

Good nutritional care improves outcomes and is critical for your quality of life. The Pancreatic Cancer Action Network strongly recommends that patients have access to pancreatic enzymes and see a registered dietitian.

ABOUT THIS BOOKLET

Proper nutrition is important for maintaining a good quality of life. With the onset of pancreatic cancer and related treatments, nutritional recommendations can change. Nutritional concerns may include loss of appetite, weight loss, diarrhea and diabetes. Choosing the right foods before, during and after treatment can help a patient better tolerate treatment as well as feel healthier and stronger.

The Pancreatic Cancer Action Network aims to answer many of the diet and nutrition questions frequently asked by patients and families dealing with pancreatic cancer.

- This booklet is designed to serve as a general reference guide. It should not be the sole resource for patients with diet and nutrition concerns.
- Before making changes to the patient's diet, please talk to the doctor or registered dietitian. If a registered dietitian has not been consulted, see page 50 for ways to find one.

If you have additional questions about diet and nutrition or other topics relating to pancreatic cancer, contact Patient Central toll-free at 877-2-PANCAN or email patientcentral@pancan.org. Patient Central is available Monday – Friday, 7 a.m. – 5 p.m. Pacific Time.

The glossary at the end of this booklet provides definitions for **bold** words in the booklet's text.

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