

Pancreatic Cancer

The UCSF Patient and Family Cancer Support Center is the hub of support, information and resources for people with cancer at the Helen Diller Family Comprehensive Cancer Center.

Learn more about UCSF's supportive care programs at

<https://cancer.ucsf.edu/support/crc/patientsupport-center>

The Cancer Support Center at Mission Bay is located at 1825 4th St., 1st Floor, Room M-1210.

The Cancer Support Center at Mt. Zion is located at 1600 Divisadero St., 1st Floor, Room B-101.

The complete list of Patient Education Resource Pages is available to view at

<http://cancer.ucsf.edu/support/crc/patient-education-resources>

Overview

The pancreas is an oblong organ, about six inches long, located in the upper abdomen. It has two major functions: The first is to produce digestive enzymes – proteins that help digest food into the small intestine. Cells that perform this function make up the exocrine pancreas. The second major function is to produce hormones that are secreted into the blood. These cells make up the endocrine pancreas. Pancreatic cancer can affect the exocrine and endocrine pancreas. Learn more information about signs, symptoms, diagnosis, treatment, and resources at the link provided below. Website: <https://www.ucsfhealth.org/conditions/pancreatic-cancer>

Endocrine Pancreas

The endocrine pancreas is made up of specialized cells, referred to as islets of Langerhans, that produce hormones. The most important hormone produced is insulin that helps control sugar in the blood. Cancers that begin in islet cells are called islet cell tumors or pancreatic neuroendocrine tumors. These tumors are rare and may produce hormones that cause very low or very high blood sugars or symptoms such as stomach pain and severe diarrhea.

Exocrine Pancreas

The exocrine pancreas is made up of ducts and acini, which are small pockets at the end of the ducts. Cells lining the ducts are the most likely to develop cancer, called ductal adenocarcinomas, the most common type of pancreatic cancer. These two types of tumors are treated very differently.

UCSF Resources

UCSF Gastrointestinal Medical Oncology/Surgery Clinic

The clinic offers the most advanced and effective treatments available for cancerous as well as benign gastrointestinal conditions. These include conditions involving the anus, bile duct, colon, esophagus, gallbladder, liver, pancreas, peritoneal cavity, rectum, small intestine, spleen and stomach. Website: <https://www.ucsfhealth.org/clinics/gastrointestinal-medical-oncology-clinic> |

Publications

Hirschberg Foundation: “Pancreatic Cancer”

Website: <https://pancreatic.org/pancreatic-cancer/>

John Hopkins Medicine “Pancreatic Cancer Nutrition: 12 Pancreatic Diet Tips” Website:

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/pancreatic-cancer/pancreatic-cancer-nutrition>

National Library of Medicine: “Pancreatic cancer: what you need to know” Website: [Pancreatic cancer: What you need to know | NIH MedlinePlus Magazine](#)

National Comprehensive Cancer Network: “NCCN Guidelines for Patients” Pancreatic Adenocarcinoma”

Website: <https://www.nccn.org/guidelines/guidelines-detail?category=1&id=1455>

Organizations

American Cancer Society (ACS) -Pancreatic Cancer

At the American Cancer Society, we’re on a mission to free the world from cancer. Until we do, we’ll be funding and conducting research, sharing expert information, supporting patients, and spreading the word about prevention. All so you can live longer — and better.

Website: <https://www.cancer.org/cancer/pancreatic-cancer.html>

Cancer Support Community – Pancreatic Cancer

As the largest professionally led nonprofit network of cancer support worldwide, the Cancer Support Community is dedicated to ensuring that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Website: <https://www.cancersupportcommunity.org/pancreatic-cancer> | Phone Number: 888-793-9355

Pancreatic Cancer Action Network

PanCAN's vision is to create a world in which all patients with pancreatic cancer will thrive. Their mission is to take bold action to improve the lives of everyone impacted by pancreatic cancer by advancing scientific research, building community, sharing knowledge, and advocating for patients. They provide resources on diet, nutrition, general information, and clinical trials available. They also have support groups and a survivor and caregiver network. Website: <http://www.pancan.org/> | Phone Number: (877) 573-9971

Medline Plus: Trusted Health Information for You - Pancreatic Cancer

MedlinePlus is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH).

Website: <https://medlineplus.gov/pancreaticcancer.html>

National Cancer Institute – Pancreatic Cancer

The National Cancer Institute (NCI) is the federal government's principal agency for cancer research and training. NCI is deeply committed to the core values of equity, diversity, and inclusion that allow all staff to reach their potential and fully contribute to the Institute's cancer mission. Website: <https://www.cancer.gov/types/pancreatic>

Lets Win! Pancreatic Cancer

Let's Win! Pancreatic Cancer is an unprecedented platform that enables doctors, scientists, and patients to share fast-breaking information on potentially life-saving pancreatic cancer treatments and clinical trials. Our goal is to inform, enable, and educate patients and caregivers, providing easy-to-understand, actionable information. In this way, we can help people find the best treatment options available. Through Let's Win, patients and their families can share information about their diagnoses and the novel treatments they have undertaken beyond traditional protocols, and they can learn from experts how to better manage and improve their quality of life. Website: <https://letswinpc.org>

National LGBTQIA+ Cancer Network

The National LGBTQIA+ Cancer Network works to improve the lives of LGBTQIA+ cancer survivors and those at risk by: EDUCATING the LGBTQIA+ community about our increased cancer risks and the importance of screening and early detection; TRAINING health care providers to offer more culturally-competent, safe and welcoming care; and ADVOCATING for LGBTQIA+ survivors in mainstream cancer organizations, the media and research.

Website: <https://cancer-network.org> | Phone Number: 212-675-2633

Books

Pancreatic Cancer Today: Best Books On Pancreatic Cancer

Website: <https://www.pancreaticcancertoday.com/books-on-pancreatic-cancer>

Nourishing Your Body during Pancreatic Cancer Treatment

Website: <https://pancreaticcanceraction.org/booklets/cook-book/>