

# IS YOUR PANCREATITIS GENETIC?

Your Family History is Important.  
Here's What You Should Know.



## WHAT CAN I DO WITH THIS TOOLKIT?

Certain people are at **higher risk of developing pancreatitis** and pancreas disease or **having their disease progress faster** based on their family medical history and/or ancestry.

Use this toolkit to **assess whether or not you might be at risk** for pancreatitis or pancreas disease.

Your gastroenterologist or pancreas specialist **might not be aware** of all of the genetic drivers of pancreatitis.

**Use this toolkit as a jumping off point** with your GI doctor. Talk to them about your family history and risk of pancreatitis using this toolkit, and discuss whether **ordering a genetic test** is a right option for you.

## POSSIBLE RISK FACTORS FOR PANCREATITIS

Check each box that applies to you and your family, going back **three generations**.

This means your parents, siblings, parent's parents (*your grandparents*), your parent's siblings (*your aunts and uncles*), and your parent's sibling's children (*your first cousins*)

- |  |  |
|--|--|
| <input type="checkbox"/> History of pancreatitis**   | <input type="checkbox"/> History of chronic obstructive pulmonary disease (COPD) |
| <input type="checkbox"/> History of pancreatic cancer**  | <input type="checkbox"/> Ashkenazi Jewish ancestry                               |
| <input type="checkbox"/> History of cystic fibrosis**  | <input type="checkbox"/> Shared ancestry or family intermarriage                 |
| <input type="checkbox"/> History of male infertility**   | <input type="checkbox"/> Sudden or unexplained death before old age              |
| <input type="checkbox"/> History of other cancers  | <input type="checkbox"/> History of high cholesterol                             |
| <input type="checkbox"/> History of diabetes   | <input type="checkbox"/> History of high triglycerides                           |
| <input type="checkbox"/> History of sinusitis  |  |
| <input type="checkbox"/> History of autoimmune conditions<br>(i.e. Hashimoto's, lupus, rheumatoid arthritis) |  |

**\*\*The asterisked items are the most important risk factors when considering genetically-driven pancreatitis.**

**Talk to your doctor about a referral to a genetics provider.**

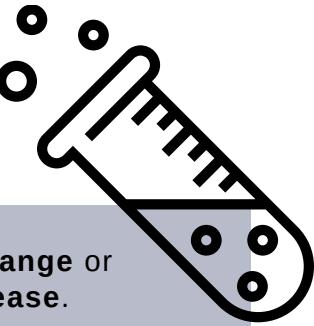
**Talk with your family.** Has anyone had genetic testing done? What were their results?



If your standard hereditary pancreatitis panel is negative, **there are other rare genetic disorders** (such as lipid metabolism disorders) **that increase the risk for pancreatitis**. Talk to your genetics provider about other possible causes for pancreatitis.

## WHY FOCUS ON GENETICS?

In some cases, pancreatitis is a genetic condition, which means that a **gene change or abnormality** (also known as a mutation) occurs that **increases the risk of disease**.



Looking at your family health history can provide clues about whether your pancreatitis is driven by genetics, which can be proven by conducting pancreatitis-specific genetic testing. Testing your DNA for changes in specific genes can **reveal the contributing factors** of your disease and **inform your future medical care**. Direct-to-consumer genetic tests, like 23andMe, will probably not give you the answers you need. **You need a pancreatitis-specific genetic test**-- consult a medical professional to discuss whether genetic testing is right for you.

Mutations in the following genes could increase your risk of pancreatitis: **PRSS1, CTRC, CPA1, CTSB, CEL, CFTR, SPINK1**.

Learn more about the role of genetics in chronic pancreatitis by visiting our website, [www.mission-cure.org](http://www.mission-cure.org)

We'd love to hear about your experience using this toolkit!  
Email us at [info@mission-cure.org](mailto:info@mission-cure.org) with thoughts, comments, or concerns.

# Mission:Cure

## References

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