

### Lower quality of life

Without treatment, EPI symptoms can become constant, interfere with activities, and lower your overall well-being.



### Osteoporosis

Over time, lack of nutrients can lead to thinning bones—osteoporosis.



### Malnutrition

With EPI, your body won't be able to get the nutrients it needs for your organs to function.



### Stomach and body pains

You could have stomach pain, gas, bloating, oily diarrhea, or muscle cramps.

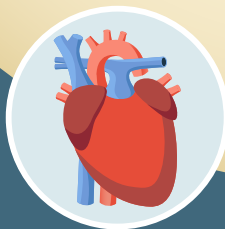


## Exocrine Pancreatic Insufficiency Left Untreated



### Weight loss

If you eat less or your body doesn't absorb nutrients, it can lead to loss of weight and muscle.



### Cardiovascular issues

A study found that people with EPI have a higher chance of stroke or heart attack.



### Weakness

Your body becomes too weak to push itself if it's unable to absorb proper nutrition.



### Fatigue

When your body doesn't get enough energy to function properly, you can feel very tired.

Reviewed by Brunilda Nazario, MD on 10/25/2022

SOURCES: Cleveland Clinic: "Exocrine Pancreatic Insufficiency (EPI)." Loma Linda University Health: "Exocrine Pancreatic Insufficiency (EPI)." *The Medical Journal of Australia*: "Diagnosis and management of pancreatic exocrine insufficiency." *World Journal of Gastroenterology*: "Less common etiologies of exocrine pancreatic insufficiency." *Journal of Gastroenterology and Hepatology*: "Pancreatic exocrine insufficiency and cardiovascular risk in patients with chronic pancreatitis: A prospective, longitudinal cohort study."