

# PANCREATIC DISORDER



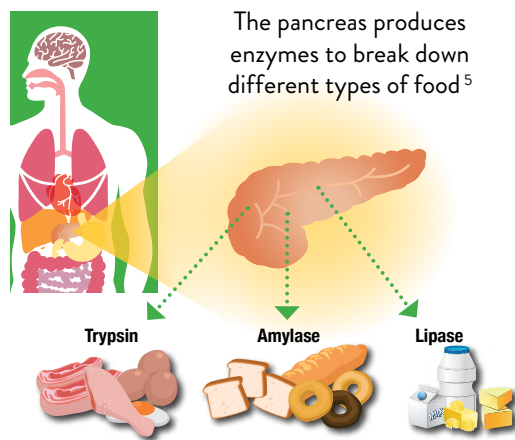
- Stomach pain<sup>1</sup>
- Bloating<sup>1</sup>
- Frothy stools<sup>1</sup>
- Gassy<sup>1</sup>
- Diarrhoea<sup>1</sup>
- Weight loss<sup>1</sup>
- Tiredness<sup>2</sup>

**THESE SYMPTOMS MAY BE AN INDICATION THAT SOMETHING IS WRONG WITH YOUR PANCREAS<sup>1</sup>**

## What is the pancreas and what does it do?

The pancreas is an organ located behind the stomach, responsible for producing enzymes for digestion.<sup>3</sup> In addition, the pancreas produces hormones to regulate blood sugar levels in the body.<sup>3</sup>

Although a healthy pancreas is only roughly the size of a hand,<sup>3</sup> it produces enough enzymes to break down food so that it can be absorbed by the gut into your bloodstream and used by the body.<sup>3</sup> It therefore plays a major role in maintaining a healthy nutritional status.<sup>1,3,4</sup>



**A healthy pancreas ensures your body gains nutrition from the food you eat<sup>3</sup>**

**THE PANCREAS:  
A SMALL organ that makes a BIG difference!<sup>3</sup>**

## What is Pancreatic Exocrine Insufficiency (PEI)?

A disorder called Pancreatic Exocrine Insufficiency (PEI) can occur when your pancreas does not produce enough enzymes to break down the food you eat.<sup>6</sup> Without these enzymes, nutrients from food are not absorbed by the body.<sup>6</sup>

## What can cause PEI?

Although impaired pancreatic function could be hereditary, there are other conditions that could affect the pancreas, preventing it from producing the enzymes needed to function properly.<sup>2</sup>

These conditions include inflammation of the pancreas, cystic fibrosis or if your pancreas has been removed or affected by surgery.<sup>2</sup>

## How could PEI affect me?

Loss of pancreatic function usually results in poor fat, carbohydrate and protein absorption. Vitamins A, D, E and K are fat soluble, these are also poorly absorbed.<sup>2</sup>

This deficiency could lead to:

- Malnutrition<sup>7</sup>
- Failure to thrive in children due to weight loss<sup>6</sup>
- Increased risk of osteoporosis, which causes bones to become weak and brittle<sup>7,8</sup>
- Possible heart problems<sup>7</sup>
- Sarcopenia, which means loss of skeletal muscle mass and function<sup>7,9</sup>

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## What are the symptoms of PEI?



Weight loss<sup>1</sup>



Stomach cramps,  
pain or discomfort<sup>1</sup>



Frothy, smelly  
stools that are  
difficult to  
flush<sup>1</sup>



Gassy<sup>1</sup>



Diarrhoea<sup>1</sup>



Tiredness<sup>2</sup>

## Can PEI be treated?

### Yes, PEI can be treated!

The main goal of treating PEI is to replace the enzymes that your pancreas is not producing, to ensure the correct digestion of the food you eat, and absorption of the nutrients.<sup>6</sup>

This treatment is known as Pancreatic Enzyme Replacement Therapy (PERT).<sup>6</sup>

If you suspect you may have PEI, you should speak to your healthcare provider.



## Achieve healthy nutrition the smart way

CREON® capsules should be taken at the start of meals and snacks



Capsules should be swallowed whole, not chewed



Alternatively open the capsule, pour the pellets onto a spoon and swallow without chewing



How **Creon** works  
Pancreatin

### CREON MINIMICROSPHERES®

The CREON® capsule is designed so that it can be broken down in the stomach to release the enzymes which are contained in CREON MINIMICROSPHERES® pellets.

These tiny pellets cannot be broken down by the acid in the stomach as they are enteric coated (resists stomach acids). This allows the enzyme-containing pellets to mix with food in the stomach.

Once the mixture of food and enzymes pass into the small intestine (duodenum), the enzymes are released from the pellets to break down the fats, proteins and carbohydrates, so that the body can absorb these nutrients.<sup>6</sup>



The correct dose of CREON® depends on your condition, symptoms, diet and weight.<sup>6</sup>

Your doctor or pharmacist will advise on the appropriate dose for you.

Pancreatic enzyme supplements are made from porcine (pig) tissue. If you have any concerns, please discuss them with your healthcare professional

References: 1. Nikfarjam M, Wilson JS, Smith RC, et al. Diagnosis and management of pancreatic exocrine insufficiency. *MJA* 2017;207(4):161-165. 2. Imrie CW, Connett G, Hall RI, et al. Review article: enzyme supplementation in cystic fibrosis, chronic pancreatitis, pancreatic and periampullary cancer. *Aliment Pharmacol Ther* 2010;32(1):1-25. 3. Columbia Surgery. The Pancreas Center. Pancreas Functions, Location & Disease. Available from: <https://columbiasurgery.org/pancreas/pancreas-and-its-functions>. Accessed date: 5 April 2022. 4. NIH. Your Digestive System & How it Works. Available from: <https://www.niddk.nih.gov/health-information/digestive-diseases/digestive-system-how-it-works>. Accessed date: 5 April 2022. 5. MSD MANUAL. Pancreas – Digestive Disorders. Available from: <https://www.msdmanuals.com/home/digestive-disorders/biology-of-the-digestive-system/pancreas#>. Accessed date: 7 April 2022. 6. Touli J, Biankin AV, Oliver MR, et al. Management of pancreatic exocrine insufficiency: Australasian Pancreatic Club recommendations. *Med J Aust* 2010;193(8):461-467. 7. Dominguez-Muñoz JE. Diagnosis and treatment of pancreatic exocrine insufficiency. *Curr Opin in Gastro* 2018;34(5):1-6. 8. Mayo Clinic. Osteoporosis – Symptoms and causes. Available from: [www.mayoclinic.org/diseases-conditions/osteoporosis/symptoms-causes/syc-20351968](http://www.mayoclinic.org/diseases-conditions/osteoporosis/symptoms-causes/syc-20351968). Accessed date: 7 April 2022. 9. Santilli V, Berneti A, Mangone M, et al. Clinical definition of sarcopenia. *Clin Case Min Bone Metabol* 2014;11(3):177-180.

[S1] Creon® 10000. Each capsule contains Pancreatin 150 mg. Reg. No.: 33/11.1/0340; Mauritius POM Reg. No.: R7435/02/16; Namibia: [NS1] Reg. No.: 04/11.1/1015. [S1] Creon® 25000. Each capsule contains Pancreatin 300 mg. Reg. No.: 28/11.1/0645; Namibia: [NS1] Reg. No.: 04/11.1/1016.

For full prescribing information refer to the professional information approved by the Medicines Regulatory Authority.

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