## ((w)) heio pancreas! 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.



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.



RLD PANCREATIC

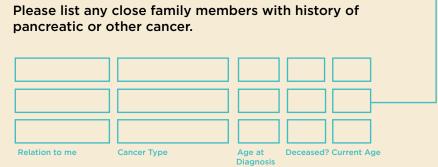
Appointment Date:	
Doctor Name:	

## 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.



## **Family History**



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.