



Indiana
Department
of
Health

Cancer Registry Newsletter A Focus on Neuroendocrine Tumors

Spotlight



Know you didn't!

Neuroendocrine tumors are rare and can occur anywhere in the body. Most neuroendocrine tumors occur in the lungs, appendix, small intestine, rectum and pancreas.

- More than 90% of all carcinoid/neuroendocrine tumor (NET) patients are incorrectly diagnosed and treated for the wrong disease.
- Average time from initial onset of symptoms to proper diagnosis exceeds five years
- Irritable bowel syndrome (IBS) and Crohn's are the two most common misdiagnoses for patients with midgut carcinoid.
- Most prevalent carcinoid/NET symptoms are diarrhea, constipation, abdominal pain, wheezing, flushing, heart palpitations, and blood pressure fluctuations
- A few simple blood tests, including serum serotonin, (NSE), chromogranin-A, pancreatic peptide, substance P, gastrin, 5-HIAA And neurokinin-A, can aid diagnosis.



Hydration and NETs

Staying hydrated is one of the best things you can do for your health, but hydration also plays a huge role in the treatment of neuroendocrine tumors.

- Your body needs more than just water to run smoothly. Fluids in your body contain electrolytes, which are substances that help regulate the flow of water in and out of our cells. Electrolytes help our tissues, nerves, muscles, and organs do their jobs.
- Loose, liquid stools of diarrhea can cause you to lose more fluids than you can take in. Unfortunately, diarrhea is a common symptom in NET patients, occurring up to 20 times a day.
- People who need help staying hydrated may turn to glucose-based hydrating drinks and sports beverages to increase their fluid levels. However, glucose can make diarrhea and dehydration worse. NET patients can benefit from hydrating with Enterade, which uses amino acids rather than glucose to deliver the fluids and electrolytes your body needs to stay hydrated. Enterade helps reduce dehydration, decrease diarrhea, and heal the lining of the GI tract to allow better absorption of water and nutrients.
- Dry-mouth and thirst are common signs of dehydration. Other signs of dehydration include not urinating for long periods of time, having urine that is darker than usual, headache, confusion or dizziness, lightheadedness, eyes that appear sunken, and unusual sleepiness or fatigue.

Remember to stay hydrated for your health! Learn more about Enterade [here](#).

Webinar focuses on abstracting neuroendocrine tumors

When is it? Noon EST, Feb. 28

What is it? Upon completion of this course, the attendee will be able to put into action all the elements involved with abstracting Neuroendocrine Tumors. The attendee will also understand the etiology of Neuroendocrine Tumors and will be able to identify key characteristics and risk factors related to the diagnosis of Neuroendocrine Tumors. The attendee will leave with a better understanding of Neuroendocrine Tumors and how to utilize all resources available for abstracting these types of cases.

Where do I sign up? [CLICK THIS LINK](#)



To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

Indiana Department of Health
2 North Meridian Street • Indianapolis, Indiana 46204 • 317-233-1325 • health.in.gov

