



or it may come back in another part of the body. These people may get regular treatments with chemotherapy, radiation therapy, or other therapies to help keep the cancer under control for as long as possible. Learning to live with cancer that does not go away can be difficult and very stressful.

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- [Keeping health insurance and copies of your medical records](#)
- [Help with nutrition and pain](#)
- [Can I lower the risk of my cancer progressing or coming back?](#)
- [If the cancer comes back](#)
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## Follow-up care

If you have completed treatment, your doctors will still want to watch you closely. It's very important to go to all of your follow-up appointments. During these visits, your doctors will ask questions about any problems you are having and may do exams and lab or imaging tests to look for signs of cancer or treatment side effects.

Some treatment side effects might last a long time or might not even show up until years after you have finished treatment. Your doctor visits are a good time to ask questions and talk about any changes or problems you notice or concerns you have.

It's important for all pancreatic cancer survivors, to let their health care team know about any new symptoms or problems, because they could be caused by the cancer [coming back](#)<sup>1</sup> or by a new disease or second cancer.

## Doctor visits and tests

Your schedule of doctor visits, exams, and tests will depend on the original extent of your cancer, how it was treated, and other factors. Most often, for people with no signs of cancer remaining, many doctors recommend follow-up visits (which may include CT scans and blood tests) about every 3 months for the first couple of years after treatment and then about every 6 months for the next several years. Be sure to follow your doctor's advice about follow-up tests.

## Ask your doctor for a survivorship care plan

Ask your doctor for a survivorship care plan.

include:

- A suggested schedule for follow-up exams and tests
- A list of possible late- or long-term side effects from your treatment, including what to watch for and when you should contact your doctor
- A schedule for other tests you might need, such as tests to look for long-term health effects from your cancer or its treatment
- Suggestions for things you can do that might improve your health, including possibly lowering your chances of the cancer coming back

## Keeping health insurance and copies of your medical records

Even if you've finished treatment, it's very important to keep [health insurance](#)<sup>2</sup>. Tests and doctor visits cost a lot, and even though no one wants to think of their cancer coming back, this could happen.

At some point after your cancer treatment, you might find yourself seeing a new doctor who doesn't know about your medical history. It's important to keep copies of your medical records to give your new doctor the details of your diagnosis and treatment. Learn more in [Keeping Copies of Important Medical Records](#)<sup>3</sup>.

## Help with nutrition and pain

Pancreatic cancer often causes weight loss and weakness from poor nutrition. These symptoms might be caused by treatment or by the cancer itself. A team of doctors and nutritionists can work with you to provide nutritional supplements and information about your individual nutritional needs. This can help you keep up your weight and nutritional intake. Many patients need to take pancreatic enzymes in pill form to help digest food so that it can be absorbed. For serious nutrition problems, the doctor might need to put a feeding tube into the stomach to improve nutrition and energy levels. This is usually temporary. For more information and nutrition tips for during and after cancer treatment, see [Nutrition for People With Cancer](#)<sup>4</sup>.

There are many [ways to control pain caused by pancreatic cancer](#)<sup>5</sup>. If you have pain, tell your cancer care team right away, so they can give you prompt and effective pain management.

## Can I lower the risk of my cancer progressing or coming back?

If you have (or have had) pancreatic cancer, you probably want to know if there are things you can do that might lower your risk of the cancer growing or coming back, such

## **Getting emotional support**

[https://www.nccn.org/professionals/physician\\_gls/pdf/pancreatic.pdf](https://www.nccn.org/professionals/physician_gls/pdf/pancreatic.pdf) on Feb 5, 2024.

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## Second Cancers After Pancreatic Cancer

Pancreatic cancer survivors can be affected by a number of health problems, but often a major concern is facing cancer again. Cancer that comes back after treatment is called a **recurrence**. But some cancer survivors develop a new, unrelated cancer later. This is called a **second cancer**.

- [Follow-up after pancreatic cancer treatment](#)
- [Can I lower my risk of getting a second cancer?](#)

Unfortunately, being treated for pancreatic cancer doesn't mean you can't get another cancer. People who have had pancreatic cancer can still get the same types of cancers that other people get. In fact, they might be at higher risk for certain types of cancer.

There aren't many studies looking at second cancers among pancreatic cancer survivors, mainly because of the poor outcomes related to pancreatic cancer. The little information that is known shows that there is an increased risk of:

- [Thyroid Cancer](#)<sup>1</sup>
- [Small Intestine Cancer](#)<sup>2</sup>

For people diagnosed with pancreatic cancer younger than 50 years of age, there

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1. [www.cancer.org/cancer/types/thyroid-cancer.html](http://www.cancer.org/cancer/types/thyroid-cancer.html)
2. [www.cancer.org/cancer/types/small-intestine-cancer.html](http://www.cancer.org/cancer/types/small-intestine-cancer.html)
3. [www.cancer.org/cancer/types/lung-cancer.html](http://www.cancer.org/cancer/types/lung-cancer.html)
4. [www.cancer.org/cancer/screening/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html](http://www.cancer.org/cancer/screening/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html)
5. [www.cancer.org/cancer/types/pancreatic-cancer/causes-risks-prevention/risk-factors.html](http://www.cancer.org/cancer/types/pancreatic-cancer/causes-risks-prevention/risk-factors.html)
6. [www.cancer.org/cancer/risk-prevention/tobacco.html](http://www.cancer.org/cancer/risk-prevention/tobacco.html)
7. [www.cancer.org/cancer/risk-prevention/diet-physical-activity.html](http://www.cancer.org/cancer/risk-prevention/diet-physical-activity.html)
8. [www.cancer.org/cancer/risk-prevention/diet-physical-activity/alcohol-use-and-cancer.html](http://www.cancer.org/cancer/risk-prevention/diet-physical-activity/alcohol-use-and-cancer.html)
9. [www.cancer.org/cancer/survivorship/long-term-health-concerns/second-cancers-in-adults.html](http://www.cancer.org/cancer/survivorship/long-term-health-concerns/second-cancers-in-adults.html)

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