

## Fast Facts

### Pancreas

<i>Function</i>	<i>Diseases</i>	<i>Treatment</i>	<i>Prevention</i>
<p>-Located next to stomach, deep in abdomen</p> <p>-Six inches long and flattened in shape</p> <p>-Made up of two different glands that are mixed together into one organ</p> <p>-Majority of cells are exocrine and produce enzymes that aid in digest by releasing them into the upper portion of the small intestines via ducts</p> <p>-Second type of cells are endocrine and composed of small islands of cells (islets of Langerhans). They release hormones (insulin and glucagon) into the blood stream, which helps to control blood sugar levels.</p>	<p>-<i>Diabetes (type I)</i> body's immune system attacks and destroys the insulin-producing cells</p> <p>-<i>Diabetes (type II)</i> the pancreas loses ability to produce and release insulin; your body becomes resistant to insulin causing your blood sugar level to rise</p> <p>-<i>Cystic Fibrosis</i> a genetic disorder that actually affects multiple organs throughout the body, especially the lungs and pancreas causing people to have type I Diabetes and digestive problems throughout their life</p> <p>-<i>Pancreatic cancer</i> challenging to treat due to different cells located within the pancreas, each type of cell can cause a different type of cancer. The most common type is located in the pancreatic duct lining. (Hard to diagnose because there aren't any symptoms until it is in advanced stages).</p> <p>-<i>Islet of Langerhans cell tumors</i> can occur by the hormone-producing cells multiplying abnormally creating a tumor (benign or malignant). Tumors produce excessive amounts of hormones and release them into the bloodstream (impacts blood sugar levels).</p> <p>-<i>Pancreatitis</i> pancreas is inflamed and damaged. Result of its own digestive chemicals and causes swelling which can lead to tissue death. Attributed to excessive alcohol intake or</p>	<p>-<i>Diabetes (type I)</i> need to take insulin injections for the rest of their lives in order to control their blood sugar. (New procedure that is still in the experimental stage is islet of Langerhans cells transplant. Involves taking these cells from a donor and transplanted into someone with type I Diabetes in hopes of curing them.)</p> <p>-<i>Diabetes (type II)</i> is controlled with diet, exercise and, if necessary, oral medications</p> <p>-<i>Cystic Fibrosis</i> require replacement of the pancreatic enzymes that aren't being produced.</p> <p>-If Diabetes or Cystic Fibrosis are severe enough, a pancreatic transplant is possible. -<i>Pseudocyst</i> let it resolve on its own, drain the fluid from it or surgery to remove it.</p> <p>-<i>Pancreatic cancer</i> involves having a Whipple procedure done (head of the pancreas, gallbladder, duodenum and, occasionally, small part of stomach are</p>	<p>-Eat a healthy, balanced diet and get regular exercise (this will prevent type II Diabetes and it will help to manage many of the other conditions).</p> <p>-Pancreatitis don't drink excessive amounts of alcohol and to be treated for gallstones if you have them.</p>

	<p>gallstones, but sometimes the reason is never found.</p> <p>-<i>Pancreatic Pseudocyst</i> a fluid-filled cavity that forms around the pancreas after an episode of pancreatitis. Can resolve by themselves or may need surgery to remove them.</p> <p>-<i>Enlarged pancreas</i> can occur for no reason. It may be a normal finding; some people have larger pancreases than others. Otherwise, it could indicate that something is wrong and requires treatment.</p>	<p>removed). Once this done, you will need to monitor your blood sugar levels in order to see if you need help controlling it via insulin injections or oral medication.</p>	
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