



PANCREATIC  
CANCER EUROPE

# Think **pancreatic cancer!**

*Think PC earlier! Pancreatic cancer is currently the 4<sup>th</sup> leading cause of death by cancer. Without improvements in diagnosis, it is expected to become the second biggest cause of death by cancer by 2020.*

## When to refer a patient to a specialist?

### 1. Risk factors and disease history

- **Age group of over 50 years** (younger patients do exist)
- **Diabetes without weight gain**
- **Smoking**
- **Alcohol consumption**
- **Obesity:** BMI of 25 or above
- **Disease history:** Higher risk of developing pancreatic cancer if patient has had:
  - History of cancer
  - Gastrointestinal inflammatory diseases
  - Familial cancer syndromes
  - Chronic pancreatitis
  - Hereditary pancreatitis
- **Family history:** People with at least 2 first-degree relatives with pancreatic cancer

### 2. Has your patient experienced any of the following symptoms?

Please find below suggestions of key symptoms in order to support the diagnosis of pancreatic cancer in your patients.



Signs of jaundice



Diarrhoea



Nausea



Steatorrhoea



Mid-back pain



Abdominal pain



Unexplained and unintended weight loss



Deep vein thrombosis



New onset of diabetes not associated with weight gain



Depression

**If your patient presents two or more of the risk factors and symptoms listed below, pancreatic cancer should be investigated.**

### 3. Specific high risk profile

A combination of the symptoms and the relevant risk factors mentioned above increase the likelihood of the patient having pancreatic cancer. Patients with this specific high-risk profile should be closely examined and checked for pancreatic cancer.

**Example:** A patient above the age of 50 who smokes, and who presents with 3 of the most common symptoms (for example jaundice, abdominal pain and unexplained weight loss), would be at high risk of having contracted pancreatic cancer and should be referred to a specialist urgently.

### 4. How to diagnose / exclude pancreatic cancer?

- The best method to diagnose or exclude the diagnosis of pancreatic cancer is a high-quality computer tomography (multi-detector-CT).
- If your patient presents a combination of the following symptoms, you may need to refer him or her to a specialist (gastrointestinal or hepato-pancreatico-biliary team) straight away (within two weeks):
  - jaundice
  - persistent unexplained abdominal pain
  - and unexplained weight loss
- If you suspect pancreatic cancer in your patient, run the tests or refer your patient to a gastroenterology specialist!

**The European Multi Stakeholder Platform on Pancreatic Cancer is composed of European experts, academics, patients, journalists, clinical practitioners and policy makers who are committed to raising awareness around pancreatic cancer with a view to improving standards of care, diagnosis and data collection for patients suffering from pancreatic cancer across Europe. For more information, please consult our website ([www.pancreaticcancereurope.eu](http://www.pancreaticcancereurope.eu)).**