

Living with Advanced Pancreatic Cancer

A Quick Guide

Contents

This is a brief summary of 'Living with advanced pancreatic cancer' from our website. You will find more detailed information on there. In this information there are sections on

- Coping with pancreatic cancer
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- Questions for your doctor
- Pancreatic cancer organisations

You can view this information in a larger print on our website.

Coping with pancreatic cancer

It can be very difficult coping with a diagnosis of cancer, both practically and emotionally.

How the cancer might affect you physically

Pancreatic cancer and its treatment may cause physical changes in your body. You may have jaundice and may lose weight. You may also have to cope with feeling very tired and lacking in energy a lot of the time. Tiredness may be worse during and immediately after treatment, or if your cancer is advanced. These changes can be very difficult to cope with and may affect the way you feel about yourself. Give yourself time to adjust. You can get help and advice from your doctor or specialist nurse about treatment and how to cope.

Managing practically

As well as coping with the fear and anxiety that a diagnosis of cancer brings, you have to work out how to manage practically. There may be money matters to sort out. Who do you tell that you have cancer? There may be children to think about.

It may take some time to deal with each issue. Do ask for help if you need it. Your doctor or specialist cancer nurse can put you in touch with people specially trained in supporting those with cancer. Our coping with cancer section on our website contains lots of information you may find helpful. There are sections about your feelings, talking to people about cancer, how to help yourself, who else can help you, sex and sexuality, and financial matters.

Living with advanced pancreatic cancer

Finding out that you have been diagnosed with an advanced cancer, or that your cancer has come back, can be devastating. At first, you are likely to feel a range of powerful emotions.

Having an advanced cancer usually means your cancer cannot be cured. Your doctor may offer you treatment to try to slow the growth of your cancer and relieve symptoms. You will need to talk to your own specialist to understand what the diagnosis means for you. They can tell you what treatment is available and how it may help you.

It is important that you feel as well as you possibly can. Ask your specialist, GP or hospital nurse about referral to a symptom control nurse (also called palliative care nurse). These are specialist nurses who can work with you and your doctor to help control your cancer symptoms and improve your well being.

Support is available at your hospital, local hospice and GP practice, as well as from support groups. Getting support can help you and your family to cope.

What to ask your doctor about living with advanced pancreatic cancer

- Why can't my cancer be cured?
- What symptoms am I likely to have?
- What help can I have with controlling symptoms?
- Will I be in pain?
- What pain control can you offer?
- Can I see the symptom control or palliative care nurse?
- How long do I have left to live?
- How will I die?
- What support will I get at home?

Pancreatic cancer organisations

Cancer Research UK

Website: www.cancerresearchuk.org/about-cancer
Cancer Information Nurses phone: **0808 800 4040**

Pancreatic Cancer UK

Phone: 020 3535 7099 for support and information
Email: support@pancreaticcancer.org.uk for support and information
Website: www.pancreaticcancer.org.uk

Pancreatic Cancer Action

Website: www.pancreaticcanceraction.org

Diabetes UK

Phone: 020 7424 1000
Website: www.diabetes.org.uk
Email: info@diabetes.org.uk

For more information, visit our website <http://www.cruk.org/about-cancer>

You will find a wide range of detailed, up to date information for people affected by cancer, including a clinical trials database that you can search for trials in the UK. Our information is based on the best current scientific evidence and reviewed regularly by leading clinicians and experts in health and social care.

For answers to your questions about cancer call our Cancer Information Nurses on 0808 800 4040 9am till 5pm Monday to Friday.

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