

Pancreatic Cancer

Disease Report

REPORT CATEGORY —



CANCER

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

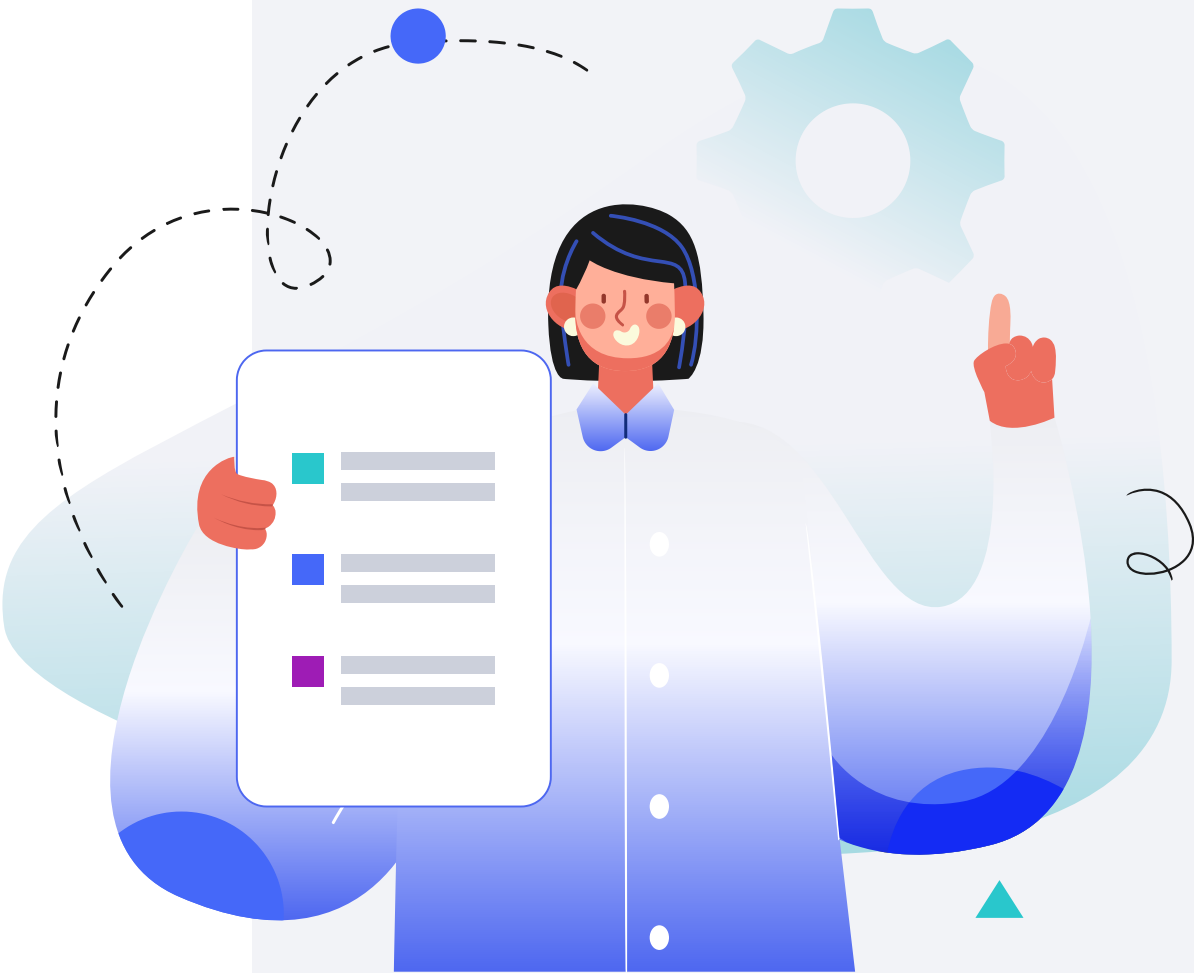
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Pancreatic cancer is a type of cancer that starts in the pancreas, a gland located behind the stomach that helps in digestion and blood sugar regulation. It is known for being particularly challenging due to its often late diagnosis and aggressive nature [\[R\]](#).

Pancreatic cancer typically spreads rapidly and is seldom detected in its early stages, which is a major reason why it is a leading cause of cancer death. Pancreatic cancer often doesn't cause symptoms until the disease is advanced. When they happen, signs and symptoms of pancreatic cancer may include [\[R\]](#):

- Abdominal pain that spreads to the sides or back
- Loss of appetite
- Weight loss
- Yellowing of the skin and the whites of the eyes (jaundice)
- Light-colored or floating stools
- Dark-colored urine
- Itching
- New diagnosis of diabetes or worsening of existing diabetes
- Pain and swelling in an arm or leg, which might be caused by a blood clot
- Tiredness or weakness

Risk Factors and Treatment

Several factors can increase the risk of pancreatic cancer, including:

- Smoking: Tobacco use is a significant risk factor.
- Age: Most cases occur in people over 65.
- Family history: A family history of pancreatic cancer or genetic syndromes like *BRCA2* mutations, Lynch syndrome, or familial pancreatic cancer increase the risk.
- Chronic pancreatitis
- Diabetes, especially if newly developed in older age.
- Obesity
- Certain genetic conditions like Peutz-Jeghers syndrome or cystic fibrosis
- Drinking a lot of alcohol

Treatment options depend on the stage of the cancer and may include [\[R\]](#):

- Surgery: The Whipple procedure (pancreaticoduodenectomy) is the most common surgery for pancreatic cancer, removing the head of the pancreas, part of the small intestine, and other nearby structures.
- Chemotherapy: Drugs used to kill cancer cells or stop their growth, often used in combination with other treatments.
- Radiation therapy: Using high-energy rays to target and kill cancer cells, usually combined with chemotherapy.
- Targeted therapy: Drugs that target specific molecular changes in cancer cells.
- Immunotherapy: Treatments that help the immune system recognize and attack cancer cells, though this is less common for pancreatic cancer.

The prognosis for pancreatic cancer can be challenging due to its typically late-stage diagnosis. Survival rates vary based on the stage of the cancer, the patient’s overall health, and the effectiveness of the treatment. Early-stage pancreatic cancer has a better prognosis, but the majority of cases are diagnosed at a more advanced stage.



TYPICAL LIKELIHOOD

Typical likelihood of pancreatic cancer based on 35,160 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CLPTM1L	rs35226131	CC
ABO	rs505922	CC
NR5A2	rs3790844	AA
MKLN1	rs6971499	TT
NR5A2	rs2816938	AA
TERT	rs2736098	CC
CLPTM1L	rs401681	TT
BCAR1	rs7190458	AG
GRP	rs1517037	CC
/	rs1561927	TT
RHOC	rs351365	CC
C12ORF43	rs1182933	TT
TTPAL	rs6073450	AA
TNS3	rs73328514	TA
MYC	rs10094872	AT
ARL6IP6	rs12478462	GT
HNF1B	rs4795218	AG
INHBA	rs17688601	AC
HNF4G	rs2941471	AG
TP63	rs9854771	GA
EDNRA	rs6537481	AG
MICAL3	rs450960	TC
SMC2	rs10991043	CT
SMC2	rs2417487	AG
PLEKHN1	rs13303010	AA
SOX9	rs7214041	CC
KLF5	rs9543325	TT
IGFBP4	rs77038344	CC
PDX1	rs9581943	GG
XBP1	rs16986825	CC
ETAA1	rs1486134	TT
FOXF1	rs7200646	TT

Please note: This report is not diagnostic and can't be used to make any medical decisions. Most cancers are uncommon and have a strong environmental component. Even if your genetic predisposition is high, you will most likely not develop the disease. This report doesn't test for hereditary cancer syndromes or 'cancer genes'. These are usually caused by rare mutations that can't be analyzed by our test. If you're concerned about your risk of hereditary cancer, consider getting a specialized test at a reference laboratory.

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE			DOSAGE
1	Methylfolate	400 mcg	2	Avoid PCBs	
3	Avoid Formaldehyde Exposure		4	Vitamin C	2000 mg
5	Tea		6	Vitamin B12	100 mcg
7	Skullcap	1 g	8	Avoid Asbestos	
9	Dietary Folate		10	Aerobic Exercise (Cardio)	1 hour
11	Cruciferous Vegetables		12	Omega-3 (Fish Oil)	2000 mg
13	Turmeric		14	Vegetables	
15	Support Groups		16	Tocotrienols	100 mg
17	Curcumin	500 mg	18	Green Tea	400 mg
19	Exercise At Least One Hour a Day	1 hour	20	Grapes	
21	Walking	30 minutes	22	Stress Management Therapy	1 hour

1



Methylfolate

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Take an L-methyl folate supplement (400-800 micrograms daily), ideally with a meal, to improve absorption. This dosage is recommended for adults, including pregnant women, to support overall health, especially to reduce the risk of neural tube defects in developing fetuses. Continue daily use as part of your regular supplement routine.

TYPICAL STARTING DOSE

400 mcg

Description

Folate, a B-vitamin, is crucial for DNA synthesis, cell growth, and the formation of red blood cells. Adequate folate intake supports overall health and reduces the risk of neural tube defects during pregnancy.

Vitamin B9 (*folate*) plays an essential role in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Making DNA
- Metabolism
- Energy production

SelfDecode recommends L-methylfolate as the preferred folate supplement for those who need one. It is superior to folic acid because it doesn't require activation, but the research is still ongoing [\[R\]](#), [\[R\]](#).

How it helps

Several studies indicate that low folate levels or impaired folate metabolism may increase the risk of pancreatic cancer, while increasing folate intake may help prevent it. This may be even more the case for Asians [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

However, one study found no association between folate and pancreatic cancer [\[R\]](#).

2



Avoid PCBs

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

To avoid PCBs (Polychlorinated Biphenyls), do not use old electrical equipment manufactured before 1977, avoid consuming fish from contaminated waters, especially larger species such as shark and swordfish which are higher in the food chain, and check for and properly dispose of any old fluorescent lighting fixtures that may contain PCBs. Pay attention to local advisories regarding the safety of locally caught fish and wildlife.

Description

PCBs are toxic chemicals that can cause cancer, reproductive problems, and developmental problems. Avoiding exposure to PCBs is important for protecting your health.

Polychlorinated biphenyls (PCBs) are man-made chemicals. They were used in the industry until their **ban in 1979**. PCBs are considered **persistent organic pollutants** (POPS) due to their slow degradation in the environment. They may also **accumulate** in the food chain and the human body [\[R, R\]](#).

We may be exposed to PCBs through contaminated [\[R, R\]](#):

- **Food** (e.g., fish, meat, rice)
- Soil
- Air

PCBs may have toxic effects on [\[R, R\]](#):

- Immunity
- Nervous system
- Reproductive system
- Hormone levels

They may also increase the risk of cancer and reduce lifespan [\[R, R\]](#).

How it helps

A meta-analysis of studies on occupational exposure to chlorinated hydrocarbon solvents (CHC) and pancreatic cancer found weak associations with trichloroethylene, polychlorinated biphenyls, methylene chloride, and vinyl chloride but not with carbon tetrachloride. Job titles in metal degreasing and dry cleaning showed significant associations. Strong causal links are deemed unlikely, but potential interactions with other factors were not explored [\[R\]](#).

3



Avoid Formaldehyde Exposure

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

To minimize formaldehyde exposure, choose household products and building materials labeled low-VOC (Volatile Organic Compounds) or formaldehyde-free. Ensure proper ventilation in your living and working spaces, especially when using products known to contain formaldehyde like certain adhesives, cleaning agents, and cosmetics. Aim to reduce use of pressed wood products and seek out alternatives when possible.

Description

Avoiding exposure to formaldehyde, a chemical commonly found in building materials and certain products, is crucial to prevent respiratory problems and potential carcinogenic effects.

How it helps

A meta-analysis of 19 studies found a 78% increased risk of ALS and a 71% increased risk of brain cancer following high formaldehyde exposure. Bioinformatics analysis identified relevant genes and pathways, supporting the link between formaldehyde exposure and brain disease [R].

Occupational exposure to various chemicals, including chlorinated hydrocarbons, nickel compounds, chromium compounds, and others, was associated with an increased risk of pancreatic cancer. The risk varied for different substances. Further research is needed to explore interactions between occupational, environmental, and lifestyle factors in pancreatic cancer risk [R].

4



Vitamin C

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

2000 mg

Description

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

Foods rich in Vitamin C include: [\[R\]](#)

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

Analysis of 20 observational studies, encompassing nearly 5,000 pancreatic cancer cases, found mixed results regarding vitamin C intake's association. Case-control studies suggested a reduced risk, while cohort studies didn't show significant findings. Possible biases warrant further prospective studies [\[R\]](#).

Meta-analysis of 17 studies shows high vitamin C intake significantly lowers pancreatic cancer risk, with consistent findings across different ethnicities and no publication bias detected [\[R\]](#).

Meta-analysis of 18 studies finds higher intakes of selenium, vitamin C, vitamin E, β -carotene, and β -cryptoxanthin significantly reduce pancreatic cancer risk, with marginal association for lycopene [\[R\]](#).

5



Tea

IMPACT

1 / 5

EVIDENCE

3 / 5

How to implement

Drink 1-3 cups of tea daily, choosing from green, black, or herbal varieties according to preference. It's beneficial to consume tea throughout the day, either hot or cold, for ongoing hydration and health benefits.

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to polyphenols and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R, R\]](#).

Tea contains many active compounds. These include antioxidants like EGCG and amino acids like [L-theanine](#). Active components of tea help support [\[R, R, R, R, R, R\]](#):

- Heart health
- Cognition
- Immunity
- Relaxation

How it helps

[Two meta-analyses \(the largest one with 8 studies\)](#) found **no association between tea intake, even at the highest doses**, and pancreatic cancer risk [\[R, R\]](#).

Similarly, a [meta-analysis of 8 studies](#) found **no association between green tea intake and pancreatic cancer** [\[R\]](#).

However, a [meta-analysis of 14 studies and 859,783 participants](#) associated high tea intake with **~31% lower risk of pancreatic cancer in Chinese or individuals older than 60 years old** [\[R\]](#).

6



Vitamin B12

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 50 mcg vitamin B12 supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE
100 mcg

Description

Vitamin B12 is a water-soluble vitamin primarily found in animal-based foods like meat, fish, and dairy products. It plays a crucial role in maintaining healthy nerve cells, DNA synthesis, and red blood cell formation. Vitamin B12 deficiency can lead to anemia, neurological issues, and fatigue.

[Vitamin B12](#) is important for [\[R\]](#), [\[R\]](#):

- Building DNA
- Nervous system function
- Energy production

You can get vitamin B12 from [\[R\]](#):

- Animal products (meat, fish, eggs, and dairy)
- Fortified foods
- Supplements

Adults should be getting **2.4 micrograms** of vitamin B12 every day [\[R\]](#).

How it helps

A meta-analysis of 25 studies with 1,214,995 individuals assessed vitamin intake and pancreatic cancer risk. High vitamin intake was associated with a 10% reduced risk, especially for vitamin D (25%) and vitamin B12 (27%) [\[R\]](#).

However, In a meta-analysis of 18 studies, higher vitamin B6 intake and blood pyridoxal 5’-phosphate (PLP) levels were associated with a 37% reduced risk of pancreatic cancer, but no significant associations were found with vitamin B12 or methionine [\[R\]](#).

7



Skullcap

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1 to 2 grams of dried skullcap herb in capsule or tablet form, or 1 to 2 milliliters of a tincture three times daily. For standardized extracts, follow the specific dosage instructions on the product label.

TYPICAL STARTING DOSE
1 g

Description

Skullcap, also known as Scutellaria, is a herbaceous plant native to North American and Asia. Its extract is often used in traditional herbal medicine for its calming and anti-inflammatory properties. Skullcap extracts may contain various compounds, including flavonoids and polyphenols.

American [skullcap](#) (*Scutellaria lateriflora*) is a Native American herb traditionally used for [\[R\]](#):

- Anxiety
- Stress
- Insomnia

How it helps

In a Phase I trial, capecitabine combined with PHY906 was studied for treating various cancers, including pancreatic and colon cancer. The maximum tolerated dose (MTD) of capecitabine was established at 1500mg/m² in a 7/7 dosing schedule alongside PHY906. This regimen demonstrated tolerability, with one partial response and several instances of stable disease, suggesting potential efficacy and justifying further investigation [\[R\]](#).

8



Avoid Asbestos

IMPACT

0 / 5

EVIDENCE

3 / 5

How to implement

Check for the presence of asbestos in materials in old buildings, especially those built before the 1980s, before doing any renovations or demolitions. Avoid disturbing materials that might contain asbestos, such as insulation, tiles, and roofing. If asbestos needs to be removed, hire professionals who specialize in asbestos abatement.

Description

Avoiding asbestos exposure is critical to prevent the development of asbestos-related diseases such as mesothelioma and lung cancer. Asbestos is a known carcinogen found in some construction materials and should be handled with extreme care or avoided altogether.

How it helps

Occupational exposure to certain substances, such as chlorinated hydrocarbon solvents, nickel compounds, and others, was associated with an increased risk of pancreatic cancer. The estimated risk varied for different agents, with some showing weaker evidence. Overall, occupational factors contributed to 12% of pancreatic cancer cases. In specific subpopulations exposed to certain substances, the contribution to risk was higher [\[R\]](#).

9



Dietary Folate

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Increase your intake of folate-rich foods such as leafy green vegetables, fruits, nuts, and legumes. Aim to consume these foods daily, incorporating them into various meals throughout the day to meet the recommended dietary allowance of 400 micrograms for adults.

Description

[Vitamin B9](#) (*folate*) plays an essential role in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Making DNA
- Metabolism
- Energy production

Rich sources of folate include [\[R\]](#), [\[R\]](#):

- Beef liver
- Spinach
- Black-eyed peas
- Asparagus
- Citrus fruits

While folate deficiency is rare, it can happen in people who don’t eat enough fruits and vegetables. Alcoholics and lactating women may also be at increased risk [\[R\]](#).

Adults should get **400 micrograms (mcg)** of folate per day. Pregnant or breastfeeding women should get **500-600 mcg per day**. Supplements are usually in the form of *folic acid* or [L-methylfolate](#) (5-MTHF) [\[R\]](#), [\[R\]](#).

How it helps

Folate is important for DNA synthesis and repair. Some studies suggest that higher folate intake is associated with lower risk of pancreatic cancer.

10



Aerobic Exercise (Cardio)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Aerobic exercise can improve overall physical fitness and may help in managing fatigue and quality of life for pancreatic cancer patients. Regular aerobic activities help to maintain body weight and enhance immune function, which can be beneficial during and after cancer treatment.

11



Cruciferous Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a serving of cruciferous vegetables, such as broccoli, cauliflower, Brussels sprouts, kale, or cabbage, into at least one meal each day. A serving size is about a half cup cooked or one cup raw. Try to maintain this habit consistently over time for the best health outcomes.

Description

Cruciferous vegetables like broccoli, cauliflower, and kale are rich in vitamins, fiber, and antioxidants. Including them in your diet can promote overall health and may offer cancer-protective properties.

Cruciferous vegetables are a group of vegetables that belong to the Brassicaceae family. They are rich in fiber, vitamins, minerals, and other nutrients.

Some common cruciferous vegetables include broccoli, cauliflower, cabbage, kale, and brussels sprouts.

How it helps

Cruciferous vegetables like broccoli and Brussels sprouts contain compounds that can help in detoxifying carcinogens and may inhibit the growth of cancer cells.

12



Omega-3 (Fish Oil)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

2000 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

Omega-3 fatty acids have anti-inflammatory properties and may help slow the growth of pancreatic cancer cells by altering signaling pathways.

13



Turmeric

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 500-1000 mg of turmeric into your daily diet, either by adding ground turmeric spice to your food, such as in curries, soups, and smoothies, or by taking a dietary turmeric supplement. This should be done daily for at least 8 weeks to observe potential health benefits.

Description

Turmeric is a bright yellow spice derived from the root of the *Curcuma longa* plant. It contains curcumin, a potent antioxidant and anti-inflammatory compound. Turmeric is used for various health conditions, including reducing inflammation, alleviating joint pain, and supporting digestive health.

How it helps

Turmeric contains curcumin, a compound that has shown potential anti-cancer properties in some studies. Curcumin may help in reducing the growth of pancreatic cancer cells and inhibit the spread of these cells by targeting various signaling pathways involved in cancer development.

14



Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 2-3 cups of various vegetables into your daily diet, ensuring a mix of colors like greens, reds, and yellows to maximize nutrient intake. Aim to include vegetables in most meals, either as a side, part of the main dish, or snacks.

Description

Vegetables are edible parts of plants that offer various health benefits due to their rich nutrient content, including vitamins, minerals, fiber, and antioxidants. They are essential components of a balanced diet and contribute to overall health, supporting various bodily functions.

How it helps

A diet high in vegetables may decrease the risk of pancreatic cancer. Vegetables are rich sources of vitamins, minerals, antioxidants, and phytochemicals, which can help protect cells from damage that could lead to cancer and improve immune system function.

15



Support Groups

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Attend a support group meeting related to your condition at least once a week. These meetings can be found through local hospitals, online platforms, or health organizations specific to your condition. Participation can be in-person or virtual, depending on what is offered and your preference.

Description

Support groups are gatherings of individuals facing similar challenges, where they can share experiences, emotions, and coping strategies. They offer emotional support, camaraderie, and valuable insights for those dealing with various health conditions or life circumstances.

Support groups involve people with similar struggles helping each other. Support groups usually take place in a casual setting. During sessions, people share their [\[R\]](#):

- Knowledge
- Experiences
- Coping strategies
- Understanding of the recovery process

Support groups may help support recovery from addictions [\[R\]](#).

How it helps

Support groups can provide emotional comfort and practical advice, thereby helping patients feel less isolated and more empowered to manage their condition.

16



Tocotrienols

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take tocotrienols as a dietary supplement in doses ranging from 100 to 200 mg, 1-2 times a day, ideally with meals to enhance absorption. This intake can be continuous, but it's recommended to review its effects with a healthcare provider periodically, typically every 6 to 12 months.

TYPICAL STARTING DOSE
100 mg

Description

Tocotrienols are a form of vitamin E that helps to protect your cells. They fight harmful substances in your body called free radicals, which can damage our cells and lead to illness. By helping your body in this way, tocotrienols contribute to overall health, boosting immunity, and slowing down aging processes.

How it helps

In a dose-escalation trial, oral VEDT up to 1600 mg daily for 2 weeks before pancreatic surgery was well-tolerated, achieved bioactive levels in the blood, and induced apoptosis in neoplastic cells. Further investigation is warranted for pancreatic cancer therapy [\[R\]](#).

17



Curcumin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 500 mg curcumin supplement daily with food. To enhance absorption, take it with a meal that contains fats or oils since curcumin is fat-soluble.

TYPICAL STARTING DOSE

500 mg

Description

Curcumin is a compound found in turmeric known for its anti-inflammatory and antioxidant properties. It has been studied for its potential to reduce inflammation, support joint health, and contribute to overall well-being.

[Turmeric](#) is a yellow spice from India. It may reduce inflammation and [oxidative stress](#) [R].

The most important active compound in turmeric is **curcumin**. People use curcumin for [R, R, R, R, R, R]:

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health
- Liver health

How it helps

Curcumin, a compound in turmeric, may help in pancreatic cancer by reducing inflammation and inhibiting the growth of cancer cells. Studies have shown it can enhance the effects of chemotherapy and reduce tumor size.

18



Green Tea

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 400 mg of green tea extract daily. This can be taken in the form of capsules or tablets available that specify the amount of green tea extract. Ensure the supplement is taken according to the product's specific instructions, usually once a day with water.

TYPICAL STARTING DOSE

400 mg

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to antioxidants and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R, R\]](#).

Tea contains antioxidants called **flavonoids**, which may help prevent [\[R, R, R, R\]](#):

- Heart disease
- Cancer
- Diabetes

How it helps

Green tea contains polyphenols, which have antioxidant properties. These compounds can help in reducing inflammation and may slow the growth of cancer cells.

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Exercise At Least One Hour a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Regular physical activity, including at least 30 minutes of exercise a day, has been associated with a lower risk of pancreatic cancer. Exercise helps regulate blood sugar and body weight, both of which can influence the risk of pancreatic cancer.

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Grapes

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a serving of grapes, which is about 32 seedless grapes or approximately 1 cup, into your daily diet. You can eat them as a snack, add them to salads, or blend them into smoothies. Do this consistently for a period of at least 3 months to observe potential health benefits.

Description

Grapes are a nutrient-dense fruit rich in vitamins, fiber, and antioxidants like resveratrol. Regular consumption of grapes is associated with potential benefits for heart health, skin health, and overall well-being.

How it helps

A randomized controlled trial with 40 subjects found that daily grape consumption for 21 days altered circulating miRNA levels in healthy individuals. Notably, 18 miRNAs were down-regulated, and 2 were up-regulated, potentially influencing cancer-related pathways [\[R\]](#).

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Walking

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

Walking is a low-impact exercise that can help improve overall physical health and reduce fatigue in pancreatic cancer patients.

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Stress Management Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in stress management therapy sessions, such as cognitive-behavioral therapy (CBT), for at least 1 hour per week over a course of 8 to 12 weeks. Techniques can include mindfulness, deep breathing exercises, and identifying stressors to develop coping strategies.

TYPICAL STARTING DOSE

1 hour

Description

Stress management therapy refers to various techniques and approaches aimed at reducing and coping with stress. It can improve mental and physical well-being by helping individuals better manage the effects of stress on their health.

How it helps

Stress management can improve the quality of life for patients by helping them cope better with the emotional and physical challenges of cancer treatment.

Next Steps

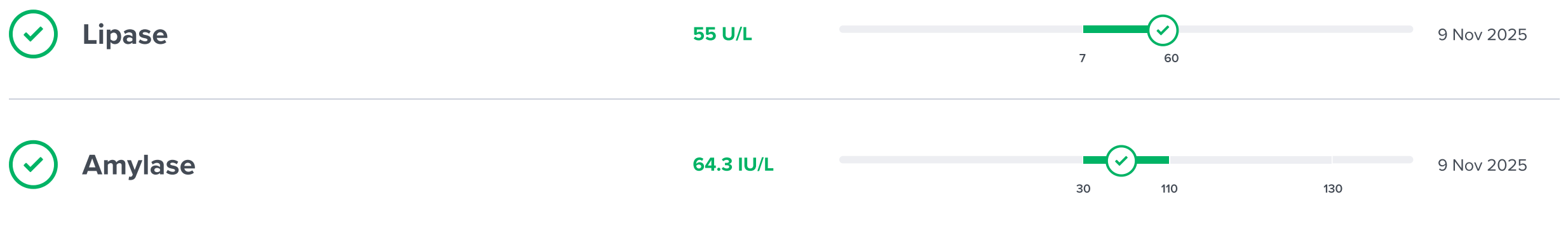
Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.



Your Lifestyle Assessments

Ever heard of the term Nature vs. Nurture?

The thing is, both DNA and environment play a role in determining your health risks. The following assessments shows how much of an impact your lifestyle, environment and medical history are having on your health risks.

LIFESTYLE

You have a **reduced risk** of pancreatic cancer based on the answers you provided.

Your Lifestyle Risk

LowDecreasedAverageIncreasedHigh

Factors impacting your risk:

What is your blood type?	Increasing Risk	!
AB		
Have you ever been diagnosed with chronic pancreatitis (pancreas inflammation)?	Increasing Risk	!
Yes		
Have you ever been diagnosed with diabetes?	Decreasing Risk	✓
No		
Do you smoke tobacco?	Decreasing Risk	✓
No, never		
How much alcohol do you drink on a typical day? Calculate your alcohol consumption in units here	Decreasing Risk	✓
0 units		
Do you have a parent or sibling who has ever been diagnosed with pancreatic cancer?	Decreasing Risk	✓
No		
Your BMI:	Decreasing Risk	✓
22.77		
What is your height?	No impact	−
165 cm		
What is your current weight?	No impact	−
62.0 kg		
What is your sex?	No impact	−
Male		