoms may have more common causes. They can also be caused by conditions such as pancreatitis (inflammation of the pancreas), gallstones, inflammatory bowel syndrome (IBS) or hepatitis (inflammation of the liver).

If you have jaundice, visit your doctor right away. If you experience any of the other symptoms for several weeks, don’t wait, visit your doctor.

- Mid-back pain
- Unexplained weight loss
- Jaundice: Yellowing of eyes, skin or itchy skin
- Indigestion
- Loss of appetite
- New-onset diabetes
- Stomach pain
- Changes in stool

Source: Cyprus Cancer Registry, 2017