

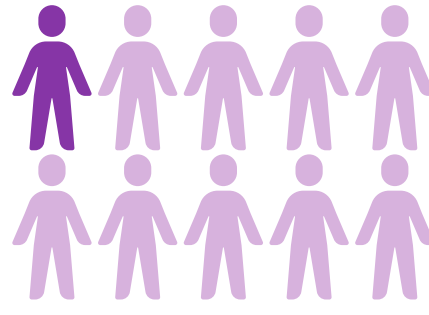
PANCREATIC CANCER

The pancreas

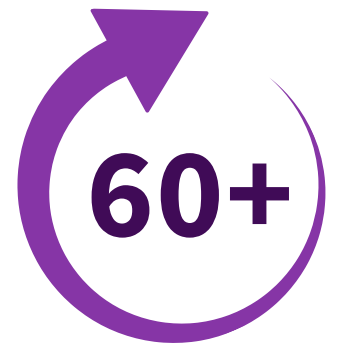
- The pancreas is an important internal organ in the body, famous for making **insulin**, the hormone that helps us manage our blood sugar
- Pancreatic cancer can occur when changes happen to cells in the pancreas causing them to grow and divide in an uncontrolled way



Pancreatic cancer is the **3rd** leading cause of **cancer death** in Canada, for both males and females combined



Mortality rate is very high for pancreatic cancer. Only **10%** of people **survive** up to 5 years beyond diagnosis



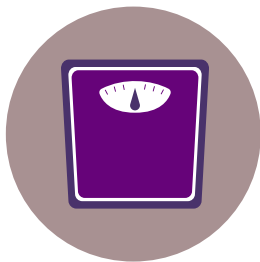
89% of pancreatic cancer **deaths** occur among Canadians **60+** years of age

What are some of the **RISK FACTORS** for developing pancreatic cancer

- Some risk factors for pancreatic cancer are things you cannot change. These include getting older, having a family history or genes that promote pancreatic cancer, or certain medical conditions like diabetes or metabolic syndrome
- However, many of the risk factors are **things you can change**. These include:



Tobacco use (smoke and smokeless)



Living with **excess weight** or **obesity**



Eating a diet high in **red meat**



Drinking **alcohol**



Chronic **pancreatic inflammation**

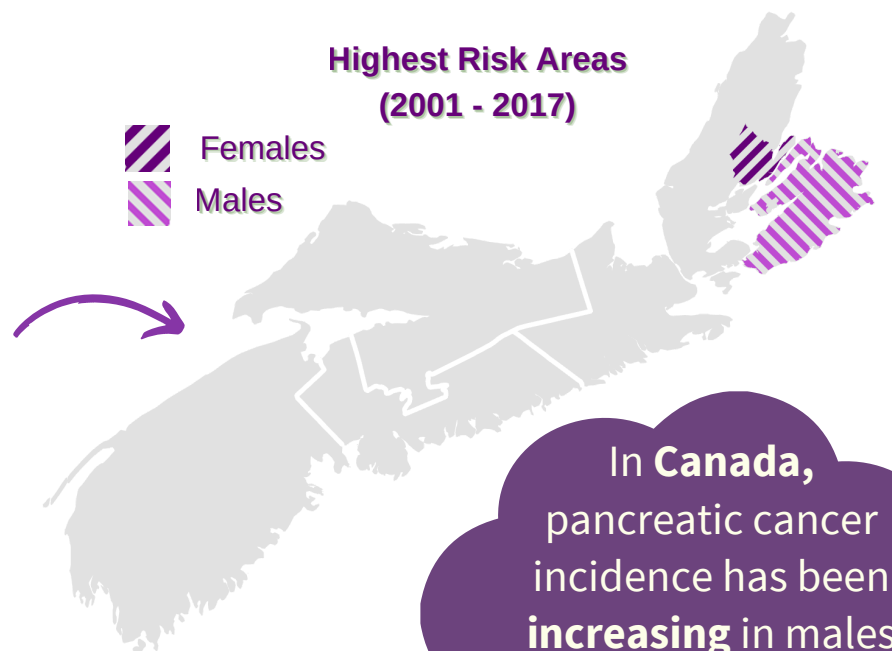


Occupational exposure to some chemicals

Pancreatic cancer in Nova Scotia



- While pancreatic cancer occurs throughout Nova Scotia, a persistently higher rate has been observed in **males** in Cape Breton county and in parts of Richmond and Victoria counties over the period of 2001-2017. In females, the rate is more evenly distributed with excess in parts of Victoria county.
- About **2,100** cases of pancreatic cancer are expected to be diagnosed in Nova Scotia in the next 10 years.



In Canada, pancreatic cancer incidence has been **increasing** in males at 1.4% per year since 1984

REDUCE your **risk** of pancreatic cancer

Did you know?

- Tobacco use** (both smoke and smokeless products) account for about 20-30% of all pancreatic cancer cases
- The risk of pancreatic cancer in people who **stopped smoking 20 years** ago is the same as for people who have never smoked
- For **help to stop** using **tobacco**, CALL 811 (The Tobacco Free Nova Scotia Quit Line)



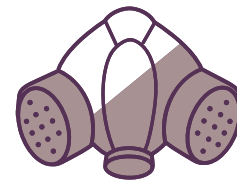
Do not **use tobacco**. Try to **stop** if you do



Limit **red meat** consumption and eat a healthy balanced diet



Maintain a healthy weight and increase physical activity



Limit workplace exposure to **dust** and harmful chemicals



Avoid drinking alcohol