

Seeing healthcare professionals who focus on symptom management and supportive care improves outcomes and is critical for your quality of life.

The Pancreatic Cancer Action Network strongly recommends that symptom management and supportive care should be provided early in your diagnosis as well as during and after treatment.

## ABOUT THIS BOOKLET

Supportive care is meant to relieve the symptoms and side effects of a disease and its treatment. It should be provided from the time of diagnosis and throughout the pancreatic cancer journey. Studies have shown that there are measurable benefits to supportive care, and that patients are more likely to adhere to their treatment and manage their illness in the absence of physical or emotional distress. Good supportive care can manage difficult side effects, as well as symptoms. It may enable patients and families to fight the cancer more effectively.

In this booklet, the Pancreatic Cancer Action Network aims to provide basic information about supportive care options available to pancreatic cancer patients, survivors and caregivers; answer frequently asked questions; and help alleviate any misunderstandings about the intent of this type of care. This booklet can serve as a basis for discussion with healthcare professionals and loved ones who are in need of updated information on the principles of supportive care.

People with pancreatic cancer who are facing end of life will have special needs that are not covered in this booklet. Patient Central at the Pancreatic Cancer Action Network can assist with a wide variety of topics relating to pancreatic cancer. They have access to resources that may help address these concerns.

Contact Patient Central toll-free at 877-2-PANCAN or by email at [patientcentral@pancan.org](mailto:patientcentral@pancan.org). Patient Central is available Monday – Friday, 7 a.m. – 5 p.m. Pacific Time.

A glossary is provided at the end of this booklet for **bold** words in the booklet's text.

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