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## Pancreatic cancer awareness for better self-management

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**Statement of the Problem:** Pancreatic cancer has been reported as the fourth leading cause of cancer deaths in the United States. Due to the covert location of the pancreas in the human body, pancreatic cancer may go undetected until it progresses to an advanced stage. Pancreatic cancer starts in the pancreas and generally spreads to different parts of the body as it progresses. By the time the disease reaches the advanced stages, it can be fatal, and treatment or surgical resection may not be possible. Due to lack of awareness and obvious symptoms at an early stage, individuals seem to overlook the potential pancreatic cancer. The purpose of this study is to provide current information about pancreatic cancer, types of diagnosis, prominent cancer treatment facilities, and supportive resources for better self-management of disease.

**Methodology & Theoretical Orientation:** Among chronic diseases with high mortality rates, cancer is considered one of the most devastating diseases. In the normal process of the human body, cells continuously undergo division, death, and replacement by themselves in a controlled fashion. Cancer starts when cells are altered and uncontrollably divide without diminishing. The growth of abnormal cells in an uncontrolled fashion could spread cancer to different parts of the body, impacting the normal functionality of organs throughout the body. Some prevalent cancer diseases include lung & bronchus, colon & rectum, prostate, pancreas, breast, ovary, etc. In this research, a brief review and compilation of key information pertaining to pancreatic cancer are discussed along with historical data.

**Conclusion & Significance:** Due to the severity of pancreatic cancer, it is important that individuals be aware of the symptoms and signs of pancreatic cancer. With awareness, individual may be able to be proactive about the disease in its earlier stages so that the probability for successful long-term treatment may increase.

### Biography

Anuja Konda is passionate about biology, human anatomy, and disease detection and prevention. She is part of the Roberts Summer Academy Program 2018 at City of Hope National Medical Center focusing on research related to cancer and detection methodologies. She will be a senior at Mission San Jose High School in 2018-2019. She is shadowing physicians at Tri-City Health Center, and volunteering at Fremont Healthcare Center. She has certification in CPR. She has co-founded "All Against Alcohol and Drug Abuse" (AAADA.org) in 2016 for promoting awareness about Alcohol and Drug Abuse. AAADA has received recognition and commendation letters from the Congressman, Assembly members, and the Mayor.

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