



**My pancreatic
cancer story**

My name is Katarzyna Chmielewska.

I'm a mum of a ten year old Tytus. I'm a wife.

However recently I've been a full-time patient and this is the main reason why I'm here today. I have been struggling with pancreatic adenocarcinoma since 2014.



A long course of my disease

The beginning

- IT BEGUN WITH A PAIN
Jul & Dec 2013 strong pain in the upper stomach
- 8 MONTHS OF DIAGNOSIS
Dec 2013 CT showed 9mm cyst in pancreas head; followed with blood tests, EUS, MRI, genetic tests)
- TUMOR Jun 2014 MRI showed that a cyst changed into a tumor
- SURGERY Jul 2014 pancreatoduodenectomy Pathology report: *Intraductal papillary mucinous carcinoma*
Lymphadenitis chronica reactiva 0/28 pT1 N0
- METASTASIS Aug 2014 – CT scan shows 4 meta in the liver



After the diagnosis

- CHEMOTHERAPY Sep – Dec 2014 – gemcitabine + nab paclitaxel (D1, D8, D15)
- SURGERY Jan 2015 hemihepatectomy – resection of a right lobe of the liver. Pathology report: *Adenocarcinoma Ductale Pancreatic*
- CHEMOTHERAPY Feb – Apr 2015 continuation of the chemo
- SURGERY Apr 2015 laparotomy – due to intestinal obstruction – adhesion on the peritoneum
- CHEMOTHERAPY May – Nov 2015 continuation of chemo (every 2-3 weeks)



A temporary victory

- RECOVERY In Nov 2015 I was free of cancer and I finished chemotherapy
- ADDITIONAL TREATMENT Mar 2016 and Jul 2016 and 2018 – 3 dendritic cells vaccination - LANEX DC, Neue Ulm, Germany
- RELAPSE Feb 2017 in the CT shows cyst in the pancreas tail
Mar 2017 EUS inflammation change in the tail of the pancreas
- SURGERY Apr 2017 total pancreas resection Pathology result: *Adenocarcinoma ductale pancreatis G2, Metastasis adenocarcinomatis in lymphodulo (1/4) pT2N1R0*
- CHEMOTHERAPY May – Aug 2017 gemcitabine + capecytabine



The disease does not let go

- RELAPSE Mar 2018 CT scan shows metastasis in the liver
- SURGERY Apr 2018 metastasis removed
- IMMUNOTHERAPY nivolumab Jun-Sep 2018 (8 intakes)
- RELAPSE Sep 2018 USG shows 3 metastasis in the liver
- THERMAL ABLATION OCT 2018
- CHEMOTHERAPY Nov 2018- Nov 2019 gemcitabine + nab paclitaxel
- RELAPSE MAY 2020 MRI shows 5 meta in the liver, 3 weeks later there are 8 changes

Not giving up ...

- CLINICAL TRIAL JUL-SEP 2020 Participation in an early phase clinical trial NCT03564691
- CHEMOTHERAPY since SEP 2020 again gemcitabine + nab paclitaxel (for the third time)
- CHANGE OF MARKERS TREND MAR 2021
- PROGRESSION AUG 2021
- RADIOTHERAPY of lymph nodes in SEP 2021
- FEB 2022 cancer markers raised again.
- SURGERY MAR 2022 laparotomy – due to intestinal obstruction - adhesion on the peritoneum
- COMBO IMMUNO with CHEMO APR 2022 gemcitabine + nab paklitaxel with pembrolizumab

How have I achieved it?

Is it about a
treatment?

Is it in a
biology of my
cancer?

Is it my
attitude?

Is there anything
unique in my
attitude that made
my success?



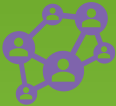
Areas to focus on



Emotions



Treatment



Relationships



Knowledge



Diet and physical activity



A tailor-made strategy

A plan that takes into account current circumstances and needs.

- Necessity to keep control over the process of diagnosis and treatment
- Setting achievable goals
- Thinking one step forward
- Assigning roles and responsibilities
- Trying to keep a distance
- Keeping hopes up and focusing on life NOT the disease

A source of hope and strength

Eight years of the disease: 6 surgeries; countless intakes of chemotherapy; immunotherapy; radiotherapy ...

... and I still have the strength for more.

As besides of these tiring and difficult treatments I focused on living my life to the fullest.





2014

*“Each patient carries his own doctor inside him.”**

Do not give up responsibility for your life to the health care system instead try to get the most out of the system

Hold on to anything that gives you hope and strength

* Norman Cousins, *Anatomy of an Illness*

Thank you!



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