

CONVERSATION GUIDE: TALKING TO YOUR DOCTOR ABOUT PANCREATIC CANCER



It can be difficult to speak with a doctor about pancreatic cancer. Symptoms are often vague and hard to describe, and talking about risk factors and family history may not be easy. And, because there is no standard early detection test, talking to your doctor can help catch pancreatic cancer early before it spreads, which means more treatment options.

You should always feel comfortable and supported by your healthcare team. PanCAN strongly recommends seeking a healthcare team that meets your physical, mental and emotional needs.

Understanding symptoms, risk factors and family history is the first step to feeling more confident. Use this guide to help you gather any thoughts and questions and start a conversation with your healthcare team.

KNOW THE SYMPTOMS

People with pancreatic cancer typically experience vague symptoms, which could be confused with many other abdominal or gastrointestinal issues. Circle any symptoms you're experiencing and discuss them with your care team:



Abdominal and/or mid-to-upper back pain



Unexplained weight loss



Nausea/loss of appetite



Jaundice (yellowing of the skin and eyes)



A Change in stool (oily or watery)



Recent diabetes

OTHER SYMPTOMS: _____

KNOW THE RISK FACTORS

Although the exact causes of pancreatic cancer are not yet well understood, research studies have identified certain risk factors. Check all that apply to you:

- I am over 60 years old
- I have chronic or hereditary pancreatitis
- I am a smoker
- I am obese
- I have had diabetes for more than 5 years
- I have a family history of pancreatic cancer

If you have a family history of pancreatic, breast, ovarian cancer or melanoma, let your care team know, as all these diseases may share common genetic syndromes.

Relation to Me	Type of Cancer	Age at Diagnosis	Deceased?	Current Age

PanCAN Patient Services

PanCAN provides more resources and speaks with more pancreatic cancer patients and caregivers than any other organization in the world. PanCAN Patient Services offers comprehensive, personalized information about the disease, specialists, treatment options, clinical trials, diet and nutrition, Know Your Tumor® precision medicine service and much more.

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