



WORLD PANCREATIC CANCER DAY Frequently Asked Questions

WHAT IS WORLD PANCREATIC CANCER DAY?

Held on the 3rd Thursday in November each year, World Pancreatic Cancer Day brings people around the world together to highlight the need for greater awareness, funding, and research for pancreatic cancer.

This World Pancreatic Cancer Day we are making a global effort to reintroduce everyone around the world to their pancreas. By inviting people to say **“Hello Pancreas”** we can build greater understanding about the importance of your pancreas as well as creating a global conversation to learn more about the risks and symptoms of pancreatic cancer.

On this day, we push to do more: to learn, to teach, to advocate for the medical community and the world to take notice. Imagine if more people knew about pancreatic cancer in the ways they know about heart, brain, and breast cancers. It all begins with knowing the functions of the pancreas and the risks and symptoms of pancreatic cancer.

We need more attention, awareness, and progress to help patients fight for and survive this disease. So on 16 November 2023, World Pancreatic Cancer Day, the pancreatic cancer community is united in our commitment to accelerate progress in our fight against the world’s toughest cancer, starting with knowing the importance of the pancreas and advocating about the risks and symptoms of pancreatic cancer.

WHO ARE OUR PARTNERS FOR WORLD PANCREATIC CANCER DAY?

World Pancreatic Cancer Day is an initiative of the World Pancreatic Cancer Coalition (WPCC), which consists of over 100 organizations from 38 countries and six continents.

In addition to promoting World Pancreatic Cancer Day and other educational efforts, the WPCC facilitates the sharing of best practices among its member organizations on an array of important topics, including: patient information and support, research, clinical trials, advocacy and policy, healthcare professional training, and more.

For more information about World Pancreatic Cancer Day and the Coalition members visit: www.worldpancreaticcancercoalition.org.

HOW CAN I MAKE A DIFFERENCE?

There are many ways to show your support and take action:

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- **Say “Hello Pancreas.”** This year, we are saying “Hello” to the pancreas – learning more about its functions and how they relate to the risks and symptoms of pancreatic cancer. Share our materials to help educate your family, friends, coworkers, and social media followers about the pancreas and the risks and symptoms of pancreatic cancer.
- **Know the symptoms and risks** of this disease. [Visit our website](#) for infographics to help you identify the symptoms and risks of pancreatic cancer. Our website also has useful resources and links to pancreatic cancer organizations in your country/region.
- **Build your own social post.** For WPCD 2023, we are providing design assets to help you create your own social posts or other materials that can help spread awareness about the power of the pancreas and about pancreatic cancer. Visit hellopancreas.com to download assets.
- **Share your stories.** To create greater global impact with our World Pancreatic Cancer Day Campaign in 2023, we are continuing our search for stories from those affected by pancreatic cancer. If you have been affected by pancreatic cancer in any way, [visit this link](#) and share your story. It could save lives.

HERE ARE OTHER WAYS TO GET INVOLVED:

- Follow us on social media:
 - ➔ **Instagram:** [@worldpancreatic](#)
 - ➔ **Twitter/X:** [@worldpcc](#)
 - ➔ **Facebook:** [@worldpancreaticcancerday](#)
 - ➔ **Threads:** [@worldpancreatic](#)
- Temporarily change your Facebook or Instagram profile picture to support WPCD and post using the hashtags **#HelloPancreas** and/or **#WPCD**.
- Wear purple on WPCD (16 Nov).
- Light buildings, monuments, or homes purple.
- Ask your public officials to support more government funding of pancreatic cancer research.
- Support your local [Pancreatic Cancer Coalition Member](#).

WHAT IS A PANCREAS?

The pancreas is found behind the stomach and in front of the spine. It produces digestive enzymes that help the body use and store energy and also regulates blood sugar levels.

- ➔ The pancreas does all its work in the center of your body. You'll find it behind your stomach and in front of your spine.

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- The pancreas produces special enzymes to digest food so your body absorbs nutrients. With pancreatic failure, you will likely notice unexpected weight loss.
- The pancreas helps regulate blood sugar levels to supply your cells with energy. If it stops working, you may experience increased thirst, nausea, and shortness of breath.

WHAT IS PANCREATIC CANCER?

Pancreatic cancer occurs when abnormal cells develop and grow out of control, causing tumors. In nearly every country, pancreatic cancer has the lowest survival rate of all major cancers (8-14%). [Source.](#)

WHAT CAUSES PANCREATIC CANCER?

The cause of the majority of pancreatic cancer cases is unknown. There is evidence that age, smoking, being overweight, a family history of pancreatic cancer, pancreatitis, and diabetes may increase your risk of pancreatic cancer.

WHAT ARE THE SYMPTOMS OF PANCREATIC CANCER?

Common symptoms of pancreatic cancer include: abdominal or mid-back pain, unexplained weight loss, yellow eyes or skin (jaundice), itchy skin, loss of appetite, indigestion, changes in stool, and new-onset diabetes. These symptoms are often vague and generally are attributed initially to other less serious and more common conditions. IF YOU HAVE JAUNDICE, CONTACT YOUR DOCTOR IMMEDIATELY. IF YOU ARE EXPERIENCING ANY OF THE OTHER SYMPTOMS FOR MORE THAN A COUPLE WEEKS, DON'T WAIT. REACH OUT TO YOUR DOCTOR. YOU USE THE PANCREATIC CANCER RISK & SYMPTOM CHECK LIST TO HELP YOU PREPARE FOR TALKING WITH YOUR DOCTOR.

IS THERE A TEST FOR PANCREATIC CANCER?

There is no standard screening test for pancreatic cancer, which makes it vital for people to know the symptoms and risks. We know that pancreatic cancer disproportionately affects racial/ethnic minorities and medically underserved populations ([source](#)). Therefore, it's particularly important to push for early detection among these more vulnerable communities.

Early diagnosis is key for pancreatic cancer. Patients diagnosed in time for surgery are more likely to live five years and beyond. The sooner you are diagnosed, the more chance you'll be eligible for surgery and the sooner you can receive treatment, enroll in a clinical trial, and get the support that will empower you to fight and survive this disease.

HOW COMMON IS PANCREATIC CANCER?

Every day, more than 1,358 people worldwide will be diagnosed with pancreatic cancer, and an estimated 1,277 will die from the disease ([source](#)). It is estimated in 2025 that 564,930 cases will be diagnosed globally ([source](#)). For more information, [visit our website](#).

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