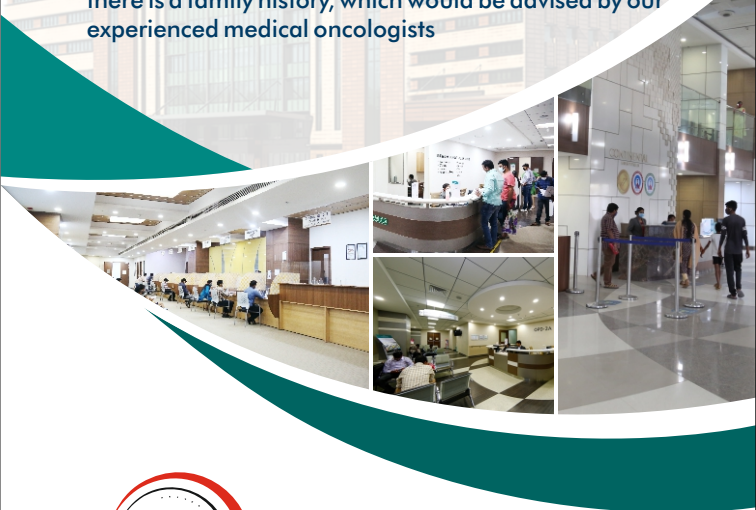




Take home messages:

See your health care provider promptly, if you have symptoms **DO NOT DELAY**

Family history of inherited cancer associated with cancer of pancreas, attend for regular checks annually or sooner, As advised by your expert. Under go genetic studies, if there is a family history, which would be advised by our experienced medical oncologists




Emergency	+91 84980 81000
Appointments / General Information	+91 40 6700 0000
Health Check Department	+91 84980 83000
Radiology Services	+91 84980 73000
Centralised Report Dispatch Unit 9:00 AM - 6:00 PM	+91 84980 76000
Pharmacy	+91 40 6700 0444

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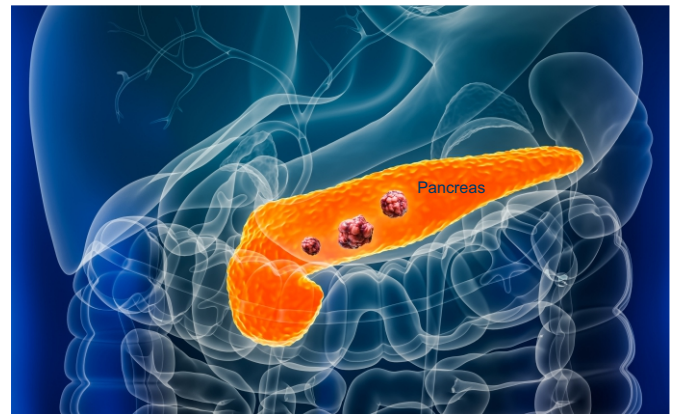
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CANCER PREVENTION
STAY AHEAD OF CANCER

EARLY DETECTION
BETTER OUTCOMES

Pancreatic Cancer



DEPARTMENT OF
CANCER PREVENTION AND
EARLY CANCER DETECTION

- Pancreatic Cancer is one of the leading Causes of death in India
- Most pancreatic Cancers do not have Symptoms and escape diagnosis until late stage
- Approximately, more than 50% when diagnosed, have disease spread outside the pancreas and hence options to treat are limited.
- If the cancer is found when it is confined to only within pancreas, Survival is better and patients face a better path.
- At Continental, we are committed to help detect your cancer early.
- If your cancer is diagnosed early, our experienced pancreatic surgical team headed by Dr Jagannath can achieve, curative surgical resection.
- At Continental, in our state of the art facility, we have access to novel imaging techniques and we employ varied enzymatic, hormonal, biomarker studies
- Our Continental pancreatic team will provide you world class treatment
- Our Medical oncologist would do an assessment of the patient's genetic mutations, next generation sequencing and hereditary genetic panels to use immuno therapy, as part of treatment.
- Soon, we would introduce Artificial Intelligence (AI) and using an AI model, from standard CT Scans, pancreatic cancer will be found early. This would be a realistic hope in the future for early detection of pancreatic cancer. AI has the potential to detect hidden pancreatic cancers in asymptomatic persons.
- AI Software technology partners with clinician scientists in the pursuit of early detection, raising a flickering hope of optimism.
- If pancreatic cancer is detected early, and the tumour can be removed, 5 year survival can be as high as 45 -50. If cancer has spread beyond pancreas, survival can be only about 15% at 5 years.
- Your outlook depends on the stage when it was diagnosed, the type, and grade of cancer.

What should you know about the pancreas ?

- Pancreas is sitting behind the stomach "in hiding" position.
- It produces enzymes to digest fats, carbohydrates and proteins and hormones (Glucagon and insulin). It controls sugar (Glucose) Metabolism by insulin production

Causes of pancreatic cancer

- Heavy alcohol consumption – approximately more than 4 to 5 drinks per day

- **Smoking one pack or more per day. Approx 30% of pancreatic cancer patients are smokers**
- Hereditary or chronic pancreatitis
- Over weight or obesity
- Diet excessive in processed food, red meat, fried foods
- Sex -men more likely to get than women
- Family History -approx 10% have a family history
- H. pylori infection
- Some genetic conditions, eg Lynch Syndrome, inherited pancreatitis

If you have any of the following symptoms, DO NOT DELAY, to see your health care provider

- **Symptoms**
- Pain in upper abdomen spreading to sides and the back
- Loss of appetite, Weight loss, nausea, vomiting
- Pale light stools
- White of the eye becomes yellow, skin becomes yellow, urine becomes yellow
- Itchy skin
- Weakness and lethargy

How is diagnosis achieved

- Detailed history
- Clinical examination
- Endoscopic ultrasound
- CT/MRI Scan, if spread is suspected Petscan will be done
- Blood tests, Liquid biopsy, tumour Marker eg CA 19-9 genetic studies
- After examination and diagnosis, your expert will stage the pancreatic cancer, STAGE 0-STAGE 4

Treatment – depends on the stage

OUR MULTI DISCIPLINARY TUMOUR BOARD WILL DISCUSS YOUR CASE AND FORMULATE THE TREATMENT PLAN

- Surgery – Remove portions of the tumour, Remove head and neck of the pancreas
- Radiation therapy – high energy beam to kill the cancer cells
- Chemotherapy, Targeted therapy
- Immunotherapy,

How Can Pancreatic Cancer be prevented?

- Quit Smoking
- Limit alcohol
- Maintain moderate weight, regular exercise
- Eliminate processed foods, red meat, sugar in excess Take lots of fresh fruits and vegetables, whole grain, lean proteins.