



TIP SHEET

# Pancreatic Cancer

## What You Should Know

Your pancreas is a small organ in the abdomen that helps you digest and use the energy that comes from the food you eat. Pancreatic cancer is usually one of these types:

**Exocrine pancreatic cancer** begins in the ducts that carry pancreatic juices. Most pancreatic cancers are exocrine pancreatic cancer.

**Endocrine pancreatic (or Islet Cell) cancer** begins in the pancreas cells that make hormones.

## Symptoms to Tell Your Doctor

Early pancreatic cancer doesn't usually cause symptoms. As the cancer grows, it may cause:

- ✓ Jaundice, or yellowing of the skin and eyes
- ✓ Dark urine, pale stools
- ✓ Stools that float in the toilet
- ✓ Pain in the upper part of the belly, or middle of your back that doesn't go away when you change your position
- ✓ Poor appetite, indigestion and nausea
- ✓ Weakness and fatigue
- ✓ Unexplained weight loss

## Are You at Higher Risk?

People with the following risk factors may be more likely than others to develop pancreatic cancer:

- Smoking
- Diabetes
- Obesity
- Family history of pancreatic cancer
- Chronic pancreatitis, or inflammation of the pancreas
- Certain genetic syndromes

Pancreatic cancer is an aggressive and complex disease. At Roswell Park, our experts treat it every day.

Pancreatic cancer accounts for **3%** of all cancers,

but **7%** of cancer deaths.

## Should YOU be Screened?

Roswell Park's **Pancreatic Cancer Screening Program** focuses on people at highest risk, due to one or more of these factors:

- Two or more blood relatives with pancreatic cancer
- Hereditary cancer syndromes such as Peutz-Jeghers, Lynch Syndrome/HNPCC, MEN1 or von Hippel Lindau
- A known mutation in the BRCA2, PALB2, ATM or p16/CDKN2A gene
- Hereditary pancreatitis

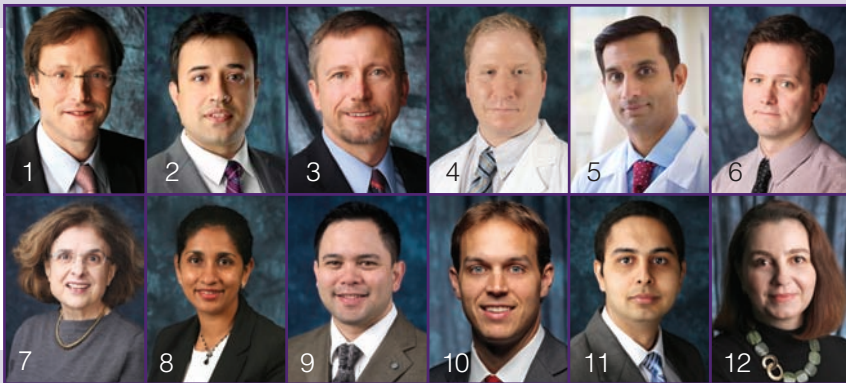
Pancreatic cancer is difficult to detect at early stages because no one test can reliably screen for the disease. Roswell Park experts will assess your risk and offer a **personalized screening plan** that may include:

- Blood test to measure the level of CA-19-9 proteins
- Endoscopic ultrasound and/or MRI
- Genetic consultation and/or testing
- Periodic evaluation

## QUIT SMOKING? YES, YOU CAN!

Call the **New York State Smokers' Quitline** at **1-866-NY-QUITS (1-866-697-8487)** or visit [www.nysmokefree.com](http://www.nysmokefree.com) for information, support and cessation aids.





## Why Roswell Park Cancer Institute?

**Nationally recognized.** Roswell Park is named a Blue Distinction Center for Complex and Rare Cancers® — such as pancreatic cancer — by the BlueCross BlueShield Association, one of only five cancer care facilities in New York State with this designation.

**Liver and Pancreas Tumor team** that brings together surgeons, oncologists and allied health providers dedicated to caring for people with these difficult cancers.

**New Endoscopy Center** designed for optimal patient comfort and safety, offers the latest minimally-invasive approaches for diagnosis and treatment of pancreatic cancer and its symptoms.

## Treatment the Roswell Park Way

We approach cancer treatment on an individual and personal basis, treating the whole person, not just the cancer. We offer the highest level of pancreatic cancer care, including:

- **A Multidisciplinary care approach** by a team of experts, including surgical, medical and radiation oncologists, psychologists, dietitians, social workers and others who work together to provide comprehensive and integrated care—all under one roof.
- **Comprehensive support services** with nutrition, smoking cessation, pain management, social work, counseling, and art, music and pet therapy programs.
- **Access to the latest therapies.** The newest treatments, available through clinical research studies, are important options for many patients with pancreatic cancer.

African Americans are more likely than other population groups to be diagnosed with pancreatic cancer.

Men are more likely to develop pancreatic cancer than women.

## Meet the Doctors

(above from left to right)

### Surgical Oncology

- 1) Steven Hochwald, MD, FACS
- 2) Moshim Kukar, MD
- 3) Boris Kuvshinoff II, MD, MBA
- 4) Steven Nurkin, MD, MS, FACS
- 5) Srinevas Reddy, MD

### Medical Oncology

- 6) Patrick Boland, MD
- 7) Amy Early, MD
- 8) Renuka Iyer, MD

### Radiation Oncology

- 9) David Mattson, Jr., MD

### Endoscopy/ Gastroenterology

- 10) Andrew Bain, MD
- 11) Amanpal Singh, MD

### Clinical Genetics

- 12) Nicoleta Voian, MD, MPD

## GET A SECOND OPINION

Second opinions are important in cancer care. We can arrange for Roswell Park's pancreas experts to review your pathology report and meet with you for a consultation. *If you seek a second opinion at Roswell Park, you are under no obligation to receive your care here.*

Pancreatic cancer is most frequently diagnosed among people age **65-74.**