

PANCREATIC CANCER AWARENESS MONTH

NOVEMBER 2020



The Statistics:

- In 2020, it is estimated that about 30,400 men and 27,200 women will be diagnosed with Pancreatic Cancer.
- Pancreatic Cancer accounts for about 3% of all cancers in the United States.

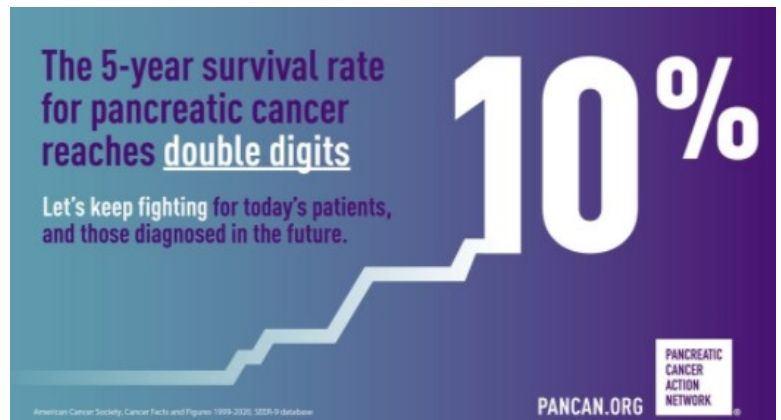
Signs and Symptoms

Early pancreatic cancers often do not cause any signs or symptoms, but here is a few things to look out for:

- Yellowing of the eyes and skin
- Belly or back pain
- Weight loss or poor appetite
- Nausea and vomiting
- Blood clots

What is Pancreatic Cancer?

Pancreatic cancer is a type of cancer that starts in the pancreas. This cancer is slightly more common in men than in women. The average lifetime risk of pancreatic cancer is about 1 in 64.



Can Pancreatic Cancer Be Prevented?

There is no sure way to prevent pancreatic cancer. Some risk factors such as age, gender, race, and family history can't be controlled. But there are things you can do that might lower your risk:

- Do not smoke!
- Watch your diet, body weight and physical activity