

# Sample Ask a Librarian Information Packet

Hello [REDACTED]

Attached is a selected bibliography that lists links to reliable, current consumer information websites that discuss general aspects of neuroendocrine tumors.

There are several links to primarily non-profit or government agency affiliated web sites such as the National Library of Medicine or the American Cancer Society, that present solid background information on neuroendocrine tumors, and information that has been prepared specifically with the health consumer in mind. We generally avoid commercial websites or those with advertising.

I also included the attached pamphlet from the consumer health section of one of our major licensed databases. Please don't hesitate to let me know if you would like additional material, or if you are interested in a specific aspect or if you would like a whole new search on an altogether different subject.

As our disclaimer\* below states, The Ask a Librarian service is not intended to dispense medical advice nor does it replace or substitute for a conversation with your medial provider or physician. We hope however that the information presented may actually help further your knowledge or facilitate any discussion with a medical provider.

You might also consider checking with your local public library for any books on the topic, as many of the public libraries loan out quality books on a wide range of consumer health topics of interest.

Again, we can look further and also provide additional PDFs from other subscription databases if you'd like.

I hope that the content presented is useful to you and please let me know if you have any questions or if we can be of additional assistance.

*\* The "Ask a Librarian" service provides selected, background information related to your topic of interest. It does not include ALL available information in existence. The information here does not replace the expert advice of your health care provider or physician. It is important to consult your medical provider for information on a given condition, test, medical procedure, therapy or wellness information. Your health care provider should be the source of medical advice related to your specific concerns.*

Sincerely,

Ellen Brassil

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*Library and Knowledge Services: Fast access to reliable health sciences information*

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## **Neuroendocrine Tumors: Selected Internet Resources**

Neuroendocrine Tumor Research Foundation. 2019. [Learn about neuroendocrine tumors \(NETS\)](#). Netrf.org

American Society of Clinical oncology. 2018. [Neuroendocrine Tumor of the Gastrointestinal Tract: Introduction](#). Cancer.net.

Cancercare. 2019. [Neuroendocrine tumors](#). info@cancercare.org

Mayo Foundation for Medical Education. 2019. [Neuroendocrine tumors: symptoms and causes](#). Mayoclinic.org

American Cancer Society. 2019. [What is pancreatic neuroendocrine tumor?](#) Cancer.org.

Pancreatic Cancer Action Network. 2019. [Pancreatic neuroendocrine tumors](#). Pancan.org

Carcinoid Cancer Foundation. 2011. [The Carcinoid cancer Foundation: for patients](#). Carcinoid.org.

Mayo Foundation for Medical Education. 2019. [Neuroendocrine tumors](#). Mayoclinic.org

American Cancer Society. 2019. [Pancreatic neuroendocrine tumor \(NET\)](#). Cancer.org

National Cancer Institute. 2018. [Pancreatic neuroendocrine tumors \(Islet cell tumors\) treatment \(PDQ ©\)-patient version](#). Cancer.gov

U.S. National Library of Medicine. 2019. [Sunitnib](#). Medlineplus.org

U.S. National Library of Medicine. 2019. [Lanreotide injection](#). Medlineplus.org

Mayo Foundation for Medical Education. 2019. [Carcinoid tumors](#). Mayoclinic.org

Daly, P.A. and Landsberg, L. Merck Manual Consumer Version. 2019. [Multiple neoplasia endocrine syndromes \(MEN\)](#). Merckmanuals.com

American Cancer Society. 2018. [Signs and symptoms of pancreatic neuroendocrine tumor](#). Cancer.org

Shinohara, E., OncoLink Team. 2019. [All about carcinoid \(neuroendocrine\) tumors](#). Oncolink.org

Lexicomp Online. Patient Education. 2019. *Neuroendocrine tumor*. Leaflet. PDF Attached document.

## Neuroendocrine Tumor

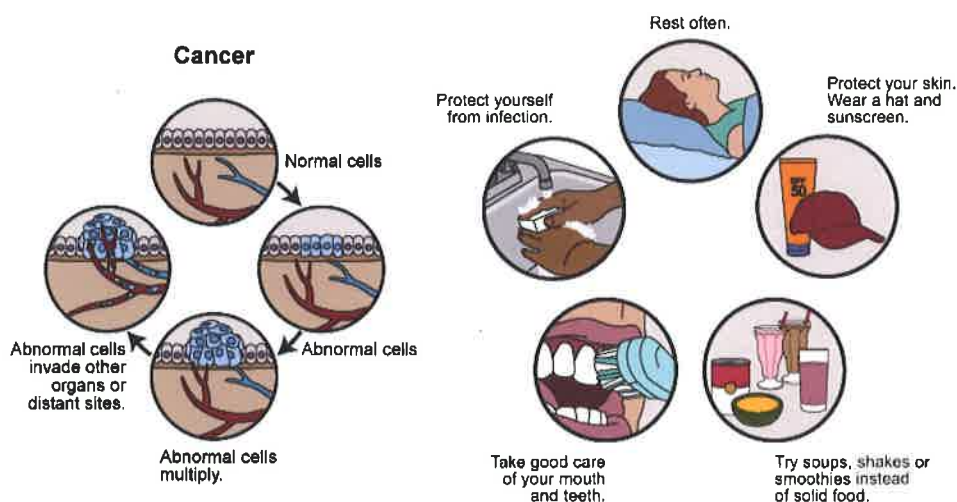
Printed on 2019-12-12

You must carefully read the "Consumer Information Use and Disclaimer" below in order to understand and correctly use this information

### About this topic

Neuroendocrine tumors, or NETs, are abnormal growths of cells somewhere in your neuroendocrine system. The neuroendocrine system are the parts of your body that release hormones after a signal from your nervous system. Hormones are chemicals that are released by organs in one part of the body, travel through the blood, and have effects on other organs. An example of a hormone is insulin, which helps your body control its blood sugar. The neuroendocrine system has parts all across your body. NETs may or may not be cancer. They can be slow growing or fast growing. Fast growing tumors are more likely to spread to other places.

### Chemotherapy Care



### What are the causes?

Doctors do not know exactly what causes NETs.

### What can make this more likely to happen?

- Being age 60 or older
- Having certain genes that may cause other cancers

### What are the main signs?

The signs for a NET are based on where in the body the NET is and what organs are involved. Your signs may be based on the kind of hormone that is affected. Some NETs do not cause any signs at all.

- Belly pain, swelling, or cramps
- Upset stomach or loose stools
- Feeling weak or tired
- High or low blood sugar
- Bright red or dark blood when you throw up or in your stool
- Weight loss

- Yellowing of the skin
- Headaches
- Rash
- Blood clots

### **How does the doctor diagnose this health problem?**

The doctor will ask questions about your history and will do an exam. The doctor may order:

- Lab tests
- MRI or CT scan
- Ultrasound
- X-rays
- Biopsy

### **How does the doctor treat this health problem?**

Your treatment will be based on the type of cancer cells that are found. Treatment will also be based on the stage and if the cancer has spread. Your treatment may include surgery, radiation, or drugs called chemo.

You may need surgery to:

- Take out any tumor or explore where the cancer is in your belly
- Take out lymph nodes that have cancer cells or to check for cancer cells

### **What lifestyle changes are needed?**

- Eat healthy foods. Proper nutrition and healthy eating will help you recover. Ask your dietitian to help you make a balanced eating plan. Drink at least 8 glasses of water each day.
- Stop smoking cigarettes.
- Avoid drinking beer, wine, and mixed drinks (alcohol) and caffeine.
- Physical activity or exercise can lower fatigue and weakness. Exercise builds up your energy and helps strengthen your body.
- Get lots of rest and sleep. Try to take naps if needed.

### **What drugs may be needed?**

The doctor may order drugs to:

- Kill cancer cells
- Control pain
- Prevent infection
- Help with side effects like upset stomach and throwing up
- Help control your hormones

### **Helpful tips**

- Your doctor may ask you to make visits to the office to check on your progress. Be sure to keep your visits.
- Join a support group. Support can help you understand and deal with your illness.

### **Where can I learn more?**

American Society of Clinical Oncology

<http://www.cancer.net/cancer-types/neuroendocrine-tumor/overview>

Macmillan Cancer Support

<http://www.macmillan.org.uk/Cancerinformation/Cancertypes/Neuroendocrine/Overview.aspx>

National Cancer Institute

<https://www.cancer.gov/types/pancreatic/patient/pnet-treatment-pdq>

National Cancer Institute

<https://www.cancer.gov/types/gi-carcinoid-tumors/patient/gi-carcinoid-treatment-pdq>

**Consumer Information Use and Disclaimer:**

This information is not specific medical advice and does not replace information you receive from your health care provider. This is only a brief summary of general information. It does NOT include all information about conditions, illnesses, injuries, tests, procedures, treatments, therapies, discharge instructions or life-style choices that may apply to you. You must talk with your health care provider for complete information about your health and treatment options. This information should not be used to decide whether or not to accept your health care provider's advice, instructions or recommendations. Only your health care provider has the knowledge and training to provide advice that is right for you.

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 Wolters Kluwer

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