

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.

Survival rates increase significantly if detected in the initial stages, especially if the patients is eligible for surgery

PASYKAF IS A MEMBER OF:



Together in Life

PASYKAF - **althea**
GASTROINTESTINAL CANCERS GROUP
email: althea@pasykaf.org

HEAD OFFICE
2 Halkanoros, 2000 Strovolos, Nicosia
P.O. Box 23868, 1687 Nicosia, Cyprus

info@pasykaf.org
www.pasykaf.org

Nicosia: 22 345 444
Limassol: 25 747 750

Larnaka: 24 665 198
Pafos: 26 222 929

Famagusta:
23 730 460



PASYKAF

THE CYPRUS ASSOCIATION OF CANCER PATIENTS & FRIENDS



PANCREATIC CANCER

It does not discriminate!
Prevention Now!



77 77 19 86
www.pasykaf.org

Brochure No. 75 Printed in 2020 Edited by: The Scientific Committee of PASYKAF

MAJOR
SPONSOR:



UNIVERSAL LIFE

it's
about
time

PANCREATIC CANCER

know the facts

it's about time.

It's about time you got to know your pancreas better.

For you.

For your loved ones.

It's about time you learned the risks and symptoms.

It's about time you talked to your family about this disease.

It's about time.

Take time. Make a difference.

8th



most common
cancer in men
in Cyprus

12th



most common
cancer in
women in
Cyprus

Most often
affects people
aged
50
and over

Source: Cyprus Cancer Registry, 2017

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



PANCREATITIS



**A FAMILY
HISTORY OF
PANCREATIC
CANCER**



SMOKING



DIABETES



**HEAVY
ALCOHOL USE**



OBESITY

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, irritable 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**



**LEARN
MORE**