

Our Motivation



Elvin Howard, Sr.

was a devoted husband, father, grandfather, family man and Christian. He worked hard on his full-time job, but worked even harder in his garden. Working with his hands in the dirt and growing things were his passion. Elvin was a quiet, but generous man who would help and give his all to family and strangers alike. He loved people regardless of who they were. He believed in taking care of his health by having regular physical exams, eating right (he ate salads every day), and exercised regularly by walking several times a week. He thought his weight loss was a “good thing”. Elvin was misdiagnosed and treated for diabetes several months prior to finally being diagnosed with Pancreatic Cancer. This came as a shock since there were no real symptoms that identified the Pancreatic Cancer disease process. He lived seventeen months after being diagnosed, fighting it until the very end. Elvin was like many of your husbands, wives, fathers, mothers, and family members. Elvin Howard, Sr. represents all who have been diagnosed or misdiagnosed and suffered through the dreaded disease of Pancreatic Cancer.

Vision

Pancreatic cancer will be rare, early detection will be common and those diagnosed will get timely treatment, receive comprehensive support, and be cured of the disease.

Mission

Reduce pancreatic cancer deaths and family hardships by supporting research, pancreatic cancer survivors, their caregivers and families.

Values

Faith, family, generosity, love for others, enjoyment of life, and end of life preparation.

Elvin Howard, Sr.

PANCREATIC CANCER ADVOCACY FOUNDATION



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FOR MORE INFORMATION

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Elvin Howard, Sr.

PANCREATIC CANCER ADVOCACY FOUNDATION

JOIN THE FIGHT AGAINST
PANCREATIC CANCER

TODAY

www.ElvinHowardSrPCAF.org



Overview of the Pancreas

The pancreas is located behind the stomach and in front of the spine. It plays an important role in digestion by producing enzymes that break down food in the intestines. It also helps to regulate blood sugar levels by producing hormones such as insulin and glucagon.

What Should I Know About Pancreatic Cancer?

Pancreatic cancer is a very aggressive cancer. The cause of most cases is unknown. There are no early detection methods available at this time, which limits treatment options.



Leading cause of cancer-related death in the United States



African-Americans
have the highest incidence rate

8%



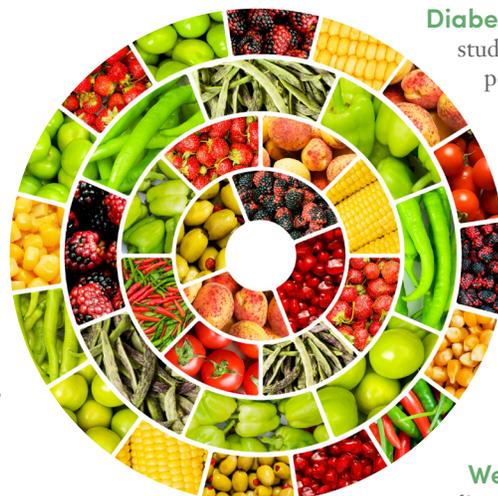
Five-year survival rate

Risk Factors

✓ We Can Change

Cigarette Smoking Smokers are 2 to 3 times more likely to develop pancreatic cancer than nonsmokers. Smoking is the single greatest risk factor, associated with almost one-third of all cases of pancreatic cancer.

Diet Diets high in animal fats and low in fruits and vegetables are more likely to develop pancreatic cancer.



Diabetes Multiple large studies have shown that people diagnosed with diabetes are at significantly increased risk of developing pancreatic cancer.

Excess Alcohol People who drink 9 or more alcoholic drinks every day are at increased risk for developing pancreatic cancer.

Weight Multiple large studies have shown that people who are obese, with a body mass index (BMI) 30 or greater, are at increased risk for developing pancreatic cancer.

✗ We Cannot Change

Age The vast majority of cases of pancreatic cancer occur in individuals aged 65 years and older.

Race Black men and women have a greater likelihood of developing pancreatic cancer than other racial groups. The reason for this is not entirely clear but thought related to diet, diabetes rates, obesity and smoking.

Sex Men are more likely to develop pancreatic cancer than women.

REFERENCES: MedlinePlus [Internet]. Bethesda (MD): National Library of Medicine (US); Pancreatic Cancer; [updated 2017, July 13; reviewed 2016 July 19]; Available from <https://medlineplus.gov/pancreaticcancer.html>; Ryan, David P. Patient Education: Pancreatic Cancer (Beyond the Basics), UpToDate, Waltham, MA, 2017.

Signs and Symptoms of Pancreatic Cancer

In many cases, there are no symptoms in pancreatic cancer until its late stages. The following is a list of symptoms that could indicate pancreatic cancer, but many other conditions can present with similar symptoms.

Upper abdominal pain that may extend to the middle or upper back

Weight loss/loss of appetite

Jaundice (*yellowing of the skin and whites of the eyes*)

Severe itching

Nausea and vomiting

If you exhibit any of these symptoms, please contact your physician as soon as possible!



Treatment Options

Surgery Whipple procedure offers the best chance for survival but most pancreatic cancer cases are not diagnosed early enough for surgical intervention.

Chemotherapy/Radiation are offered, but not considered curative.

More **Research/Clinical Trials** are needed to advance treatment options.