

Good nutritional care improves outcomes and is critical for your quality of life.

The Pancreatic Cancer Action Network (PanCAN) strongly recommends that patients have access to pancreatic enzymes and see a registered dietitian.

ABOUT THIS BOOKLET

Proper nutrition is important for maintaining a good quality of life, especially after being diagnosed with pancreatic cancer. Nutritional needs will change during the course of treatment, and patients may experience concerns like loss of appetite, weight loss, **diarrhea** and **diabetes**. Choosing the right foods before, during and after treatment can help a patient better tolerate treatment and feel healthier and stronger.

The Pancreatic Cancer Action Network aims to answer many of the diet and nutrition questions frequently asked by patients and families dealing with pancreatic cancer.

- This booklet is designed to serve as a general reference guide. It should not be the sole resource for patients with diet and nutrition concerns.
- Before making diet changes, please talk to the doctor or registered dietitian. If a registered dietitian has not been consulted, see page 7 for ways to find one.

If you have additional questions about diet and nutrition or other topics relating to pancreatic cancer, contact PanCAN Patient Services toll-free at 877-2-PANCAN or email patientservices@pancan.org. Hablamos español. The PanCAN Patient Services Help Line is available Monday – Friday, 7 a.m. – 5 p.m. Pacific Time.

The glossary at the end of this booklet provides definitions for **bold** words in the booklet's text.

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