

7 STEPS TO REDUCE YOUR RISK FOR PANCREATIC CANCER

PANCREATIC
CANCER
ACTION
NETWORK

1 Know the Symptoms



Symptoms include abdominal pain, back pain, nausea, poor appetite, weight loss, stool changes, diabetes and yellowing of skin/eyes (jaundice).

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.

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.

4 Limit Alcohol



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

5 Don't Use Tobacco Products



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

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.

For more information, visit pancan.org
For questions, contact us at 877-2-PANCAN

Contact PanCAN Patient Services M – F, 7 a.m. – 5 p.m. PT, at **877-2-PANCAN**
or **patientservices@pancan.org**. Hablamos español.