

RECOMMENDATIONS

- Regularly undergo examination by a gastroenterologist without expecting alarming symptoms.
- With these symptoms, it is important to immediately consult an oncologist.
- It is important not to self-medicate or use alternative medicine methods!
- To make a diagnosis, undergo diagnostics (CT and MRI) in specialized centers, with radiologists who have "feedback", that is, they work directly with those who operate and plan the operation only in specialized centers where the volume of operations on the pancreas is quite high ...
- The NROC uses modern approaches in the treatment of tumor diseases and a multidisciplinary approach, including various combinations of surgical treatment, the use of anticancer drugs and other drugs (depending on the stage of the tumor) and radiation therapy.



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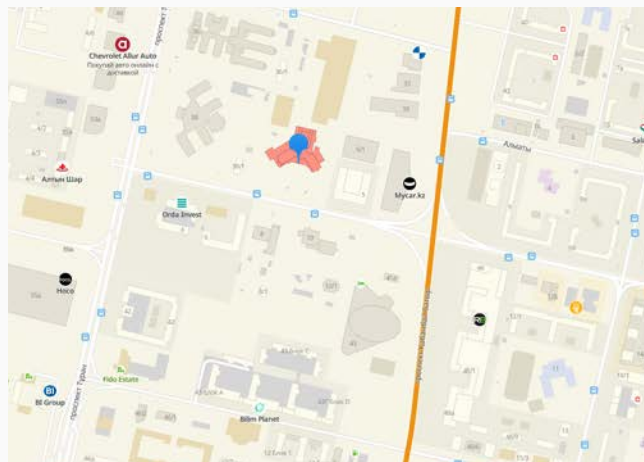
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**Nur-Sultan city,
Kerey, Zhanibek khandar street, 3**



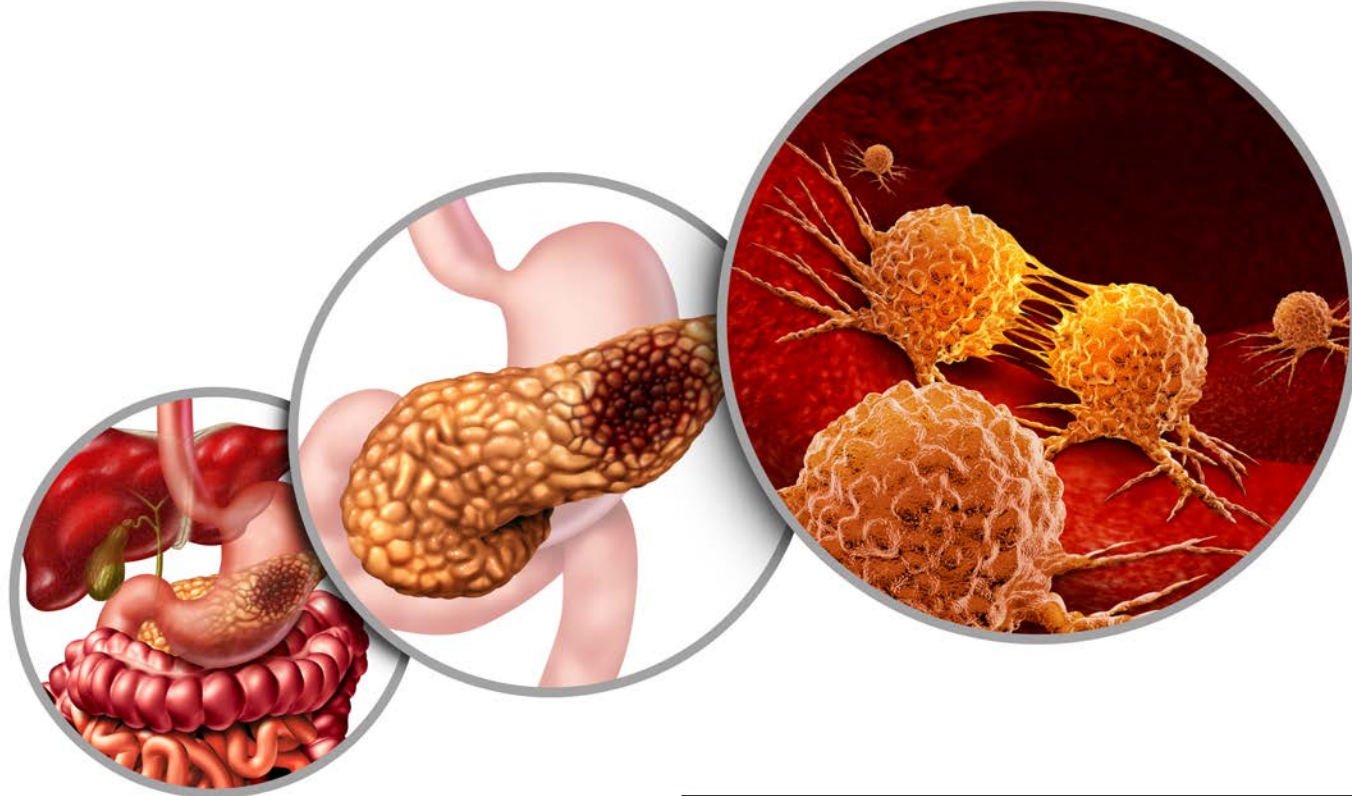
Monday - Friday, from 8:00 to 17:00



**LLP «National
research oncological
center»**



**PREVENTION
OF PANCREATIC
CANCER**



SYMPTOMS

At an early stage, the symptoms of prostate cancer are mild and do not attract attention:

- decreased appetite;
- weakness;
- moderate weight loss;
- mild discomfort in the upper abdomen and, rarely, in the back.

As PCa grows and progresses, the following symptoms appear:

- jaundice and digestive disorders;
- bloating on the background of impaired gastric patency.

At later stages (3 and 4), pancreatic cancer (with metastases, invasion into neighboring organs) can manifest itself with severe symptoms:

- burp with a rotten aftertaste;
- vomiting of recently eaten food;
- feeling of a constantly full stomach;
- general depletion of the body;
- anemia;
- an increase in the size of the spleen;
- newly diagnosed diabetes mellitus;
- ascites (abdominal dropsy).

Pancreatic cancer is a malignant neoplasm originating from the epithelium of the glandular tissue or the ducts of the pancreas. Most often, a malignant tumor affects the head of the pancreas (more than 70%) and much less often - the tail, body and neck of the pancreas.

According to GLOBOCAN 2018 estimates, pancreatic cancer (PCa) ranks 11th in prevalence and 7th in cancer mortality worldwide.

More than 1100 new cases of pancreatic cancer are detected annually in Kazakhstan, the death rate is about 800 cases per year. The incidence is increasing every year.

DIAGNOSTICS

- The main diagnostic methods are:
- Abdominal ultrasound;
- CT and MRI;
- Biopsy (is a dangerous and difficult procedure).

RISK FACTORS

To date, the causes of PCa are still not well understood.

However, the influence of certain factors is:

- alcohol abuse;
- smoking;
- an abundance of fatty and spicy foods;
- diabetes;
- cirrhosis of the liver;
- family history and hereditary predisposition;
- precancerous diseases (pancreatic adenoma, chronic pancreatitis, pancreatic cyst).