

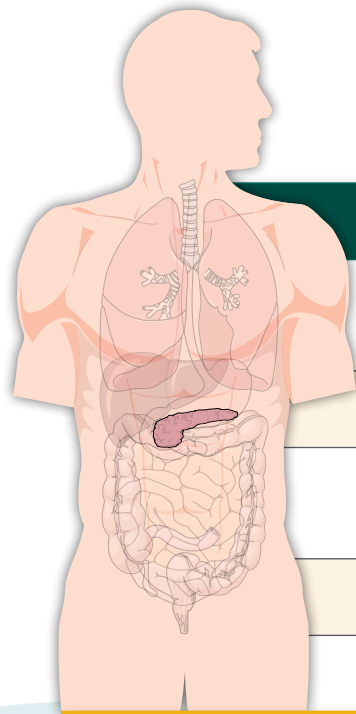
What you should know

- Pancreatic neuroendocrine tumors (pNETs) are an uncommon form of pancreatic cancer and can be challenging for your doctor to detect and manage
- They are tumors that vary in size and how fast they grow
- pNETs are different than other types of pancreatic cancer. They are typically not as life threatening
- pNETs arise from cells in your pancreas that produce hormones. These cells are called neuroendocrine cells

Different types produce different symptoms

- Some pNETs may produce excess amounts of hormones and release them into your body. These are called functional pNETs. Some of the symptoms caused by excess amounts of hormones are shown below
- However, most pNETs do not release hormones. These are called nonfunctional pNETs. Some of the symptoms caused by these tumors are shown below

Your doctors may refer to your pNET in a variety of ways. The table below highlights some common types of pancreatic NETs and the symptoms they produce.



Type of pNET	Main symptoms
Insulinoma	Hypoglycemia (low blood sugar), nervousness, excess sweating, blurred vision, confusion
Gastrinoma	Ulcers, stomach pain, diarrhea, heartburn
Glucagonoma	Diabetes (elevated blood sugar), rash, weight loss
VIPoma	Severe watery diarrhea, stomach pain
Nonfunctional	Back or stomach pain, weight loss

What to expect from your doctors

Your doctors may prescribe tests to track changes in your pNET, such as the tumor's growth or hormone levels in your blood.

Imaging tests

Name of test	What does it do?	When is it done?
Computed tomography (CT)	Shows where the tumor is located and its size	When you were first diagnosed and over time to see if your tumor has grown or changed
Magnetic resonance imaging (MRI)	Shows the difference between healthy tissue and a tumor	Can be used at the time of your diagnosis and to see if your tumor is growing or spreading over time
Octreoscan™	Shows certain types of NETs and disease that have spread to other parts of the body	May be used to see how far your tumor has spread

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Biochemical tests

Name of test	What does it do?	When is it done?
Chromogranin A (CgA) test	Measures blood levels of CgA, a substance released by all types of NETs	You may have had a CgA test when you were first diagnosed, and may continue to have this test over time so your doctors can track the results

Your doctor may also suggest other blood and urine tests to measure hormones.

Steps you can take

Take control of your health*

- **Exercise regularly.** Mild activity is best, such as walking. Get plenty of sleep, and take naps when you can. Avoid stress
- **Adjust your diet.** Some foods may exacerbate your symptoms

Teamwork is key

- **Talk openly with your doctors and nurses.** Ask lots of questions and write the answers down to read later
- **Find support.** There are many support groups and advocacy groups who want to help improve the lives of patients with pNETs

*Be sure to consult your doctor before making any changes to your diet and routine or engaging in any physical activity.

You're not alone

Visit The NET Alliance™ at www.thenetalliance.com, where you can connect with other patients with pNETs and find resources to help you better understand your disease.