

American Cancer Society



## PANCREATIC CANCER MANUAL

Raising Awareness on the Prevention of Pancreatic Cancer among Black/African American Individuals



Check out our Free Pancreatic Cancer Manual

UF FLORIDA



florida AM university

#### Who are we?

**CaRE2 Health Equity Center Community Outreach Core** 



#### We aspire to

Eliminate cancer health disparities among Black and Latino communities living in California and Florida.

#### **Contact Us**

for more information







# UNDERSTANDING Pancreatic CANCER





### What is Pancreatic Cancer?

The pancreas, located behind the stomach, produces substances for digestion and releases insulin to control blood sugar.



Pancreatic cancer starts when pancreatic cells grow uncontrollably.



#### **Risk Factors**



Family History



Race



Environmental



Tobacco Use



Diet



Diabetes



Older Age



Obesity



**Pancreatitis** 



#### **Statistics**

African American individuals have the highest incidence rate of pancreatic cancer in the U.S.

Pancreatic cancer accounts for about 3% of all cancers in the U.S. and about 7% of all cancer deaths.



Positive Changes to make

**Quit Smoking** 



Maintain a Healthy weight



Be physically active





**Eat Fruits &** 

**Vegetables** 

**Avoid Alcohol** 



#### **Clinical Trials**

Clinical trials test new treatments, and including more minority participants can lead to better and more effective treatments for those communities.

Find Clinical Trials at: clinicaltrials.gov

Scan the QR code to access African American and African Nationals Clinical Trials Manual





#### **Ways to Advocate**

#### **Raise Awareness**

Spread awareness through social media and by organizing or participating in community events and health campaigns.

#### **Support Research Funding**

Donate to or fundraise for organizations dedicated to pancreatic cancer research.

#### **Advocate for Policy Changes**

Join or support advocacy groups that focus on cancer-related policy changes.

#### **Share Personal Stories**

Sharing personal experiences with pancreatic cancer highlights the cause's importance.