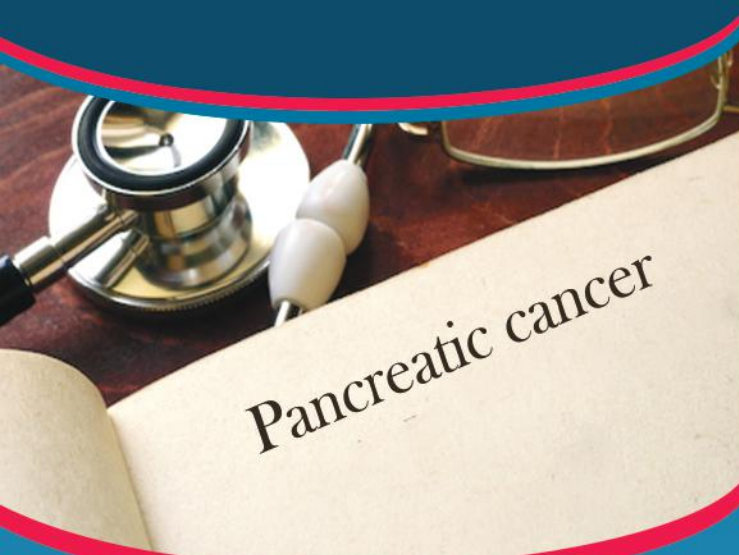




Pancreatic cancer



▶ Cause ◀

- ▶ Smoking is associated with smoking in 30% of cancers
 - ▶ Obesity
 - ▶ Do not exercise regularly
 - ▶ Eat fewer fruits and vegetables
 - ▶ Eat high-fat foods
 - ▶ Consumption of alcoholic beverages
 - ▶ Having diabetes
 - ▶ Working with pesticides and chemicals
 - ▶ Having severe inflammation of the pancreas
 - ▶ Severe liver damage
- ▶ A history of cancer in family members or specific genetic disorders associated with this type of cancer
 - ▶ This cancer mainly affects people between the ages of 50 and 80

▶ treatment ◀

Treatment of pancreatic cancer is simply not possible. This cancer rarely causes symptoms in its early stages, so it often does not go away and go undiagnosed until the cancer has reached an advanced stage. If the tumor would be large, pancreatic cancer will be more difficult to treat. If a patient would be diagnosed with pancreatic cancer, the treatment depends on the type and location of the cancer and how far it has progressed. Age, health status and personal preferences are also determinative at the treatment.

Here are three main ways to treat pancreatic cancer:

- ▶ Surgery
 - ▶ Chemotherapy
 - ▶ Radiotherapy
- ## ▶ Complications ◀

5 As pancreatic cancer progresses, the following complications occur:



- ▶ Jaundice
 - ▶ the pain
 - ▶ Ileus
 - ▶ Weight Loss
- ## ▶ prevention ◀

The following is a review of recent research on the link between food and pancreatic cancer, which offers insights into how to change your diet to prevent pancreatic cancer:

- ▶ Sweet foods: High levels of blood glucose (blood sugar) and insulin play a role in pancreatic cancer.
- ▶ Overweight: Not eating too many calories helps prevent pancreatic cancer.
- ▶ Meat Consumption: According to one study, eating meat (especially red meat) and meat cooked at high temperatures increased the risk of pancreatic cancer in men by 41%.

Pancreatic cancer can become an acute problem, as the symptoms of pancreatic cancer do not appear in the early stages, so see a doctor immediately whenever you have the symptoms mentioned in the article. Note that these symptoms do not necessarily mean that you have cancer; only a doctor can confirm its existence and prescribe appropriate treatment for you by using methods to diagnose pancreatic cancer. Because the symptoms appear in the advanced stage of the disease, 6 treatment is necessary to start immediately.



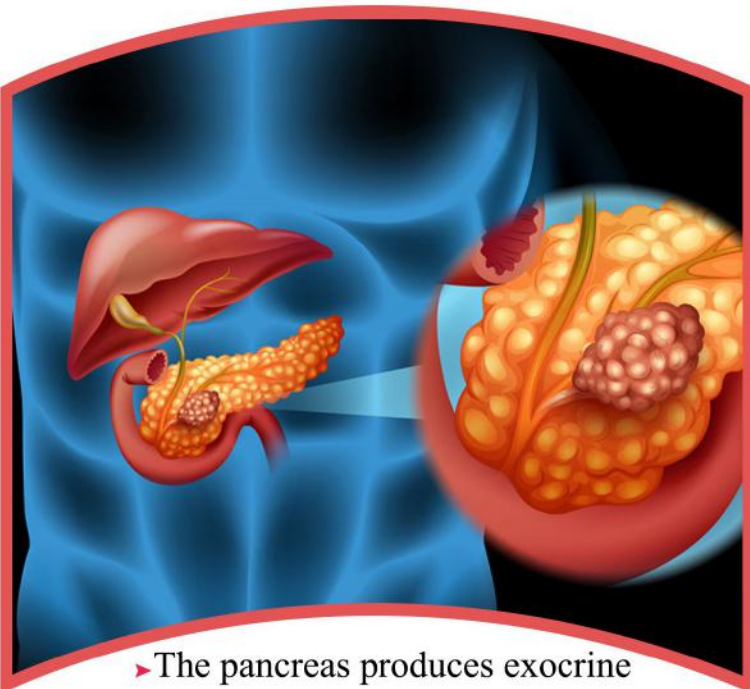
► **Signs and symptoms** ◀

Pancreatic cancer in its early stages rarely causes symptoms. The symptoms of pancreatic cancer depend on which part is affected. The areas that get cancer are:

In the early stages of pancreatic cancer, the presence of a tumor in the pancreas usually has no symptoms and is therefore difficult to diagnose. The first signs of pancreatic cancer often include the following:

- Pain in the lower back or abdomen
- Unexpected weight loss
- Jaundice (yellowing of the skin and whites of the eyes)

It is worth noting that these symptoms appear with many diseases and are not usually related to pancreatic cancer. However, you should contact your doctor if you are worried or if you have sudden symptoms.



► The pancreas produces exocrine (exogenous) digestive enzymes. These enzymes break down food to be absorbed by the body.

- The endocrine pancreas (endocrine system) produces hormones that contain insulin, which keeps blood sugar levels steady.

Most cases of pancreatic cancer occur in the exocrine pancreas, and the three most common symptoms are:

- Pain in the lower back or abdomen
- Jaundice
- Weight Loss