



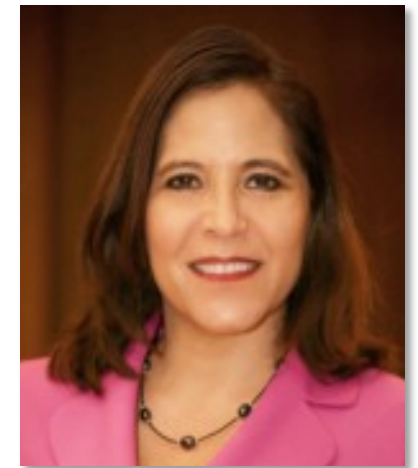
Knowledge as Power after a Pancreatic Cancer Diagnosis

Today's Chat Agenda

- **Updates: Community Oncology Alliance (COA) and COA's Patient Advocacy Network (CPAN)**
- **Introduction: Cindy Price Gavin, Let's Win Pancreatic Cancer**
 - **Overview of pancreatic cancer**
 - **Understanding risk factors and survival rates**
 - **The role of clinical trials, genetic testing, and molecular profiling**
 - **Educational resources**



Cindy Price Gavin
Founding Executive Director
Let's Win Pancreatic Cancer



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Knowledge As Power After a Pancreatic Cancer Diagnosis

Cindy Gavin

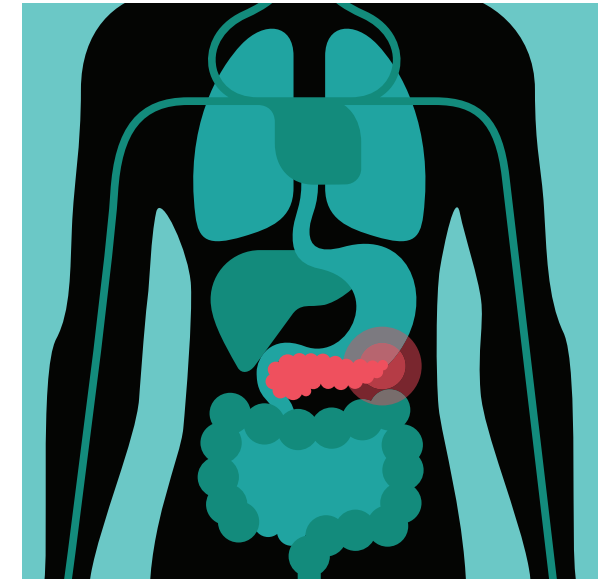


Pancreatic cancer: By the numbers

- About 64,000 people are diagnosed with pancreatic cancer each year in the U.S.
- The average rate of occurrence in the US is 13.3% but in the Black community the rate is 15.9%
- The rate of occurrence is slightly lower in Hispanics but certain risk factors, such as type 2 diabetes are higher
- The 5-year survival rate is about 12%

Why is the survival rate so low?

- The pancreas is located deep in the body so a tumor cannot be felt on physical examination
- Vague symptoms that are common with other less serious conditions
- Because of this most people are diagnosed at a later stage of the disease
- The most effective treatment is surgery, but most patients are diagnosed at an advanced stage when surgery is not an option
- At this time, there is no easy screening test for pancreatic cancer



The main risk factors for pancreatic cancer

- Risk factors that can be changed—Lifestyle behaviors
- Risk factors that cannot be changed—Diseases and inherited factors



Risk factors we can control

Smoking

- About 25% of pancreatic cancers are believed to be caused by smoking
- Pancreatic cancer risk is twice as high in smokers as nonsmokers

Obesity

- People with a BMI over 30 are 20% more likely to get pancreatic cancer

Heavy alcohol consumption

- Can lead to chronic pancreatitis

Risk factors we cannot control

Aging

Disease

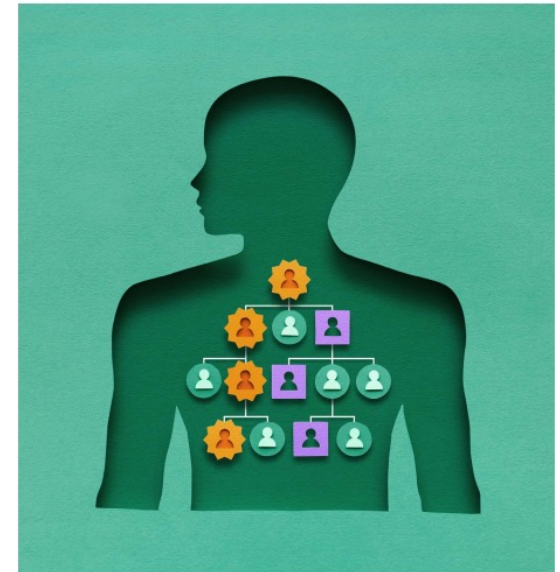
- Diabetes
- Pancreatitis, especially chronic pancreatitis, which has a genetic link in some families.
- Pancreatic cysts—some types are more likely to develop into cancer

Inherited Factors

- Best-known genetic mutations: BRCA1/BRCA2, PALB2

There are a number of less common mutations that also increase a person's risk for developing pancreatic cancer

However, only 10-20% of familial pancreatic cancers are caused by known mutations.



The most common symptoms of pancreatic cancer



Back Pain



Lower Abdomen Pain



Pain After Eating



Nausea



Unintended Weight Loss



*Dark urine
& light stool*



Jaundice

- Pain in the abdomen or back
- Pain after eating
- Nausea after eating
- Decreased appetite
- Unexplained weight loss
- Dark urine
- Light-colored stool
- Jaundice
- New-onset diabetes
- Existing diabetes suddenly worse
- Fatigue

There are also some less common symptoms, including pancreatitis attacks, new depression or anxiety.

A guide for newly-diagnosed patients

Let's Win has a page dedicated to helping newly-diagnosed patients, with a step-by-step guide for what to do.



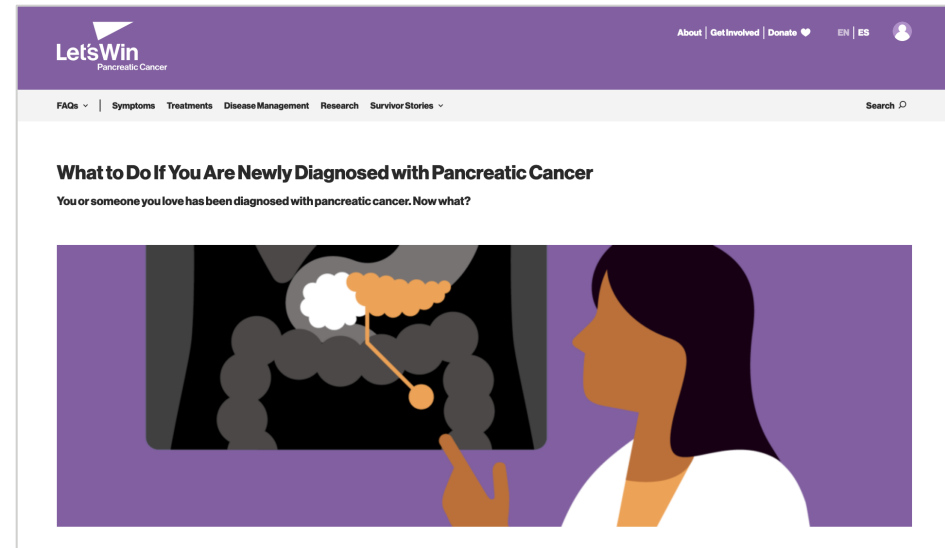
After Diagnosis



As You Begin Treatment



Take Care of Yourself



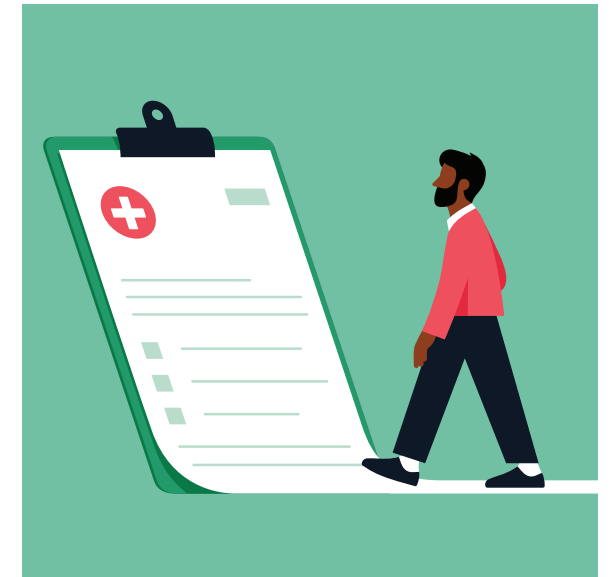
Finding hope through stories of others

- Videos of long-term survivors provide hope and inspiration
- Let's Win sponsors [Pancreatic Cancer Connections](#) online cancer community
- [Let's Win Resources](#) links to helpful organizations
- Other sources of support
 - Hospital-based cancer support groups
 - Facebook and other social media-based communities
 - Private therapists



Participation in clinical trials: A part of first-line treatment

- All patients receive treatment in clinical trials. A patient may not get the drug being tested but they always receive standard treatment.
- Pancreatic cancer treatments have limited success, and clinical trials offer patients a chance to get the latest treatment.
- Patients should join at their healthiest, when they are more likely to qualify for a trial, before treatment and disease has taken its toll.



Genetic testing: The standard of care for pancreatic cancer

- Genetic testing can identify inherited mutations such as BRCA, which can affect other family members.
- Studies have shown that people with certain genetic mutations respond better to some treatments.



The importance of tumor testing or molecular profiling

- Tumor profiling examines the genomics of the cancer itself.
- There may be mutations, or certain proteins, or biomarkers that are found that can indicate which treatment would be more effective against that tumor.



What is the status of early detection?

- There are many researchers working on blood tests for screening but there is not a definitive test yet.
- Because there is no test the focus is on screening people who are at highest risk
 - People with certain genetic mutations
 - People with extensive family history of pancreatic (and other related) cancers
 - People with chronic pancreatitis
 - People with pancreatic cysts



Let's Win Pancreatic Cancer



www.letswinpc.org

Let's Win is an online platform that enables doctors, scientists, and patients to share fast-breaking information on potentially life-saving pancreatic cancer treatments and clinical trials.

All stories published on the Let's Win website are available in English and Spanish and are reviewed by medical experts.



Thank You!



www.letswinpc.org

Contact us at info@letswinpc.org

Thank You!

Cindy Gavin, & Our Listeners!

Don't miss our next Advocacy Chat on

Wednesday, December 6, at 12:00 pm ET

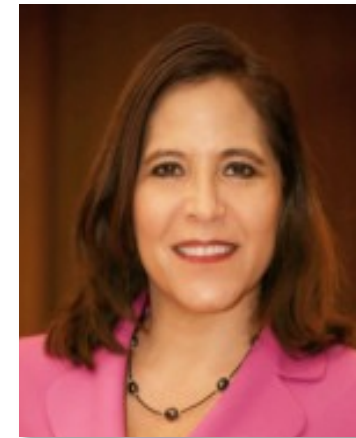
CPAN's Advocacy Year in Review: Highlights from 2023



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