

**NOVEMBER IS  
PANCREATIC  
CANCER  
AWARENESS  
MONTH**

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**PANCREATIC CANCER  
ACTION NETWORK®**



# **PANCREATIC CANCER ACTION NETWORK**

**ADVANCE RESEARCH. SUPPORT PATIENTS. CREATE HOPE.**

**NOVEMBER IS NATIONAL PANCREATIC CANCER AWARENESS MONTH**

**NATIONAL BAPTIST CONGRESS/PANCREATIC CANCER ACTION NETWORK**

**PURPLELIGHT VIGIL FOR HOPE**  
**SUNDAY, NOVEMBER 18, 2012**

## **HOW CAN I ENGAGE MY CONGREGATION?**

This year, an average of 120 people will be diagnosed every day with a disease that has a five-year relative survival rate of just 6 percent. That statistic has barely changed in 40 years.

Pancreatic cancer is the fourth leading cause of cancer death in the United States yet receives less than 2% of cancer research funded by the federal government's National Cancer Institute.

Join us. Together, we can advance research, support patients, create hope to make progress in the fight against pancreatic cancer. Here are some simple things you can do for National Pancreatic Cancer Awareness Month in November:

- Visit [www.pancanvision.org](http://www.pancanvision.org) and take a pledge to help double the pancreatic cancer survival rate by 2020.
- Sunday, November 18, is PurpleLight Sunday. We encourage you to raise awareness with your congregation and recognize this day.
- Print out and distribute 'The Basic Pancreatic Cancer Information' and Pancreatic Cancer Action Network flier
- Post 'November is Pancreatic Cancer Awareness Month' flier at your church
- Invite your local Pancreatic Cancer Action Network Affiliate or Community Representative to host an information table at your church by emailing the Pancreatic Cancer Action Network (contact information on the last page of this guide).
- Add something purple to your wardrobe on Sunday, November 18<sup>th</sup> in fact, don purple all during the month of November to help raise awareness! Tell anyone who asks you why you are wearing so much purple in November, that purple represents the fight against pancreatic cancer.
- Visit [www.purplestride.org](http://www.purplestride.org) to participate in a local event in your community.
- Pay tribute to Dr. Reuben Henry Green, one of the National Baptist Congress' officers who passed away from pancreatic cancer in 2008. You can honor his memory while creating awareness and funding for the fight against pancreatic cancer. Please go to [www.firstgiving.com/fundraiser/RememberingDrGreen](http://www.firstgiving.com/fundraiser/RememberingDrGreen).

If you, a family member or a friend has pancreatic cancer or you would like to learn more about the disease, contact a Patient and Liaison Services (PALS) Associate toll-free at 877-272-6226 or email [pals@pancan.org](mailto:pals@pancan.org).

Join thousands of supporters across the country committed to ending this disease.

**Together, we can Know it. Fight it. End it!**



## Basic Pancreatic Cancer Information

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### The pancreas is:

- A gland located deep in the abdomen, between the stomach and the spine.
- Responsible for the production of enzymes for digestion. This is called the exocrine function.
- Responsible for the production of hormones that regulate blood sugar level. This is called the endocrine function.

### Pancreatic cancer:

- Occurs when cells in the pancreas become abnormal and grow out of control.
- May spread, or metastasize, to other sites in the body.
- Can be categorized in two main types:
  - Adenocarcinoma – the most common type of pancreatic cancer
  - Pancreatic neuroendocrine carcinoma, also known as islet cell carcinoma
- This year, an estimated 43,920 people will be diagnosed with pancreatic cancer the United States.

### Symptoms of pancreatic cancer:

- Pain in abdomen and/or back
- Digestive difficulties, including significant loss of appetite, indigestion and nausea
- Changes in stools, including diarrhea or constipation
- Significant unexplained weight loss
- Recent-onset diabetes
- Jaundice – a yellowing of the skin and eyes
- Ascites – abnormal build up of fluid in the abdominal cavity

If someone is experiencing one or more of these symptoms, it does not mean that he or she has pancreatic cancer. There are other medical problems or conditions that may also cause these or similar symptoms. Therefore, anyone experiencing these symptoms should consult with his or her doctor. Only a doctor can diagnose the cause of an individual's symptoms.

### Risk factors:

- Chronic pancreatitis
- Diabetes
- Family history: 2-3 times increased risk if a first-degree relative has pancreatic cancer
- Race: The incidence of pancreatic cancer is 50% higher among African-Americans than any other racial group in the United States
- Smoking: 2 times increased risk for smokers vs. non-smokers

### Familial pancreatic cancer

Approximately 10% of pancreatic cancer cases are related to a family history of the disease.

### How is pancreatic cancer diagnosed?

A biopsy, or tissue sample, is the only way to determine with 100% certainty that an abnormal mass is cancer. The following is a list of tools that doctors use to get a visual image of the pancreas if a tumor is suspected:

- Computed Tomography (CT) scan
- Endoscopic Ultrasound (EUS)
- Endoscopic Retrograde Cholangiopancreatography (ERCP)



## Patient and Liaison Services (PALS) PANCREATIC CANCER ACTION NETWORK

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### Treatment options:

**Chemotherapy:** Only two chemotherapy drugs are approved by the U.S. Food and Drug Administration (FDA) for the treatment of pancreatic adenocarcinoma: gemcitabine (Gemzar<sup>®</sup>) and 5-Fluorouracil (5-FU).

**Targeted Therapy:** Erlotinib (Tarceva<sup>®</sup>) is the only targeted therapy drug approved by the FDA for the treatment of advanced pancreatic adenocarcinoma. Everolimus (Afinitor<sup>®</sup>) and sunitinib (Sutent<sup>®</sup>) are approved by the FDA to treat advanced pancreatic neuroendocrine tumors.

**Surgery:** Some people with pancreatic cancer can undergo surgery to remove the tumor. The Whipple procedure is the most common surgical procedure used to treat people with pancreatic cancer.

**Radiation Therapy:** Some people with pancreatic cancer may receive radiation therapy, in addition to chemotherapy.

**Clinical Trials:** Many clinical trials are available for people with pancreatic cancer. *The Pancreatic Cancer Action Network recommends that all patients consider clinical trials when exploring treatment options.* Clinical trials may offer the best available treatment option. People participating in a pancreatic cancer clinical trial will never receive a placebo, or sugar pill, only. Individuals should ask their doctor about the possibility of participating in a clinical trial. The Patient and Liaison Services (PALS) program can provide more information for individuals to take to their doctor.

### Information and services available from our Patient and Liaison Services (PALS) Program

The PALS program provides free information and personalized support in English and Spanish. We offer the following information and resources:

- Disease and treatment information
- Personalized clinical trials searches
- List of pancreatic cancer specialists
- Diet and nutrition information
- Pain and symptom management information
- List of pancreatic cancer support groups
- Survivor and caregiver connections

If you, a family member or a friend has pancreatic cancer or you would like to learn more about the disease, contact a PALS Associate toll-free at 877-272-6226 or email [pals@pancan.org](mailto:pals@pancan.org) PALS Associates are available Monday-Friday 7am-5pm Pacific Time.



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**ADVANCE RESEARCH. SUPPORT PATIENTS. CREATE HOPE.**

Contacts

States – Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, Oregon, Utah, Washington, Wyoming

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# PANCREATIC CANCER ACTION NETWORK®

ADVANCE RESEARCH. SUPPORT PATIENTS. CREATE HOPE.

Founded in 1999, the Pancreatic Cancer Action Network is a nationwide network of supporters working together to advance research, support patients and create hope for those affected by pancreatic cancer.

## PROGRAMS

### Research

Since 2003, we have awarded 80 research grants totaling nearly \$13 million. In addition to growing the field of investigators focused on pancreatic cancer, this funding answers important scientific questions and helps foster collaboration across disciplines and institutions.

### Government Affairs & Advocacy

With an office in Washington D.C., we educate elected officials about pancreatic cancer and the need to increase federal research funding dedicated to studying the disease. Our advocacy efforts have helped to increase federal funding for pancreatic cancer research from just over \$17 million in 1999 to nearly \$100 million in 2011, an \$82 million increase.

### Patient Services

Patient and Liaison Services (PALS) connects patients and their families with dedicated, highly trained staff who provide comprehensive information and resources about the disease, including treatment options, clinical trials, and diet, all free of charge. As of 2012, more than 65,000 individuals have been served by the PALS program.

### Community Outreach

We support volunteers across the country who help raise the national visibility of pancreatic cancer through local events, attendance at health fairs, distribution of patient information to hospitals and doctors' offices, contacting the media, and educating elected officials about the need for increased federal research funding.

### Donor & Corporate Relations

We work with companies and individuals to create hope. Their generous investment in our mission allows us to expand our services, advance innovative research and move science toward a cure.

## OUR VISION OF PROGRESS

We have a vision to double the survival rate for pancreatic cancer by 2020 by intensifying our proven efforts to combat the disease.

## VOLUNTEER. DONATE. MAKE A DIFFERENCE.

For every 100 diagnosed



Only 6 will survive  
after five years.



**Your Pancreas**  
is located deep in  
the abdomen and  
hard to reach.

**Pancreatic cancer  
has the LOWEST  
five-year relative  
survival rate  
of all major cancers**



Back Pain  
Abdominal Pain  
Digestive Issues  
Weight Loss

**SYMPTOMS ARE  
VAGUE & INCONCLUSIVE**

Learn more at [www.pancan.org](http://www.pancan.org) or call 877-272-6226.