

Pancreatic Cancer: It's Personal

Knowing your family's medical history can help lead to early detection.

Use this worksheet to start the conversation with your family.

START HERE! ASK: Who in our immediate or extended family has been diagnosed with, and/or has died from, cancer or other serious diseases?

Name/relationship to me:

Name/relationship to me:

Name/relationship to me:

Disease:

Disease:

Disease:

Age of diagnosis/age of death:

Age of diagnosis/age of death:

Age of diagnosis/age of death:

Name/relationship to me:

Name/relationship to me:

Name/relationship to me:

Disease:

Disease:

Disease:

Age of diagnosis/age of death:

Age of diagnosis/age of death:

Age of diagnosis/age of death:

- Do we have multiple family members who have been diagnosed with pancreatic cancer? YES or NO
 - Were they in either the same generation or back-to-back generations? YES or NO
- Do we have any family members in two or more generations, on the same side, diagnosed with pancreatic cancer? YES or NO
- Do we have any family members diagnosed with pancreatic cancer at age 50 or younger? YES or NO
- Do we have any family members diagnosed with multiple types of cancer? YES or NO
- Does our family have any rare inherited genetic conditions? YES or NO
 - Which one(s)? _____

If you answered YES to any of the above questions, consider beginning the path to early pancreatic cancer detection by talking to your physician or a genetic counselor.

Early detection and treatment can help increase the 5-year survival rate of pancreatic cancer by nearly 20%. Most are diagnosed too late.

Find a certified genetic counselor near you today at <http://www.nsgc.org/page/find-a-gc-search>.

For more information, visit <http://www.rolfefoundation.org>.