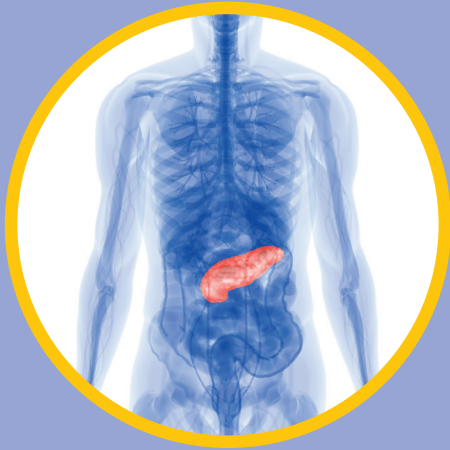


Pancreatic cancer is one of the most deadly forms of cancer. Usually diagnosed only after the disease has significantly progressed, it claims the lives of 9 out of 10 patients within five years' time. Now, however, there is clear and convincing evidence that many cases of pancreatic cancer can be prevented.



The pancreas is a gland located behind the stomach that produces digestive juices as well as insulin and other hormones.

FOOD, NUTRITION, PHYSICAL ACTIVITY, AND PANCREATIC CANCER 2012

	DECREASES RISK	INCREASES RISK
Convincing		Body fatness ¹
Probable		Greater childhood growth ²
Substantial effect on risk unlikely	Coffee	

¹ The Panel interpreted BMI, measures of abdominal girth, and adult weight gain as indicating interrelated aspects of body fatness as well as fat distribution

² Childhood growth incorporates both linear growth and acquisition of both lean and fat tissue in childhood and adolescence (marked by adult attained height and BMI at age ~20 years)

Read the full summary report at www.aicr.org

THE LATEST EVIDENCE:

Being overweight or obese is a cause of pancreatic cancer. Why?

- › Fat tissue produces cytokines (proteins) that cause inflammation, which can increase cancer risk.
- › Being overweight and obese also increases blood levels of insulin and related hormones that can encourage the growth of cancer.

FACTS AND FIGURES:

- › Pancreatic cancer strikes **120 Americans every day** — approximately **44,000 cases every year**.
- › AICR estimates that being at a healthy weight could prevent **19%** of these cancers (roughly **1 in 5**). That's 23 cases a day, and approximately **8,300 cases every year**.

- › In comparison, tobacco use – the number one risk factor for pancreatic cancer – is responsible for 1 out of every 4 cases of the disease, according to the American Cancer Society.

- › In the US, pancreatic cancer is on the rise. A September 2012 report from the Pancreatic Cancer Action Network estimates that incidence of **pancreatic cancer will more than double by 2030**, and that within this decade the number of pancreatic cancer deaths per year will exceed those of breast and colorectal cancer.

1 in 5
cases of pancreatic cancer
could be prevented by
maintaining a healthy weight.
That's approximately
8,300 cases every year.

THE BOTTOM LINE:

- › Maintaining a healthy weight is one of the most important things you can do to prevent this deadly disease.
- › Avoiding overweight and obesity also reduces risk of cancers of the colon, esophagus, kidney, endometrium, gallbladder and breast (post-menopausal) as well as heart disease and type 2 diabetes.
- › If you smoke, stop now. If you don't, never start.

LOWER YOUR RISK OF PANCREATIC CANCER...

... By making small, everyday changes that will help you get to, and stay at, a healthy weight.

WHAT IS YOUR HEALTHY WEIGHT?

If you know your height and current weight, visit aicr.org/bmi to calculate your Body Mass Index, and get free weight management information tailored to your BMI status.

To achieve and stay within your healthy weight range, keep two things in mind:



1 EAT WELL

▶ GET MORE:

- ▶ **Vegetables** – Choose non-starchy ones like tomatoes, leafy greens, peppers and carrots.
- ▶ **Fruit** – Go for whole fruits more often, whether fresh or frozen. Limit juices to 1 cup or less per day.
- ▶ **Whole grains** – Whole-wheat bread, brown rice, quinoa and oatmeal are just a few great choices.
- ▶ **Beans** – Add pinto, kidney, black, garbanzos and more to soups, salads and stews.

A good rule of thumb: Always fill **at least 2/3** of your plate with plant foods, and let animal foods (meat and dairy) take up the rest.



It's not about running marathons – it's about doing more than you're doing now.

▶ GET LESS:

- ▶ **Sugary drinks** – Regular sodas, lemonade and sweet tea add calories without filling you up.
- ▶ **Red meat like beef, pork and lamb** – Too much red meat increases risk for colorectal cancer and many are high in calories.
- ▶ **Processed meat like hot dogs, cold cuts, bacon and sausage** – Also increases risk for colorectal cancer and are often high in calories.
- ▶ **Fast food** – Lots of calories and sodium packed into each bite.
- ▶ **Salt** – Too much raises risk for stomach cancer.

2 MOVE MORE

Aim to get your body up and moving for at least 30 minutes every day.

So try anything that:

- ▶ **Makes your heart beat faster**
- ▶ **Makes you breathe more deeply**
- ▶ **You already enjoy doing**

Do you spend long hours at the computer or watching TV? Break it up: Stand, stretch, do jumping jacks or go for a short walk every hour or so.