



Leaflet for primary care physicians

Pancreatic Cancer - Early Detection

Pancreatic cancer is still one of the deadliest types of cancer. Based on statistics, experts predict that the disease will be the most common cause of cancer deaths by 2025. The disease is almost always diagnosed too late because of the long period without symptoms, with serious consequences for those affected: Over two-thirds have a life expectancy of only 4-6 months because it is

too late for surgical intervention. If left untreated, the disease leads to death within a few months. After five years, only 25-30 percent of curatively treated patients are still alive. The focus is therefore on early detection. The Pancreas Foundation is therefore focusing on awareness programs and has developed specific leaflets for primary care providers and radiologists.

Think pancreatic cancer if your patients show the following symptoms:

- Unclear weight loss (in around 90 percent of all cases)
- Unspecific pain in the abdomen or back (in around 80 percent of all cases)
- New-onset diabetes mellitus (in around 20 percent of cases)
- 40-50 percent suffer from loss of appetite and nausea, one in five suffers from vomiting
- Jaundice occurs in more than two-thirds because tumors of the pancreatic head can compress the bile ducts.
- Ultrasound is important to detect even the smallest lesions or a cystic finding in the pancreatic area. It could be a precursor of pancreatic cancer.

Also consider the genetic component, especially if a member of the family has already had pancreatic cancer. A family history can provide important important clues.

Note and observe the described complaints. An ultrasound examination can detect dilated bile ducts and a mass in the pancreas. pancreas. The determination of liver values and the CA 19-9 value complements the diagnosis. If the findings are unclear, contact a specialist or the

nearest pancreas center as soon as possible. Especially in the case of pancreatic cancer, it is important to detect the tumor in time. The earlier it is detected, the greater the chances of recovery for your patients. Patients affected by palliative care also need appropriate help.

The Swiss Pancreas Foundation (www.pankreasstiftung.ch) will be happy to provide information and put you, as a general practitioner, or the patients and relatives concerned, in touch with the appropriate centers and specialists. to the appropriate centers and specialists.