



Agi Hirshberg Symposium on Pancreatic Cancer

Patient Resources and
Support System



Journey of Pancreatic Cancer for the patient and family/ s.o.

- Diagnosis
- Treatment
- Recovery
- Survivorship



Diagnosis; why do I need support?

- Emotional Upheaval
- Why me, did I do something wrong
- Surreal experience
- Punched in the Stomach
- Feeling alone
- Fear
- Determination



What are your resources?

- What have you used during other stressful and times of crisis?
- Identifying the best Center for your treatment
- Be weary of the internet
- Be your own advocate



Be your own Advocate

or identify someone who is your advocate

- ❑ Ask questions
- ❑ Journaling emotional and physical feelings
- ❑ Video log
- ❑ Medical Record Keeping
- ❑ Be your own best friend



Being your own best friend

- Exercise

- Take care of yourself

- Massage
- Acupuncture
- Nutrition
- Prayer
- Reaching out sharing feelings
- Being honest with your feelings

- Take a vacation
- Be out in nature
- Time with family and friends or not....



Medical Record Keeping

- Consultation and Return Visits
- Imaging Studies
- Interventional Radiology
- Operative Note
- Pathology Report
- Labs
- Discharge Summary



Outpatient Medical Record Keeping

- Time and amount of nausea and antiemetic medicine
- Frequency of stools
- Describing pain duration and what makes it better
- Describe other symptoms: frequency, productive, non productive, fever, shortness of breath




TREATMENT: What are your resources?

- Surgery
- Chemotherapy



TREATMENT: What are your resources?

- Get the “lay of the land”
- Make yourself comfortable
- Attitude 😊
- Medical record keeping
- Nutrition
- Exercise
- Do what makes you happy



Recovery // Survivorship What are your resources?

- Medical follow up with your doctor
- Reordering of priorities
- Advocacy



Progression of Disease: What are your resources ?

- NCI Clinical Trials
- Journaling
- Counseling
- Pain Management
- Nutrition
- Palliative Care
- Grief and Recovery Counseling



What are your Resources?

- Hirshberg Foundation
- Wellness Community
- American Cancer Society
- Pancreatic Cancer Action Network
- Grief and Recovery Center
- Simms/Mann Center at UCLA
- UCLA Center for Pancreatic Diseases