

# **Pancreatic Cancer UK Information session**

**Natasha Johnston  
Engagement Officer  
Scotland and Northern Ireland**

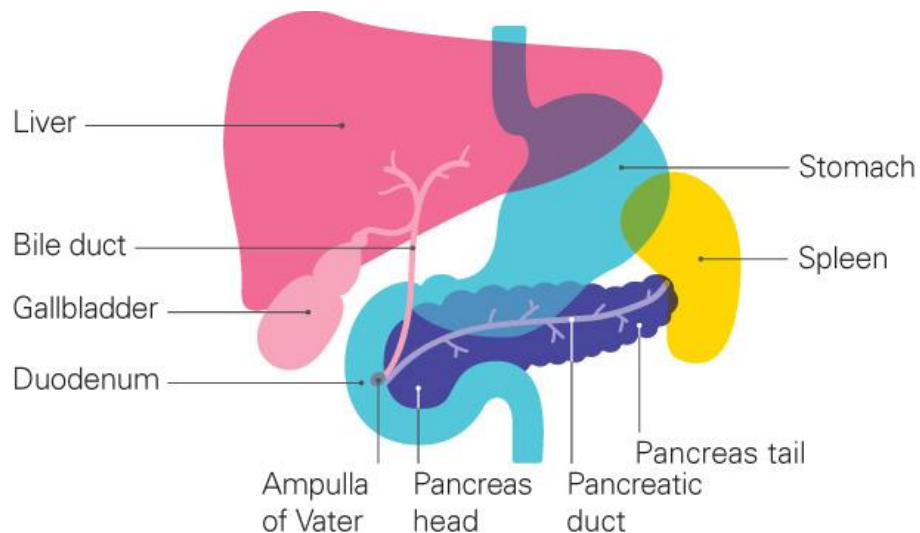
# Pancreatic Cancer UK

Pancreatic cancer is tough, but we're taking it on.

Our nurses are here to support people affected by pancreatic cancer now.  
We're funding research and campaigning for change.

**Together we can transform the future for everyone  
affected by pancreatic cancer.**

## What is the pancreas and what does it do?



It makes enzymes. Enzymes help to break down food so your body can absorb it. This is part of digestion.

It makes hormones, including insulin, which control sugar levels in the blood.

Pancreatic cancer can affect how well the pancreas works.

# The symptoms

**Tummy  
pain or  
back pain**



**Unexplained  
weight loss  
or loss of  
appetite**



**Jaundice  
(yellow skin  
or eyes and  
itchy skin)**



**Changes  
to your  
poo**



**Indigestion**



# Pancreatic Cancer UK

Pancreatic cancer is the 10th most common cancer  
**Every day 28 people are diagnosed with the disease**



**More than half**  
of people diagnosed  
with pancreatic  
cancer die

**within  
3 months**



**Tough to diagnose**

**4 in 5**

people are  
diagnosed at an  
advanced stage  
(stage 3 and stage 4)



**Tough to treat**

**1 in 10**

people with  
pancreatic cancer will  
receive potentially  
curative surgery



**Tough to survive**

Pancreatic cancer has  
the lowest survival of  
all common cancers,  
with five-year survival

**less than 7%**



**Tough to research**

**only 3%**

of the annual UK  
cancer research  
budget goes into  
pancreatic cancer



**1 in 2**

people are  
diagnosed with  
pancreatic cancer  
via an emergency,  
such as A&E

**Pancreatic  
Cancer  
UK**



**We support people affected by  
pancreatic cancer today**

## **Specialist nurse Support Line**

Our friendly nurses are only a call or email away. They are specialists in pancreatic cancer and can talk for as long as you need.

From tailored information on treatments, managing symptoms or coping with emotions, they can recommend practical steps and bring comfort and reassurance along the way.

**0808 801 0707**

# Support and Information

## **Tailored emails**

For people recently diagnosed or their friends and family.

Tailored expert information relevant to their circumstances is sent by email in bite sized chunks.

Emails will guide the individual through the key information they need, and the ways Pancreatic Cancer UK can support them at every step.

## **Online cuppas**

Being diagnosed with pancreatic cancer can be an isolating experience. Our online cuppas offer the chance to connect with other people affected by pancreatic cancer, share experiences, support each other and feel understood. They are relaxed and informal, with small groups of people.

## **Expert information**

Our free information covers everything about pancreatic cancer to help people understand their diagnosis, ask questions, make decisions and live as well as they can.



# Support and Information

## Webinars

We run webinars on different topics: including 'Ask a Dietitian', 'Living Well to the End of Life: Palliative Care for Pancreatic Cancer' and 'Emotional Wellbeing'.

Webinars are presented by specialist speakers with time for Q&A.

Sessions are also joined by one of our nurses.

All webinars are recorded and available to watch on our website.

## Side by Side: Support before and after surgery

Side by Side is a phone service where a person with operable pancreatic cancer can speak to a trained volunteer who has already had surgery. We will try and match the person with someone who had a similar type of surgery.

## Online Discussion Forum

Our online discussion forum is a supportive place where everyone affected by pancreatic cancer can be there for each other, any time of day or night.

# Our App, Medli



- It can help you to keep track of your symptoms, treatments and appointments all in one place
- It can provide you with tailored information that is relevant to the stage you are at
- It provides a way for you to share your information and experiences with those around you



Scan the QR code  
or download Medli  
from Google Play  
and the App Store



 [pancreaticcancer.org.uk/app](https://pancreaticcancer.org.uk/app)

“I can say with total honesty that without all your invaluable information surrounding pancreatic cancer and all the strategies and coping mechanisms to live with it, I would be in a much bleaker and darker place.

The diagnosis is the same, the prognosis is the same but the big, big difference is I am not facing it alone.”

**Linda, Dumfries**

“As a nurse and a daughter who's Mum has terminal pancreatic cancer we found the information very helpful. Mum has Creon but no real guide as to how to take and has recently developed more gastric symptoms.

Now we feel far more empowered. Thank you so much”

**Heather, Glasgow**

Thanks for a very helpful webinar. Without this guidance and information regarding PEI, PERT and diet the difficult linkage would be hard to find and understand.

**Roy, Scotland**

# Pancreatic Cancer UK

**Working with you, we can reach everyone who needs us.**

The additional support we can offer to people with pancreatic cancer can be a lifeline. Sadly, because diagnosis often happens late and survival rates are low, many people don't come across our services until it's too late.

With your help, we can change that and ensure everyone knows about our services as soon as they are diagnosed.

## Support for professionals

We offer a range of **free events, courses and resources:**

- Live virtual educational events and recordings
- Online courses on:
  - An introduction to pancreatic cancer
  - Pancreatic Enzyme Replacement Therapy (PERT)
- PERT Hub
- Monthly Health Professional Support & Information Bulletin

**Pancreatic  
Cancer  
UK**

**Questions...**