

Think you may have pancreatic exocrine insufficiency?

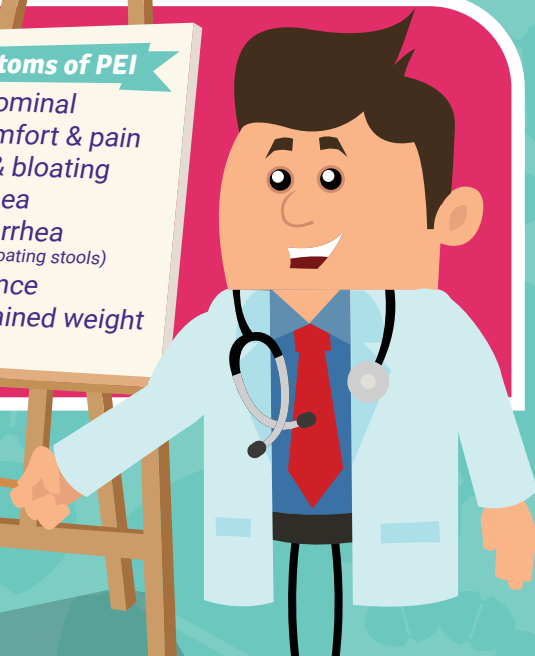


You might if you currently have:

- Chronic Pancreatitis (CP)
- Type 1 Diabetes
- Unresponsive celiac disease
- HIV/AIDS
- If you are current or former smokers
- Longstanding history of alcohol abuse (defined as >5 drinks/day)

Symptoms of PEI

- Abdominal discomfort & pain
- Gas & bloating
- Diarrhea
- Steatorrhea (greasy, floating stools)
- Flatulence
- Unexplained weight loss



Doctor Appointment Checklist:

Before you go, write down:

- Symptoms that you are experiencing and how long you have had them
- Severity of symptoms
- Alcohol and smoking history
- History of recurrent acute pancreatitis, CP or diabetes
- Family history of CP, pancreatic cancer or CF
- List of medical conditions

Tests & Screening:

Your doctor will recommend regular screening to evaluate your:

- Weight and body mass index
- Fat soluble vitamins and other nutritional markers (e.g. albumin)
- HbA1c
- Bone mineral density scan

In addition to the recommended screening tests, your doctor may carry out the following stool tests:

- Fecal Sudan staining
- Fecal elastase (FE-1)

You may be referred to a specialist if

- Any of the above tests are abnormal
- If you are experiencing ongoing symptoms (steatorrhea or weight loss)

If specialist wait times are long, your physician may do other investigations such as:

- Investigating alternative diagnosis such as gluten sensitivity /celiac disease, giardia
- Consider computed tomography (CT)
- A trial of PERT

