

SYMPTOMS

Pancreatic cancer may cause only vague symptoms. If you are experiencing one or more of these unexplained symptoms, the Pancreatic Cancer Action Network urges you to see your doctor.



Abdominal or mid-back pain



Loss of appetite



Jaundice



Weight loss



Nausea



Change in stool



Recent onset diabetes

RISK FACTORS

The exact causes of pancreatic cancer are not yet well understood, but research studies have identified certain risk factors.



Family History

Risk increases if multiple first-degree relatives had the disease, or any were diagnosed under 50.



Diet

A diet high in red and processed meats may increase risk. A diet high in fruits and vegetable may decrease risk.



Obesity

Obese people have a 20% increased risk of developing the disease compared to people of a normal weight.



Race

African-Americans and Ashkenazi Jews have a higher incidence of pancreatic cancer.



Smoking

Smoking may cause about 20-30% of all exocrine pancreatic cancer cases.



Gender

Slightly more men are diagnosed with pancreatic cancer than women.



Age

The chance of developing pancreatic cancer increases with age.



Diabetes

Long standing (over 5 years) diabetes increases risk.



Pancreatitis

Chronic pancreatitis increases risk. Risk is even higher for people with hereditary pancreatitis.

Learn more about pancreatic cancer by visiting <http://pcan.at/DBchamps>