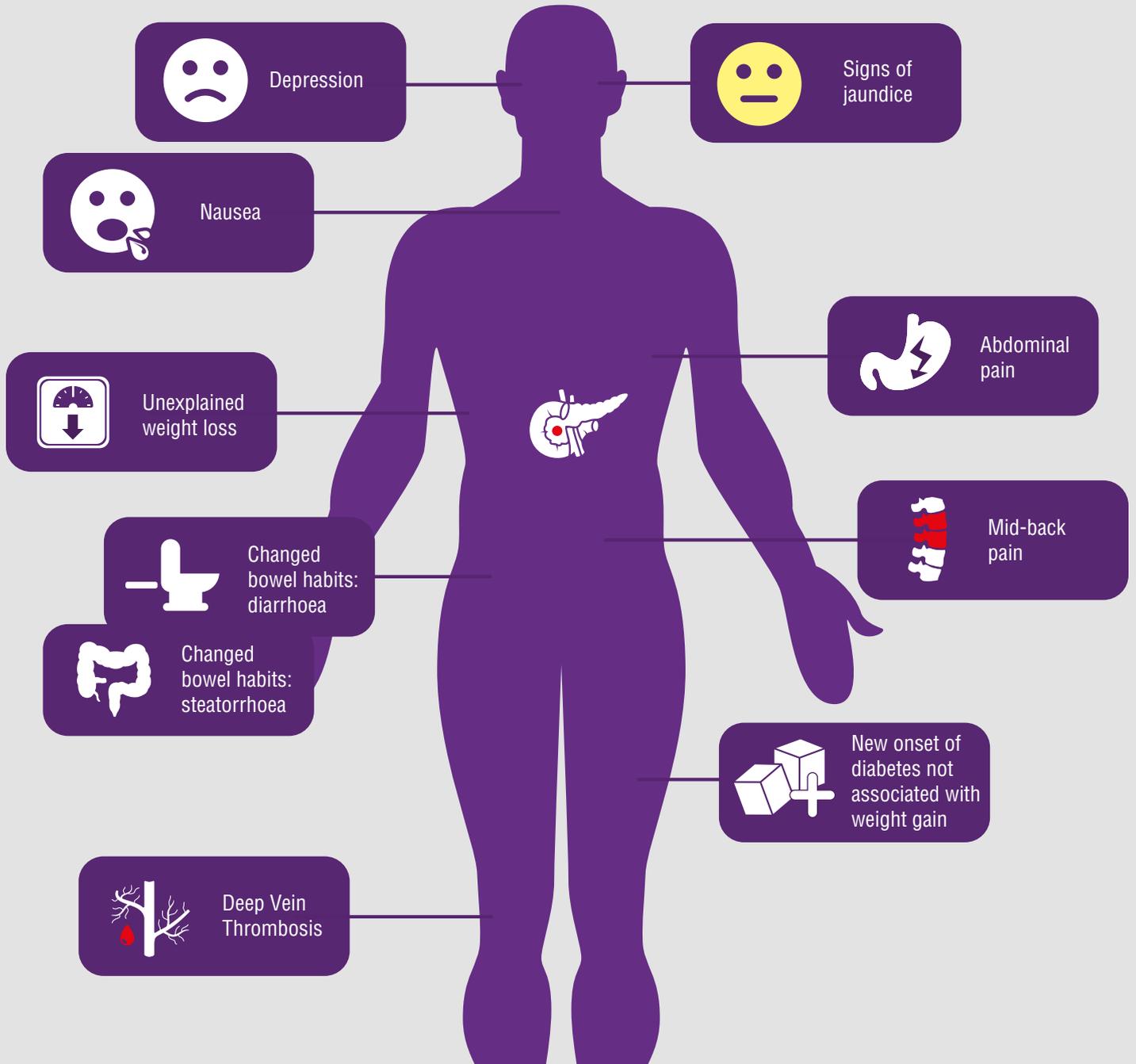




PANCREATIC  
CANCER EUROPE

# Know the 10 Signs



If you persistently experience two or more of these symptoms which are not normal for you, you should get checked by your GP because these symptoms may indicate pancreatic cancer.



# Know the 10 Signs

## Depression



- ➔ Depression is not uncommon after diagnosis with cancer.
- ➔ In the case of pancreatic cancer however, depression can also be a symptom of the cancer prior to diagnosis.

## Signs of jaundice without pain



- ➔ The most common signs of jaundice are that the skin and the whites of the eyes turn yellow.
- ➔ Jaundice can also be associated with itching and dark urines.
- ➔ Jaundice can also be caused by other non-cancerous conditions, such as gallstones.

## Nausea



- ➔ Nausea (feeling sick) and sickness can occur for several different reasons.
- ➔ A tumour can block the bile duct or press on the duodenum, which obstructs digestion.
- ➔ It may also cause inflammation around it in the pancreas, or jaundice.

## Abdominal pain



- ➔ It often starts with discomfort or pain in the abdomen, which can spread to the back.
- ➔ Pain can be worse after eating or when lying down.
- ➔ The pain may come and go at first, but may become more constant over time.

## Unexplained weight loss



- ➔ The body burns more calories than usual. You may notice a decreased appetite or desire for certain foods.
- ➔ This cancer induced weight loss is called cancer cachexia and affects the way calories and proteins are used by the body.
- ➔ This can occur without any noticeable pain.

## Changed bowel habits: Diarrhoea



- ➔ Persistent diarrhoea can be a sign of something more serious even if it is not pancreatic cancer.
- ➔ Six or more loose bowel movements a day for more than two days can be described as persistent.
- ➔ If diarrhoea starts to interfere with your daily activities consult your doctor.

## Changed bowel habits: Steatorrhea



- ➔ This causes fatty, whitened or foul smelling stools.
- ➔ It can occur as a result of the bile duct becoming obstructed and can be due to a cancerous tumor in the pancreas.

## Mid-back pain



- ➔ About 7 out of 10 people with pancreatic cancer first go to their doctors because they have back pain.
- ➔ This mainly occurs if the tumor is located in the body or tail of the pancreas and puts pressure on the nerves.

## New onset of diabetes not associated with weight gain



- ➔ Pancreatic cancer destroys the cells of the pancreas that produce insulin. This can lead to the onset of diabetes mellitus.
- ➔ Symptoms include blurred vision, extreme fatigue, cuts/bruises that are unusually slow to heal, feeling very thirsty or hungry even though you are eating and drinking.

## Deep Vein Thrombosis



- ➔ Shortness of breath or pain can be caused by blood clots in a deep vein such as legs, pelvis or arms.
- ➔ This in turn can be caused by problems related to pancreatic cancer.