



**What now?**

How to look after yourself  
and get support through  
pancreatic cancer

# Finding out you have pancreatic cancer can turn your world upside down.

Everyone reacts differently and it's natural to feel shocked, overwhelmed and uncertain about the future. If you have been worried for some time about your health, you may even feel some relief at finally having a diagnosis.

Whether you are just diagnosed, going through treatment or have been told that treatment to control the cancer isn't possible, you are not alone. We are here to support you.

You probably have lots of questions and it's often hard to take everything in. We can help you to make sense of it and support you and your family at every step. Our friendly specialist nurses are specialists in pancreatic cancer and can talk for as long as you need. We can also put you in touch with others in a similar situation who can share their experiences with you.



Find out more about our support at:  
**[pancreaticcancer.org.uk/support](https://pancreaticcancer.org.uk/support)**

Call **0808 801 0707** to speak to a nurse or email them: **[nurse@pancreaticcancer.org.uk](mailto:nurse@pancreaticcancer.org.uk)**

This leaflet will give you ways to get more support and information when the time is right for you. Plus some tips on taking care of yourself.



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It's hard, but you're not alone. Others have made this journey."

# Looking after yourself



Many areas of your life may be affected by your diagnosis, including work, money, family and day to day life. Getting information and support with these practical things can help you deal with stress and anxiety. Find out more at: **[pancreaticcancer.org.uk/practical](https://pancreaticcancer.org.uk/practical)**

“// No one can take the cancer away, but there are things that can take away some of the everyday worries. Like dealing with work, getting help with jobs around the house or doing the shopping. If those things are sorted out, you can close off those worries.”



Psychological support services help people with emotional (psychological) problems. Ask your GP or nurse to refer you or refer yourself using the NHS website.



Check what support is offered through your local hospital, hospice, Macmillan information and support centre or Maggie's centre. Tenovus Cancer Care provide support in Wales, and Cancer Focus NI and Action Cancer offer support in Northern Ireland.



Rest and listen to your body. Do as little or as much as you're able. Everyone is different and it's important to rest when you need to. Do what you enjoy when you can.



Family and friends can offer comfort and support. But if that's not right for you, or you need more support, speaking to others going through the same thing can help. You could try our online forum or join one of our online support sessions to meet others who understand what it's like. You may also be able to join support groups at your local hospital, hospice or cancer support centre.

**//** Something I find really helpful is connecting with others who have been through the same thing. It's so much easier to talk to other people who've been through it."



Doing relaxing activities can help. This could be hobbies you enjoy, being physically active if you can or trying breathing exercises, meditation or complementary therapies.



You may go through a range of ups and downs over time. It's important to recognise whatever feelings you have and understand that it's ok and normal to be upset. Be kind to yourself and notice how you feel.



Living with cancer can make you question the bigger things in life and search for meaning. This could be about taking time to think deeply. You may find meaning through your daily life, connecting with nature or speaking to others. Or you may find comfort in exploring your spirituality or faith.



Reach out to Pancreatic Cancer UK and you will be supported by the most professional, knowledgeable and friendly nurses. You will also have the opportunity to link up with other folk who are walking in your shoes so can offer empathetic advice."

# Finding information and support

There is more detailed information about dealing with the emotional impact of pancreatic cancer on our website:

**[pancreaticcancer.org.uk/coping](https://pancreaticcancer.org.uk/coping)**

The nurses on our Support Line are only a call or email away. From tailored information on treatments, symptoms or coping with emotions, they can recommend practical steps and bring comfort and reassurance.

We can also connect you to people with similar experiences, so you can support each other and feel understood.

Website: **[pancreaticcancer.org.uk/support](https://pancreaticcancer.org.uk/support)**

Support Line: **0808 801 0707**

Email: **[nurse@pancreaticcancer.org.uk](mailto:nurse@pancreaticcancer.org.uk)**

You can speak to local services like your medical team, GP, hospital or local hospice. Find other organisations who can help on our website at: **[pancreaticcancer.org.uk/coping](https://pancreaticcancer.org.uk/coping)**



If you are a friend or family member, you may find this leaflet useful: **How to look after yourself when caring for someone with pancreatic cancer.**

Or at: **[pancreaticcancer.org.uk/emotions](https://pancreaticcancer.org.uk/emotions)**

# Pancreatic Cancer UK

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