



Pacific Noble **Primary Care**

Compassionate | Comprehensive | Accessible

November Health Awareness Month

Pancreatic Cancer & Diabetes Awareness

Early Awareness. Life Long Impact.

Pancreatic cancer, also known as the “silent disease” because early symptoms can often be subtle, including fatigue, appetite loss, or unexplained stomach pain. Other additional risk factors can include family history, smoking, obesity, and chronic pancreatitis.

Early detection of pancreatic cancer is challenging, which makes awareness and prevention critical tools:

- Talk to your PNPC provider if you’re experiencing unexplainable abdominal pain, yellowing of skin/eyes, or unexpected weight loss.
- Review your family history of diseases and ask if you’re a candidate for genetic screening.
- Maintain a low-impact cardiovascular and strength training exercise routine, and a balanced diet.

“Pancreatic cancer has the highest mortality rate of all major cancers. It is currently the 3rd leading cause of cancer-related death in the United States after lung and colon.”

Small Steps. Big Change.

Nearly 1 in 10 adults in the U.S. has **Diabetes**. While Type 2 diabetes is often preventable with lifestyle choices. Regular blood sugar monitoring and early management can often reduce further complications to the heart, kidneys, eyes, and nerves.

What you can do:

- Schedule your annual wellness visit or diabetes risk screening for prediabetes.
- Maintain a balanced diet: whole grains, fruits, vegetables, and lean protein.
- Ask your PNPC provider about diabetes monitoring and testing.

“Early conversations can lead to early detection and greater awareness.”