Patient Empowerment Network

5 Things to know about

Thriving with pancreatic cancer

Knowledge, tools, and support can help you make informed decisions and live well throughout your pancreatic cancer journey. Here are five empowering tips to guide you:

1 Understand your diagnosis and stage

Knowing your type and stage of pancreatic cancer can help you and your care team make the best treatment plan for you. Don't hesitate to ask questions until you feel informed.



2 Explore all treatment options

Surgery, chemotherapy, radiation, targeted therapy, and clinical trials may all be options depending on your stage and overall health. Get a second opinion if you're unsure about your plan.



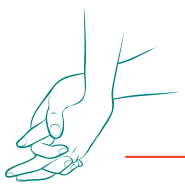
3 Take care of your nutrition and well-being

Good nutrition, physical activity as tolerated, and emotional support can improve your strength, energy, and quality of life. Ask your care team about resources like dietitians or support groups.



4 Communicate openly with your care team

Share your symptoms, side effects, and concerns honestly. Clear communication helps your team adjust your care and support your needs.



5 Don't navigate this journey alone!

Lean on care partners, support groups, and trusted resources. Connecting with others who understand can make a powerful difference.

