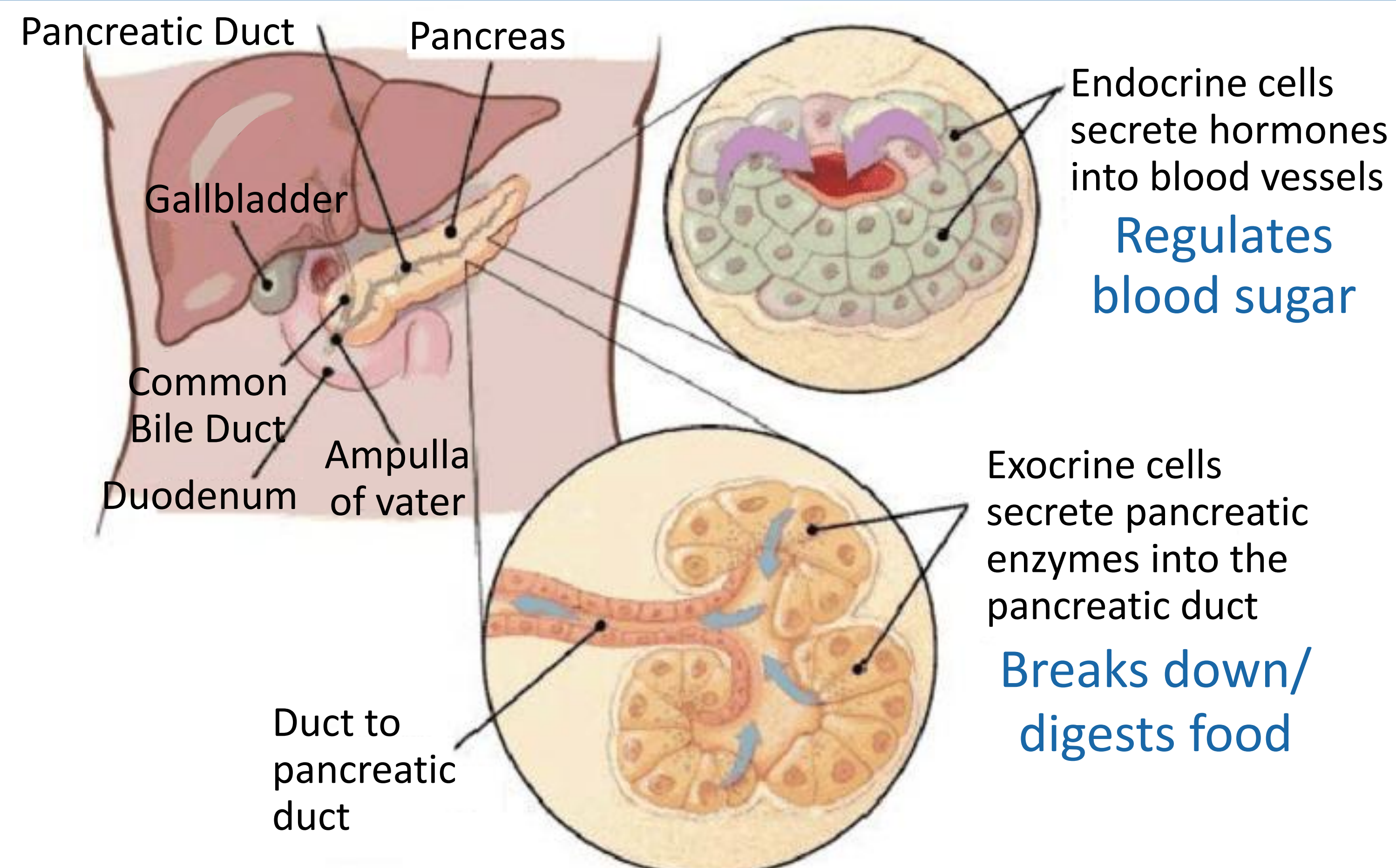


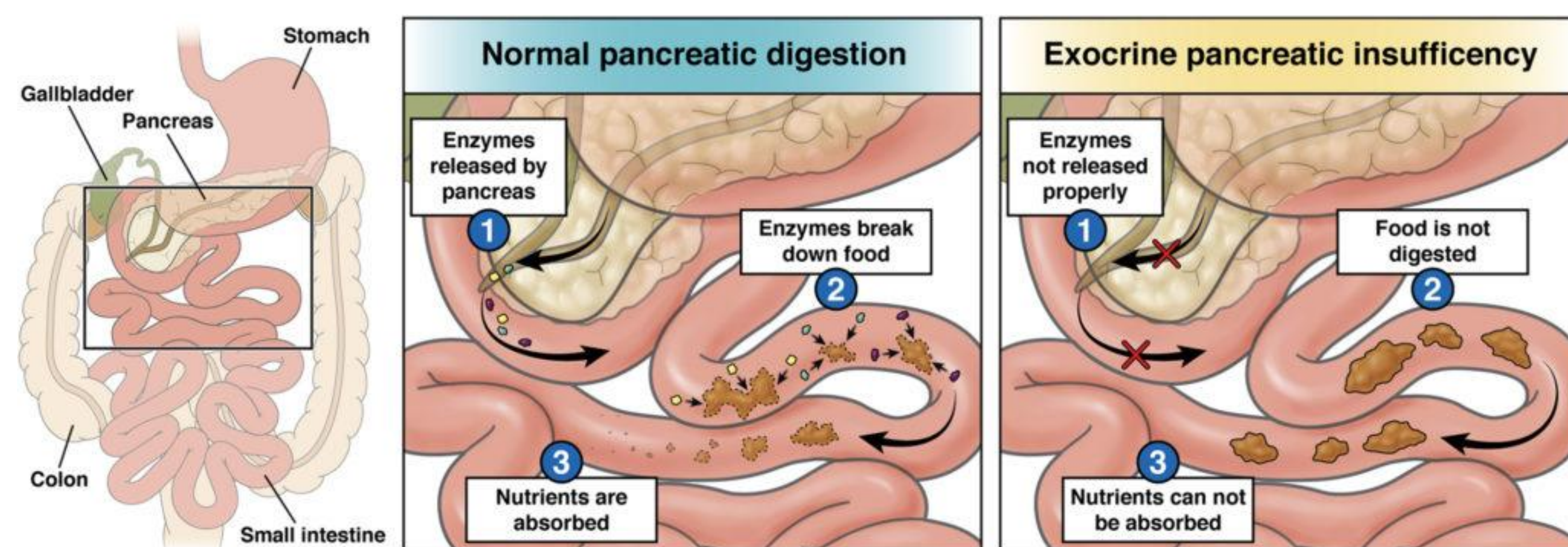
Exocrine Pancreatic Insufficiency (EPI)

What does the pancreas do?



Credit: Adapted from Mitra, M. 2018. Pancreatic Cancer and its Treatment. 1. 9-13. 10.5281/zenodo.2549685.

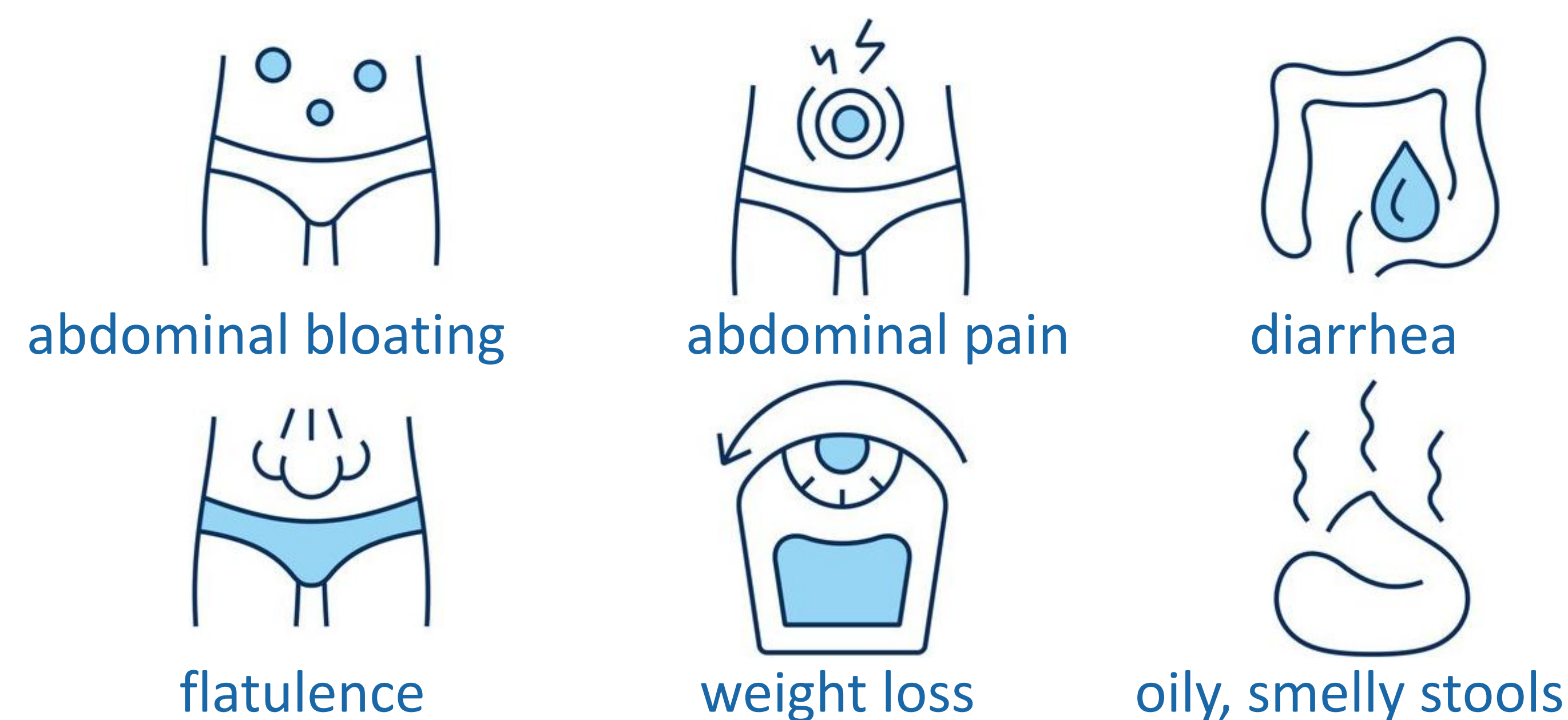
What is exocrine pancreatic insufficiency (EPI)?



EPI occurs when the pancreas does not produce enough digestive enzymes

Credit: <https://patient.gastro.org/exocrine-pancreatic-insufficiency/>

Signs and Symptoms of EPI



Credit: Adapted from <https://flushinghospital.org/newsletter/exocrine-pancreatic-insufficiency/>

Exocrine pancreatic insufficiency (EPI) means that your pancreas is not making enough digestive enzymes

This can cause symptoms like abdominal pain, greasy stools, bloating, weight loss.

Taking pancreatic enzymes with meals helps your body to digest food and absorb nutrients.

A nutritionist can help you to choose the right foods, enzyme doses, and supplements.

With the right treatment, you can live well and prevent complications.

For more information, contact **(808) 546-5829** at the UH Cancer Center

What are common causes of EPI?

- ⊗ Cystic fibrosis
- ⊗ Chronic pancreatitis
- ⊗ **PANCREATIC CANCER**
- ⊗ Surgery involving the pancreas

Why is it important to address EPI?

- ⊗ Without enough enzymes, the body doesn't receive the nutrition it needs to remain healthy
- ⊗ Long-term, EPI can lead to weight loss, muscle loss, weak bones, and vitamin deficiencies

How is EPI treated?

- ⊗ Pancreatic Enzyme Replacement Therapy (PERT)
- ⊗ Working with a dietitian to ensure a healthy, balanced diet with adequate calories and vitamins

Living well with EPI

- ⊗ Take enzymes with every meal or snack
- ⊗ Eat small, frequent meals
- ⊗ Track symptoms and talk with your dietitian and your physician to adjust your enzymes and diet