

# Information about pancreatic cancer

Our booklets, leaflets and publications



## Our free information covers everything about pancreatic cancer to help you understand your diagnosis, ask questions, make decisions and live as well as you can.

All our information is free, and you can read it all on our website at: **[pancreaticcancer.org.uk/information](https://pancreaticcancer.org.uk/information)**

↓ You can also download all our information at:  
**[pancreaticcancer.org.uk/publications](https://pancreaticcancer.org.uk/publications)**

📖 You can order our printed publications for free:

- on our website at: **[pancreaticcancer.org.uk/publications](https://pancreaticcancer.org.uk/publications)**
- by calling our specialist nurses on our Support Line on:  
**0808 801 0707**
- or email: **[publications@pancreaticcancer.org.uk](mailto:publications@pancreaticcancer.org.uk)**

If you are a health professional, our information is available for you to order for free for your patients.

We make every effort to make sure our information is trustworthy. All our information is reviewed by health professionals to make sure it is accurate and up-to-date. People affected by pancreatic cancer also help us to make sure it is clear, easy to understand and answers your questions.



If you have any questions about pancreatic cancer, you can speak to our specialist nurses on our free Support Line on **0808 801 0707** or email **[nurse@pancreaticcancer.org.uk](mailto:nurse@pancreaticcancer.org.uk)**

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## What is pancreatic cancer?



### What is pancreatic cancer?

This fact sheet explains what the pancreas does and what pancreatic cancer is.

**↓ Download only**



### Symptoms of pancreatic cancer z-card

This credit card sized fold-out leaflet explains the most common symptoms of pancreatic cancer.

**📖 Available to order**



### Symptoms of pancreatic cancer leaflet

This leaflet explains the most common symptoms of pancreatic cancer.

**📖 Available to order**



## Signs and symptoms of pancreatic cancer

This fact sheet provides more detailed information about the symptoms, and explains what to do if you think you have symptoms.

↓ **Download only**



## Symptoms of pancreatic cancer poster

This poster raises awareness of the common symptoms. Available in A3 or A4 sizes.

📖 **Available to order** and ↓ **download**



## How is pancreatic cancer diagnosed?

This fact sheet is for anyone having tests for pancreatic cancer. It explains the different tests used, and what the test results mean.

📖 **Available to order** and ↓ **download**



## Worried about pancreatic cancer? Helping you talk to your GP. 10 Top Tips

These tips are for people who are worried about pancreatic cancer, to help them get the most from their GP appointment.

↓ **Download only**



## Risk factors for pancreatic cancer

This fact sheet explains the different things that may increase the risk of pancreatic cancer.

↓ **Download only**



## Types of pancreatic cancer

This fact sheet explains the different types of pancreatic cancer, including pancreatic ductal adenocarcinoma and pancreatic neuroendocrine tumours.

↓ **Download only**



## Family history of pancreatic cancer

This fact sheet explains family history of pancreatic cancer, and why occasionally people in the same family may have an increased risk.

↓ **Download only**

# Just diagnosed



## Newly diagnosed packs

Our newly diagnosed packs provide key publications about your diagnosis, treatment, and getting support.

We have two packs:

- one for people diagnosed with early, localised cancer (stage 1 or 2) that can be removed by surgery
- one for people with locally advanced cancer (stage 3) or advanced cancer (metastatic or stage 4), who can't have surgery.

📖 **Available to order**



## Pancreatic cancer that can be removed by surgery. A guide if you have just been diagnosed

This booklet is for people with early, localised cancer (stage 1 or 2) who can have surgery to remove the cancer (operable cancer). It has key facts and tips about your diagnosis, treatments and managing symptoms.

**📖 Available to order** and **↓ download**



## Pancreatic cancer if you can't have surgery (inoperable cancer). A guide if you have just been diagnosed

This booklet is for people with locally advanced cancer (stage 3) or advanced cancer (metastatic or stage 4), or who can't have surgery to remove the cancer. It has key facts and tips about your diagnosis, treatments and managing symptoms.

**📖 Available to order** and **↓ download**



## Explaining the NICE guidelines for diagnosing and managing pancreatic cancer

The National Institute for Health and Care Excellence (NICE) have guidelines for health professionals caring for people with pancreatic cancer. This version is for people affected by pancreatic cancer, and explains the guidelines. Use it to help you understand the care you should have and make decisions about your treatment.

**📖 Available to order** and **↓ download**



## The care you should expect and receive: Patient Charter

Our patient charter explains the standard of care everyone with pancreatic cancer should get. Use it as a guide to what you should expect from your care.

**📖 Available to order** and **📄 download**



## How we can support you z-card

This credit card sized fold-out leaflet explains how we can support people affected by pancreatic cancer, including our Support Line, information, online support sessions and forum.

**📖 Available to order** and **📄 download**



# Treatment



## Chemotherapy for pancreatic cancer

This fact sheet is for people who are having chemotherapy. It explains how chemotherapy is given, the drugs used, and the main side effects.

**📖 Available to order** and **📄 download**



Our chemotherapy drugs fact sheets provide detailed information about the different chemotherapy drugs used, including how they are given and the side effects. **📄 These are all download only**

- **FOLFIRINOX**
- **Gemcitabine (Gemzar®)**
- **Capecitabine (Xeloda®)**
- **Nab-paclitaxel (Abraxane®)**
- **Oxaliplatin (Eloxatin®)**



## Surgery to remove pancreatic cancer

This fact sheet is for people who are having surgery to remove pancreatic cancer. It explains the different types of surgery and what to expect.

 **Available to order** and  **download**




## Radiotherapy for pancreatic cancer


This fact sheet is for people having radiotherapy. It explains the different types of radiotherapy, how it is given and the possible side effects.

 **Download only**



## Clinical trials for pancreatic cancer

This fact sheet explains what clinical trials are, why they are important, and what is involved in taking part in a trial.  **Download only**

 Our **clinical trials web resource** includes videos explaining clinical trials, and people with pancreatic cancer talking about their experiences of taking part in a trial. You can also use our **Trial Finder** to search for pancreatic cancer trials in the UK. Find the information and Trial Finder at: **[pancreaticcancer.org.uk/clinicaltrials](https://pancreaticcancer.org.uk/clinicaltrials)**

**“The information on your website is amazing, it has been an absolute godsend.”**





## Irreversible electroporation (IRE) for pancreatic cancer

This fact sheet explains what irreversible electroporation is (also known as IRE or NanoKnife®), how it treats pancreatic cancer, and who can have it. **↓ Download only**

## Managing symptoms



### Diet and pancreatic cancer

This booklet explains how pancreatic cancer can cause problems with digestion, and how to manage these problems. This includes pancreatic enzyme replacement therapy (PERT) such as Creon® or Pancrease®.

**📖 Available to order and ↓ download**



### How to manage problems with digestion using pancreatic enzyme replacement therapy (PERT)

This fact sheet explains how capsules called pancreatic enzyme replacement therapy (PERT) can help you digest your food, and how to take these. Common brands include Creon®, Pancrease®, Nutrizym® and Pancrex®.

**📖 Available to order and ↓ download**

↓ You can also download our **Food and enzymes diary** to help you manage your digestion.



## Do you have problems digesting your food? z-card

This credit card sized fold-out leaflet is for anyone with pancreatic cancer. It explains the symptoms you might get if you have problems digesting your food, and how to get help if you have these symptoms.

 **Available to order** and  **download**



## Stents to treat jaundice caused by a blocked bile duct

This fact sheet is for people with pancreatic cancer who are having a stent put into the bile duct to treat jaundice. It explains what stents are and how they are put in.

 **Available to order** and  **download**



## Stents for a blocked duodenum

This fact sheet is for people with pancreatic cancer who are having a stent put in to treat a blocked duodenum.

 **Download only**



## Bypass surgery if you have pancreatic cancer

This fact sheet is for people with pancreatic cancer who are having bypass surgery to treat a blocked duodenum, and sometimes for jaundice.

 **Download only**



## Pain and pancreatic cancer

This booklet explains what causes pancreatic cancer pain, and the treatments used to manage pain.

**Available to order** and **download**

Download our **Pain medicines record card** to help you manage your pain medicines.



## Fatigue and pancreatic cancer: How to deal with tiredness

This booklet explains what fatigue (extreme tiredness) is, what causes it, how it can be managed, and the support available.

**Available to order** and **download**

Download our **Diary for managing fatigue** to help you deal with fatigue.



## Diabetes if you have pancreatic cancer

This fact sheet explains why pancreatic cancer can cause diabetes, and how to manage it.

**Download only**

Download our **Diary for monitoring your diabetes** to help you manage your diabetes.



## Feeling and being sick

This fact sheet explains what causes sickness and how it can be managed.

↓ **Download only**

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## Dealing with the emotional impact of pancreatic cancer

This information explains how to deal with the emotional impact of pancreatic cancer, including how to get support.

📶 On our website at:

**pancreaticcancer.org.uk/coping**



## Pancreatic cancer and end of life care: Information for people in the last months, weeks or days of life

This booklet explains what may happen in the last few months of life. It covers the symptoms people may get and how to manage these, accessing care and support, and specific information for families.

📖 **Available to order** and ↓ **download**

*“Your booklets have been absolutely brilliant and by far the best written information I’ve been given. They have made things much clearer and have guided me on what’s happening with my dad.”*

## Information for families and friends

All our information is available for families, friends and carers. We also have a booklet specifically for families.



### **Caring for someone with pancreatic cancer: Information for families and carers**

This booklet includes information on managing symptoms and side effects, and accessing the right care and support.

**📖 Available to order and [↓ download](#)**



# Accessible information

## Easy read

Easy read uses pictures and simple words. It can help people who find it hard to read lots of information. We have a set of easy read booklets.



- **Pancreatic cancer: What is it? How is it diagnosed?**
- **Pancreatic cancer: Surgery to remove pancreatic cancer**
- **Pancreatic cancer: Treatment if you can't have surgery**
- **Pancreatic cancer: Treating symptoms and getting support**

 **Available to order** and  **download**

## Other accessible formats

We can provide our information in large print, audio and braille. Order information in one of these formats at: **pancreaticcancer.org.uk/accessible** or call our Support Line on: **0808 801 0707**



We have a series of videos about pancreatic cancer on our website.

 **pancreaticcancer.org.uk/videos**

## **Our information is produced by the Support and Information Team at Pancreatic Cancer UK.**

We make every effort to make sure that our services provide up-to-date, accurate information about pancreatic cancer. We hope this will add to the medical advice you have had, and help you make decisions about your treatment and care. Our information should not replace advice from your medical team. Please speak to your doctor, nurse or other members of your medical team about any questions.

## **Give us your feedback**

We are always keen to improve our information, so let us know if you have any comments or suggestions. Email us at **publications@pancreaticcancer.org.uk** or write to the Information Manager at the address on the back cover.

Find out how we can support you and your family at:  
**[pancreaticcancer.org.uk/support](https://pancreaticcancer.org.uk/support)**

# Pancreatic Cancer UK

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