



## Mayo Clinic Minute: Detecting Pancreatic Cancer

November is National Pancreatic Cancer Awareness Month. Approximately 66,000 people in the U.S. will be diagnosed with pancreatic cancer this year, according to the National Cancer Institute.

Dr. Michael Wallace, a gastroenterologist at Mayo Clinic warns early signs of this deadly [disease](#) are easy to miss.

Video

Audio

	Pancreatic cancer is the third leading cause of cancer-related deaths in the U.S.
Michael Wallace, M.D. Gastroenterology Mayo Clinic 21:19-21:24 TRT: 05 sec	"Our best way of finding a disease at a curable stage is to find it early."
	Dr. Michael Wallace says patients with a family history of pancreatic disease are at the greatest risk and should be screened annually with an MRI or an endoscopic ultrasound.
9:49-9:55 TRT: 06 sec	"If we see something abnormal, we can actually take a biopsy directly of it and that's a very, very safe procedure."
	There are new ways to detect the disease earlier.
16:16-16:37 TRT: 21 sec	"We now have very good ways, including some recent advances in artificial intelligence, enhancement of CT and MRI images that can allow us to tell which of these are likely to turn cancerous, and those individuals, we can actually remove

	the cyst, even before it becomes malignant and essentially prevent the disease."
	Lifestyle changes such as a healthy diet rich in fruits and vegetables and quitting smoking can also help prevent pancreatic cancer.
	For the Mayo Clinic News Network, I'm Alex Osiadacz.