

Health Bubble

CHAMP –SHARING TOMORROWS QUALITY HEALTH TODAY

PANCREATIC DISEASE

RISK FACTORS

Age. The vast majority of cases of pancreatic cancer occur in individuals aged 65 years and older.

Race. Black men and women have a greater likelihood of developing pancreatic cancer.

Sex. Men are more likely to develop pancreatic cancer.

Excess alcohol. People who drink 9 or more alcoholic drinks a day are at a higher risk for developing cancer.

Cigarette smoking. Smokers are 2 to 3 times more likely to develop pancreatic cancer than non-smokers.

Diabetes. People diagnosed with diabetes are at significantly increased risk of developing pancreatic cancer.

Weight. People who are obese are at an increased risk for developing pancreatic

CHRONIC PANCREATITIS

Chronic pancreatitis is the progressive disorder associated with the destruction of the pancreas. Chronic pancreatitis is commonly found in men and usually develops in people between 30 and 40 years of age. The most common symptoms are **upper abdominal pain** and **diarrhoea**. As the disease becomes more chronic, patients can develop **malnutrition** and **weight loss**. If the pancreas becomes destroyed in the latter stages of the disease, **patients may develop diabetes mellitus**.

The treatment for chronic pancreatitis depends on the symptoms. Pain management and nutritional support are normally given. Patients who

ACUTE PANCREATITIS

Acute pancreatitis is a sudden attack of inflammation of the pancreas causing **severe upper abdominal pain**. Other symptoms include **nausea, vomiting, diarrhoea, bloating, and fever**. The pain may last several days. The most common cause for acute pancreatitis is **GALL STONES**, but other known causes are **CHRONIC ALCOHOL CONSUMPTION, MEDICATION, HEREDITARY CONDITIONS AND ELECTROLYTE IMBALANCES**.

NOVEMBER IS PANCREATIC CANCER AWARENESS MONTH

WHAT IS THE PANCREAS?

The pancreas is a long flat gland located in the abdomen. Because this gland is not seen or felt, it is not well known.

WHAT DOES THE PANCREAS DO?

The pancreas produces enzymes that help in the digestion of food that we eat, it is also involved in helping control the levels, usage and storage of simple sugars in our bodies.

WHAT IS PANCREATIC CANCER?

Cancer of the pancreas is a malignant neoplasm that arises in the pancreas. It strikes approximately 9 out of every 100,000 people every year in the United States and is one of the deadliest forms of cancer. An almost equal number of patients (some diagnosed previous to this year) will die from pancreatic cancer during this year.

Cancer of the pancreas is not one disease. In fact, as many as twenty different tumours have been lumped under the umbrella term "cancer of the pancreas." Each of these tumours has a different appearance when examined with a microscope, some require different treatments, and each carries its own unique prognosis (predicted or likely outcome). An understanding of the different types of neoplasms of the pancreas is required for rational treat-

ment. Cancers of the pancreas can be broadly divided into two groups

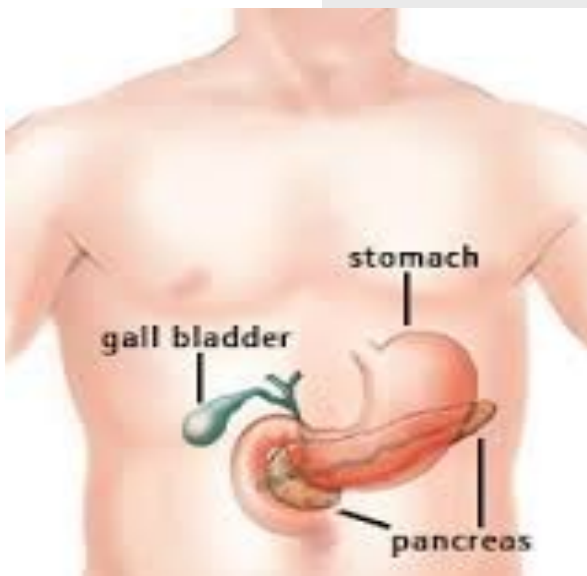
PRIMARY: The tumour originated in the pancreas

METASTATIC: The tumour is as a result of a tumour in another part of the body.

TREATMENT

If detected early pancreatic cancer can be treated with surgery and assistive therapy. Unfortunately it is usually diagnosed in late stages of the disease. Patients diagnosed with pancreatic cancer are usually treated with

CHEMOTHERAPY
RADIOTHERAPY
SURGERY
PALLIATIVE CARE



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