



KNOW YOUR BEST NEXT STEPS

WORLD PANCREATIC CANCER DAY

21 NOV 2024



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	LOSS OF APPETITE	NEW-ONSET DIABETES	MID-BACK PAIN	INDIGESTION	CHANGES IN STOOL	STOMACH PAIN	JAUNDICE Yellowing of eyes/skin or itchy skin
<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.



For more information visit:
worldpancreaticcancercoalition.org

Appointment Date:	<input type="text"/>
Doctor Name:	<input type="text"/>

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.

POOR DIET AND BEING OVERWEIGHT	DIABETES	AGE	HEAVY ALCOHOL USE	PANCREATITIS	SMOKING	GENETIC PREDISPOSITION	FAMILY HISTORY OF PANCREATIC CANCER	A 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"/>	<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. Scan the QR code or visit worldpancreaticcancercoalition.org/members to search for a WPCC member nearest you who can help.