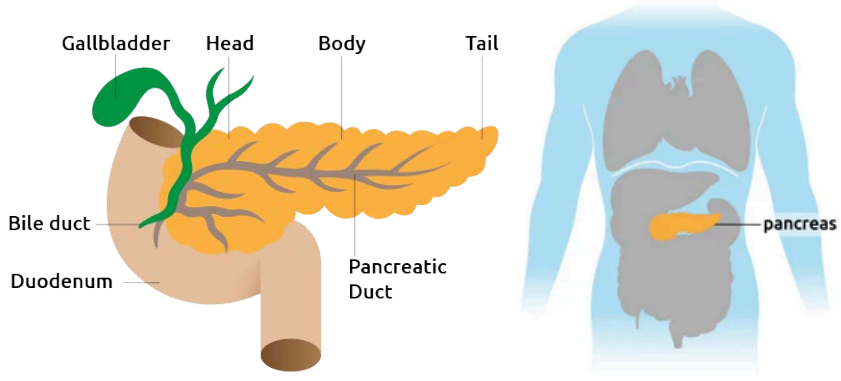


PANCREATIC CANCER IN IOWA



PANCREATIC CANCER IS THE...

- 11TH** most common cancer in Iowa
- 3RD** most common cause of cancer-related deaths in Iowa

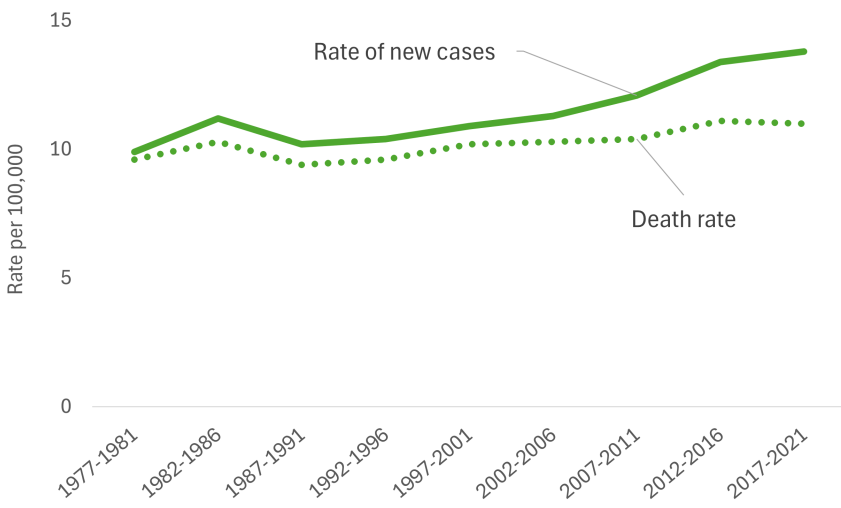
IOWA RANKS...

- 17TH** highest in the nation for rate of new cases of pancreatic cancer
- 38TH** highest in the nation for rate of pancreatic cancer deaths

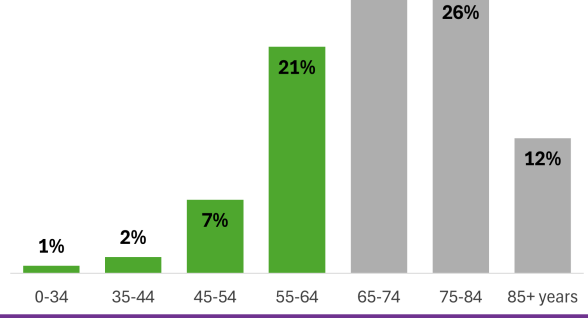
IN 2025 THERE WILL BE...

- an estimated **650 new cases**, **490 deaths**, and **970 survivors** of pancreatic cancer currently living in Iowa

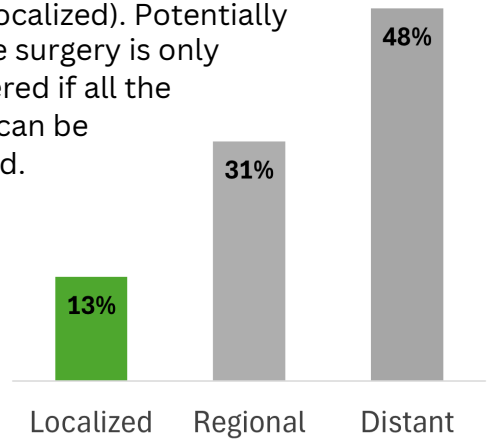
The **rate of new cases of pancreatic cancer has been slowly rising in Iowa** over the last thirty years.



Pancreatic cancer is more common in older adults (65+), but almost one-third of cases are diagnosed before the age of 65.



Fewer than 1 in 5 pancreatic cancers are diagnosed at an early stage (localized). Potentially curative surgery is only considered if all the cancer can be removed.



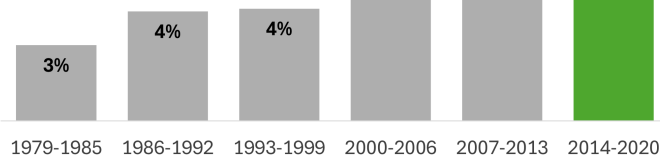
If you have questions about this report, contact ICR-Research@uiowa.edu.
 If you are a representative of the media and would like more information on this report and/or the Iowa Cancer Registry, contact ICR-Media@uiowa.edu.

PANCREATIC CANCER IN IOWA

Cancer in Iowa Spotlight Series

Overall Survival

While more Iowans are being diagnosed with pancreatic cancer, the proportion of those living 5 years beyond diagnosis **has doubled in the last 15 years.**

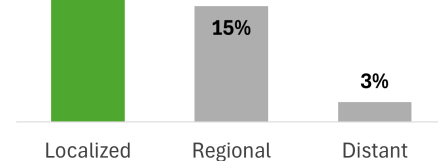


5-YEAR SURVIVAL IN IOWA

Survival by Stage

If pancreatic cancer is detected early (localized stage), the survival rate is 43%.

Most cases are diagnosed at later stages.



Symptoms

Pancreatic cancer is difficult to find early as symptoms often show when the disease is already advanced. **Experiencing any of these symptoms does not mean you have pancreatic cancer**, but it is important to talk to your doctor if you have them.

- Jaundice, or yellowing of the skin and/or eyes
- Belly pain that spreads to the sides or back
- Unexplained weight loss
- New diagnosis of diabetes or diabetes that is getting harder to control
- Pain and swelling in an arm or leg, which might be caused by a blood clot
- Light-colored or fatty stool

How to lower your risk....



Do not smoke, or quit smoking, and avoid secondhand smoke. **People who smoke have about twice the risk of pancreatic cancer** as people who have never smoked.

Tobacco Quitline:
1-800-QUIT-NOW



Getting **regular physical activity** can help you **stay at a healthy weight** and may reduce your risk of pancreatic cancer. People with obesity have a higher risk of pancreatic cancer.



Aim to **eat a balanced diet** with plenty of fruits and vegetables, and **limit alcohol intake.**

Guidelines for diet and physical activity



Currently there is **no recommendation for pancreatic cancer screening.**

Those at high risk due to family history or genetic predisposition may benefit from annual surveillance. Talk to your healthcare provider to determine what is best for you.

1. **State Cancer Profiles.** statecancerprofiles.cancer.gov
2. **Surveillance, Epidemiology, and End Results (SEER) Data**, November 2023 Submission, SEER 8 Registries
3. **Pancreatic Cancer. American Cancer Society.** cancer.org/cancer/types/pancreatic-cancer.html
4. **Pancreatic Cancer Signs & Symptoms. National Pancreatic Cancer Foundation.** npcf.us/symptoms-and-diagnosis
5. **Pancreatic Cancer. National Cancer Institute.** cancer.gov/types/pancreatic
6. **Facing Pancreatic Cancer. Pancreatic Cancer Action Network.** pancan.org/facing-pancreatic-cancer

Resources and Support

National Pancreatic Cancer Foundation

Pancreatic Cancer Action Network