

(ON)CERNED? SPEAK TO YOUR GP



Write down your symptoms, how long you've had them, and any other questions you have for your GP.



Tell the GP your symptoms and that you are concerned about pancreatic cancer.



Take a friend or family member with you to the GP.



If your symptoms don't improve after you see your GP, make sure you go back until your GP can figure out what is causing them.

WHERE CAN I GET MORE INFORMATION?

PanKind, The Australian Pancreatic Cancer Foundation, is exclusively dedicated to pancreatic cancer.

Our mission is to triple the pancreatic cancer survival rate by 2030 and dramatically improve the quality of life for those impacted by the disease

For more information about pancreatic cancer, including resources to support people living with the disease, visit pankind.org.au

Email: info@pankind.org.au

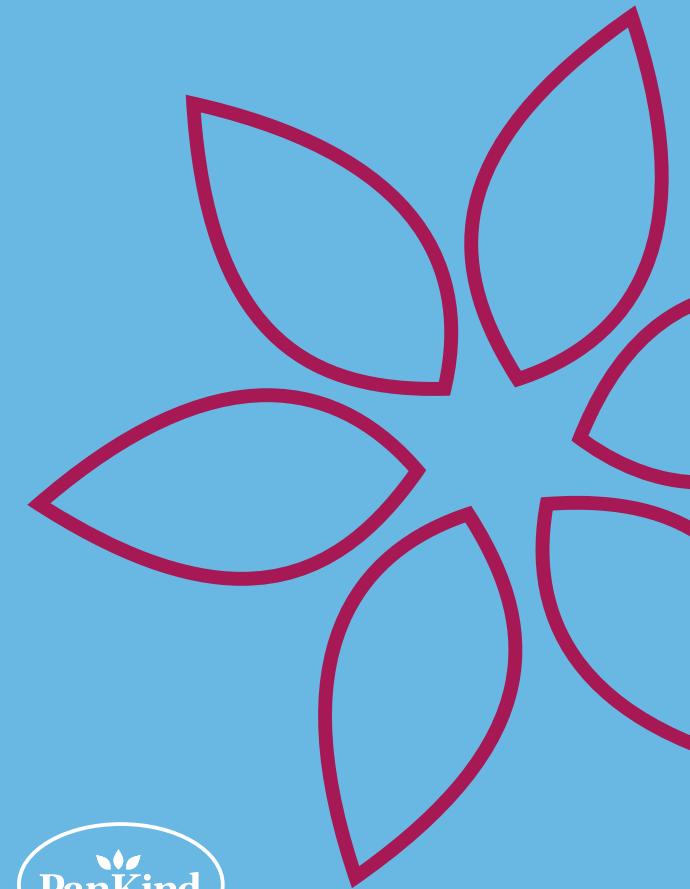
Phone: (02) 7207 6970



This material has been developed by PanKind, The Australian Pancreatic Cancer Foundation for general information and education purposes only. It does not constitute medical advice. Please consult your healthcare provider if you have, or suspect you have a health problem.

PANCREATIC CANCER

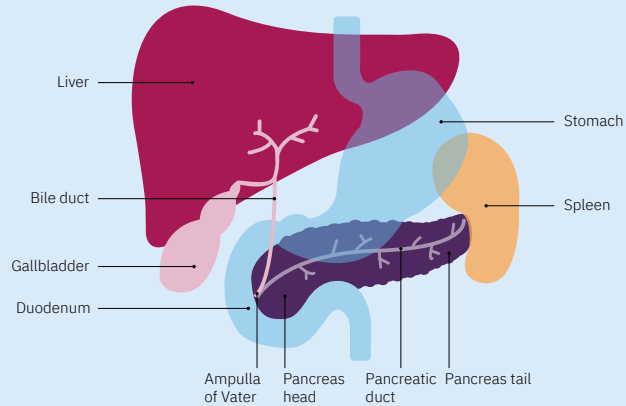
EARLY DIAGNOSIS IS KEY!



The Australian Pancreatic
Cancer Foundation

WHAT IS THE PANCREAS?

WHAT DOES IT DO?



THE PANCREAS AND SURROUNDING ORGANS

The pancreas is an organ that sits behind the stomach and is surrounded by several important organs and large blood vessels.

It produces digestive juices that process food. It also controls sugar levels in the blood.

KNOW THE SYMPTOMS

If you have jaundice go to your GP or nearest emergency department right away.

While these symptoms can occur with many other conditions, go to your GP if you have any of these symptoms and they persist.

If pancreatic cancer is found early, it is more treatable.



Stomach pain



Back pain



Indigestion



Yellow eyes or skin (jaundice)



Change in bowel habits



Loss of appetite



Unexplained weight loss



New onset diabetes

WHAT ARE THE RISK FACTORS?

Risk factors are anything that increases the chance you may get a disease. Pancreatic cancer risk factors are:



Age



Diet



Obesity



Diabetes



Ethnicity



Family history



Inherited gene mutations



Smoking