

# it's about



# TO KNOW YOUR BEST NEXT STEPS

## WORLD PANCREATIC CANCER DAY: 17 NOV 2022



With pancreatic cancer, time is critically important for improved outcomes. Early detection matters, yet there is no early detection test for the disease. The result is that far too many pancreatic cancer cases worldwide are diagnosed at a late stage which limits treatment options.

That's why it's important to **know the symptoms** and **understand the risk factors** of pancreatic cancer.

**IF YOU OR A LOVED ONE HAVE SYMPTOMS THAT COULD BE PANCREATIC CANCER, DON'T WAIT. USE THIS WORKSHEET TO CAPTURE YOUR INFORMATION AND SHARE IT WITH YOUR DOCTOR RIGHT AWAY.**

## Symptoms

The symptoms most associated with pancreatic cancer are listed below. It's important to understand that these are common symptoms and may not be associated with pancreatic cancer. Listen to your body. Check the boxes below for any symptoms you have been experiencing for more than a couple weeks. If you have jaundice, see your doctor immediately. Complete this entire guide and use it when you talk with your doctor.

|                          |                          |  |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| UNEXPLAINED WEIGHT LOSS  | STOMACH PAIN             | JAUNDICE<br>Yellowing of eyes/skin or itchy skin | NEW-ONSET DIABETES       | MID-BACK PAIN            | LOSS OF APPETITE         | INDIGESTION              | CHANGES IN STOOL         |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**REMEMBER:** YOU know your body best. Keep a record of your symptoms to help you explain them to your doctor. List anything that doesn't feel normal to you, even if you're not sure it's relevant. Ask questions and return to your doctor if your symptoms don't improve. Be a champion for your health. Use this form to work with your doctor.

**Appointment Date:**

**Doctor Name:**

## Risks

Research shows there are multiple factors associated with an increased risk of pancreatic cancer. It will be helpful for your doctor to know more about your personal level of risk.

**Check the box for each of YOUR risk factors below.**

|                          |                          |                          |                          |                          |                          |                                       |                                 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---------------------------------------|---------------------------------|
| OBESITY                  | DIABETES                 | AGE                      | PANCREATITIS             | SMOKING                  | HEAVY ALCOHOL USE        | A FAMILY HISTORY OF PANCREATIC CANCER | FAMILY HISTORY OF OTHER CANCERS |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>              | <input type="checkbox"/>        |

## Family History

Please list any close family members with history of pancreatic or other cancer.

|                      |                      |                      |                       |                      |
|----------------------|----------------------|----------------------|-----------------------|----------------------|
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>  | <input type="text"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>  | <input type="text"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/>  | <input type="text"/> |
| Relation to me       | Cancer Type          | Age at Diagnosis     | Deceased? Current Age |                      |

There are many organizations worldwide that can support you and provide you with information on pancreatic cancer symptoms, diagnosis, treatment and care. **It's About Time.** Scan the QR code or visit [worldpancreaticcancercoalition.org/members](http://worldpancreaticcancercoalition.org/members) to search for a WPCC member nearest you who can help.



For more information visit:  
[worldpancreaticcancercoalition.org](http://worldpancreaticcancercoalition.org)