

ABOUT THIS BOOKLET

This booklet is a resource for patients and families who want to understand pancreatic neuroendocrine tumors (PNETs), a rare type of pancreatic cancer. The more information and knowledge you have, the more empowered you can be to make decisions with a PNET diagnosis.

Use this booklet as a reference guide to talk about PNETs with your healthcare team.

You are your own best advocate. The Pancreatic Cancer Action Network (PanCAN) strongly recommends that you discuss your treatment goals with your healthcare team and know all of your options at every stage of your disease.

And, our PanCAN Patient Services staff is trained in a wide variety of topics relating to PNETs with the goal to empower you to be your own best advocate.

Hablamos español. Contact PanCAN Patient Services toll-free at 877-2-PANCAN or email patientservices@pancan.org. Our Patient Services Help Line is available Monday – Friday, 7 a.m. – 5 p.m. Pacific Time, for support and information about:



Disease
and treatment



Know Your Tumor®
precision medicine
service



Clinical trials
– personalized
searches using our
comprehensive database



Diet and
nutrition



Pain and symptom
management



Pancreatic neuroendocrine
tumor specialists



Support
resources

All services are free of charge.

A glossary is provided at the end of this booklet for **bold** words in the booklet's text.

CONTENTS

1 THE PANCREAS

3 UNDERSTANDING CANCER

4 PANCREATIC CANCER

- 4 Pancreatic Exocrine Tumors
- 5 Pancreatic Neuroendocrine Tumors (PNETs)
- 6 Risk Factors

8 SYMPTOMS

- 8 Functional PNET Symptoms
- 9 Pain
- 9 Jaundice
- 10 Digestive Difficulties
- 10 Unexplained Weight Loss
- 10 Changes in Stools
- 11 Blood Clots
- 11 Depression
- 12 Diabetes
- 12 Ascites
- 13 Symptoms Related to Pancreatic Neuroendocrine Tumors

14 DIAGNOSIS AND STAGING

- 14 Imaging Tests
- 21 Nuclear Imaging
- 24 Biopsy
- 25 Genetic Testing and Counseling
- 26 Blood Tests
- 26 Staging
- 32 Surgical Resection Category

35 TREATMENT

- 35 Choosing a Doctor, Hospital and Treatment Plan
- 36 Treatment Options for PNETs
- 38 Surgery
- 38 Chemotherapy
- 40 Radiation Therapy
- 41 Targeted Therapy
- 42 Liver Directed Therapy
- 43 Hormone Therapy
- 44 Commonly Used Treatments
- 45 Clinical Trials
- 47 Finding a Clinical Trial
- 48 Precision Medicine

50 SIDE EFFECTS OF TREATMENT

- 51 Suggestions for Managing Side Effects

54 FINANCIAL ASSISTANCE

55 CULTURALLY SENSITIVE CARE

56 GLOSSARY