

# Signs & Symptoms of Pancreatic Cancer<sup>1</sup>



## DO NOT IGNORE THEM!

Listen to your body. If you persistently experience one or more of these symptoms which are not normal for you, contact your primary care physician right away! Use this document to facilitate your conversation with your physician.

## SYMPTOMS INCLUDE:

- Low mood or depression
- Fatigue
- Mid back pain
- Indigestion (not responding to prescribed medicine)
- Upper abdominal pain
- Unexplained weight loss
- Pain on eating
- Diabetes (new onset and not associated with weight gain)
- Pale and smelly stools (that do not flush easily)
- Jaundice (yellowing of the eyes and skin, possible itchy skin)

## PERSONAL SYMPTOMS EXPERIENCED:

Date(s): \_\_\_\_\_

Details: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## PHYSICIAN SUGGESTED FOLLOW-UP:

- **Blood tests** for liver & kidney function, and CA19-9 is a tumour marker
- **Ultrasound scan of abdomen** for a picture of the pancreas and surrounding organs
- **CT (computerised tomography) scan** is a 3D picture of pancreas and surrounding organs
- **MRI (magnetic resonance imaging) scan** provides detailed pictures of pancreas and surrounding areas
- **EUS (endoscopic ultrasound scan)** is an ultrasound probe is passed through your mouth and into your stomach creating detailed pictures that help to show where the cancer is in the pancreas, how big it is and whether it has spread outside the pancreas or a needle can also be passed through the tube to take tissue samples (biopsy)
- **ERCP (endoscopic retrograde cholangio-pancreatography)** is sometimes used to diagnose problems with the pancreas; more commonly used if your bile duct is blocked.
- **Biopsy** involves taking small tissue samples to be examined under a microscope. A biopsy can be taken during a CT scan, EUS, ERCP or laparoscopy.

## COMMON MISDIAGNOSIS

Gallstones, Irritable Bowel Syndrome, Gastritis, Gastroenteritis, Indigestion, Liver disease