

7 STEPS

to Reduce Your Risk for Pancreatic Cancer

1 Know the Symptoms



Symptoms include pain in the abdomen, back pain, nausea, poor appetite, weight loss, stool changes, diabetes, and yellowing of skin/eyes.

5 Don't Use Tobacco Products



Cigarettes, cigars, and chewing tobacco increase your risk for pancreatic cancer.

2 Make Healthy Food Choices



Eat fruits and vegetables at every meal. These foods have vitamins and minerals that can help to reduce your risk for cancer.

6 Be Mindful of Your Weight



If you are overweight, work on shedding some of those extra pounds. Even losing a small amount of excess weight can benefit your health.

3 Get Moving



Regular physical activity improves your body's ability to fight off illness. It also reduces your risk for pancreatic and other cancers.

7 Learn Your Family History and Get an Annual Check-up



Tell your healthcare provider about your family history. Ask about steps to take to reduce your risk.

4 Limit Alcohol



Drinking a lot of alcohol may increase your risk for pancreatic cancer. Occasional drinks are fine.

Contact PanCAN Patient Services
toll-free at 877-2-PANCAN or
patientservices@pancan.org.

Support is available Monday – Friday,
7 a.m. – 5 p.m. Pacific Time.
Services available in English and Spanish.