

Pancreatic Cancer

Pancreatic Cancer Symptoms

If you persistently experience one or more of these symptoms which are not normal for you, DO NOT IGNORE THEM!
Contact your doctor straight away.

Mid-back pain

Indigestion not responding to prescribed medication

New onset diabetes not associated with weight gain

Fatigue

Low mood or depression

Upper abdominal pain

Pain on eating

Jaundice (yellowing of the skin and eyes, possible itchy skin)

Pale and smelly stools that don't flush easily

Unexplained weight loss

Common Misdiagnoses

Gallstones
Irritable Bowel Syndrome
Indigestion
Gastritis
Gastroenteritis
Liver disease



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Lung Cancer

There are three main types of Lung Cancer

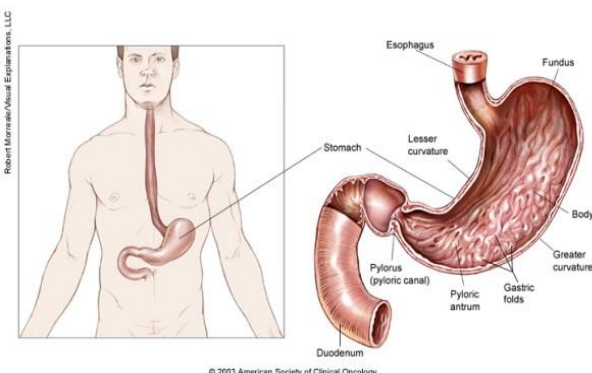
- Non-Small Cell (NSCLC) which is the most common with 85% of lung cancer being this type.
- Small Cell (SCLC) accounts for about 10-15% of all lung cancers and tends to spread quickly.
- Lung Carcinoid Tumor are found in about 5% of lung cancers and are slow growing and rarely spread.



www.cancer.org/cancer/lungcancer/index

Stomach Cancer

Stomach cancer is usually not found at an early stage because it often does not cause specific symptoms. When symptoms do occur, they may be vague. It's important that you talk to your doctor about any of the symptoms below if they are occurring often:



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- Indigestion or heartburn
- Unintentional weight loss
 - Loss of appetite
- Pain in the stomach area
- Nausea and vomiting often
 - Diarrhea or constipation
- Bloating /gas after meals
- Feeling of food getting stuck in the throat while eating
 - Weakness
- Vomiting blood or having blood in the stool

Gastric Cancer Foundation <http://www.gastriccancer.org/>

Carcinoid Cancer

What is a Carcinoid Cancer?

Carcinoid tumors are a rare, slow-growing type of cancer that can be cured if caught early, but is difficult to diagnose. Carcinoid tumors are a type of *neuroendocrine tumor* which means they come from cells of the nervous and endocrine system which can produce hormones. In later stages, the tumors sometimes produce hormones that can cause carcinoid syndrome. The syndrome causes flushing of the face and upper chest, diarrhea, and trouble breathing.



Where are they usually located?

Carcinoid tumors most often develop in areas such as the stomach intestines, or in the lungs. However, a carcinoid tumor can also develop in the pancreas, a man's testicles, or a woman's ovaries.

www.cancer.net/cancer-types/carcinoid-tumor
The Carcinoid Foundation <http://www.carcinoid.org>

Caregivers

A Caregiver may be a spouse, partner, children, relative, or friend who helps the patient with activities of daily living and health care needs at home. It is important that the caregiver is a part of the team right from the start.



Caregivers need to take care of themselves too:

- ✓ Identify chores/errands that your family or friends can sign up to do weekly or monthly to help you.
- ✓ To help reduce your stress, make time for regular exercise, meditation or other forms of relaxation.
- ✓ Take advantage of caregiver support groups and credible websites for resources and support.
- ✓ Allow yourself private time to do nothing, or something meaningful to you.
- ✓ Designate a family member or friend who can help field phone calls regarding your loved one's progress.
- ✓ Take care of your physical health - get adequate rest and nutrition, and take time for personal care.
- ✓ Give yourself permission to feel emotions about your loved one's situation.
- ✓ Find YOUR caregivers - confide in friends or a counselor to provide insight and support.