

What now?

How to look after yourself and get support through pancreatic cancer



Finding out you have pancreatic cancer can turn your world upside down.

Everyone reacts differently and it's natural to feel shocked, overwhelmed and uncertain about the future. If you have been worried for some time about your health, you may even feel some relief at finally having a diagnosis.

Whether you are just diagnosed, going through treatment or have been told that treatment to control the cancer isn't possible, you are not alone.

We are here to help.

You probably have lots of questions and it's often hard to take everything in. We can help you to make sense of it and support you and your family at every step.

Find out more about our support at:

pancreaticcancer.org.uk/support

Our specialist nurses are experts in pancreatic cancer. Call them on **0808 801 0707** or email:

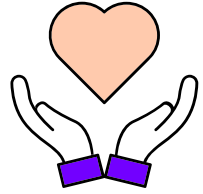
nurse@pancreaticcancer.org.uk

If you are a family member, we have information for you at: **pancreaticcancer.org.uk/families**



“It's hard, but you're not alone. Others have made this journey.”

Looking after yourself



- **Many areas of your life may be affected by your diagnosis**, including work, money and family. Getting information and support with these practical things can help you deal with stress and anxiety. Find out more at: pancreaticcancer.org.uk/practical

“No one can take the cancer away, but there are things that can take away some of the everyday worries. Like dealing with work, getting help with jobs around the house or doing the shopping. If those things are sorted out, you can close off those worries.”

- **Psychological support services help people** with emotional problems. Ask your GP or nurse to refer you or refer yourself using the NHS website.
- **Check what support is offered through your local hospital**, hospice, Maggie’s centre or Macmillan information and support centre. Tenovus Cancer Care provide support in Wales, and Cancer Focus Northern Ireland and Action Cancer offer support in Northern Ireland.

- **Listen to your body, and rest when you need to.** Do as little or as much as you're able. Do what you enjoy when you can.
- **Family and friends can offer comfort and support.** But if that's not right for you, or you need more support, speaking to others can help. We can help you connect with other people with pancreatic cancer. You may also be able to join support groups at your local hospital, hospice or cancer support centre.

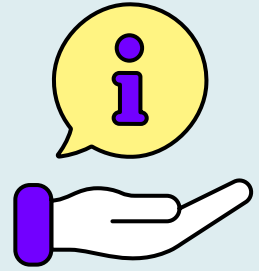
“Something I find really helpful is connecting with others who have been through the same thing. It's so much easier to talk to other people who've been through it.”

- **Doing relaxing activities can help.** This could be hobbies you enjoy, being active if you can or trying breathing exercises, meditation or complementary therapies.
- **You may go through a range of ups and downs** over time. This is normal, and it's ok to be upset. Notice how you feel, and be kind to yourself.
- **Living with cancer can make you question the bigger things in life.** You may find meaning through your daily life, connecting with nature or speaking to others. Or you may find comfort in exploring your spirituality or faith.

“Reach out to Pancreatic Cancer UK and you will be supported by the most professional, knowledgeable and friendly nurses. You will also have the opportunity to link up with other folk who are walking in your shoes so can offer empathetic advice.”



Finding information and support



If you want to talk, **our specialist nurses** are easy to reach. From tailored information on treatments, symptoms or coping with emotions, they can recommend practical steps and bring comfort and reassurance.

We can also **connect you to people** with similar experiences.

Whenever you're ready, we're here for you.

Website: pancreaticcancer.org.uk/support

Support Line: **0808 801 0707**

Email: nurse@pancreaticcancer.org.uk

You can **speak to local services** like your medical team, GP, hospital or local hospice.

There is **more detailed information** about dealing with the emotional impact of pancreatic cancer, and other organisations that can help, at:

pancreaticcancer.org.uk/coping

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