

# 7 STEPS TO REDUCE YOUR RISK FOR PANCREATIC CANCER

PANCREATIC  
CANCER  
ACTION  
NETWORK<sup>®</sup>

## 1 Know the Symptoms

Symptoms include abdominal pain, 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](mailto:patientservices@pancan.org)

Support is available Monday – Friday, 7 a.m. - 5 p.m. Pacific Time. Hablamos español.

[pancan.org](https://pancan.org)

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