



**NET Fusion** is an educational disease awareness program from Novartis Oncology designed to help patients with carcinoid syndrome better understand the science of their food.

## About Carcinoid Syndrome



- Carcinoid syndrome is a set of symptoms that occurs when carcinoid tumors produce excess hormones
- Carcinoid tumors are the most common type of neuroendocrine tumors (NET), a cancer that arises from cells that make and release a variety of hormones that regulate bodily functions
- Symptoms of carcinoid syndrome can include flushing (redness of the face, neck, or upper chest), diarrhea, and abdominal pain, among others

Through digestion, the body breaks down foods to provide nutrition, hydration, and energy. Certain types of foods and meals may worsen carcinoid syndrome symptoms, requiring patients to make changes to their diet and how they eat. Understanding how certain types of food, like acids, dairy, or carbohydrates, break down in the body and impact carcinoid syndrome symptoms can help patients make educated decisions about their diet while maintaining proper nutrition.

### 1. High fiber foods



Bran or whole grain food products like shredded wheat cereal are high in fiber. When fiber passes through the digestive system, **it collects water to help soften stools**. This can worsen diarrhea in patients with carcinoid syndrome.

### 2. Hot spices



Hot spices, including pepper, cayenne pepper, and mustard, contain substances that can irritate the lining of the stomach and intestines, causing foods to move more quickly through the digestive tract. When this happens, food is not properly digested and **can lead to looser stools or diarrhea**. People living with carcinoid syndrome often experience diarrhea due to their disease, and spicy foods can worsen this symptom.

### 3. Foods high in fat



Patients with carcinoid syndrome may not digest and absorb fat efficiently. Foods high in fat like some oils, fried foods, and baked goods **can cause the small intestine and the colon to release more water**, resulting in watery stools and diarrhea.

### 4. Large meals



**Large meals can overload the digestive system.** Patients with carcinoid syndrome may have more trouble breaking down food, so it is important to limit the amount of stress placed on the digestive system at one time. Smaller meals throughout the day may help patients with carcinoid syndrome more easily digest food and efficiently absorb nutrients.

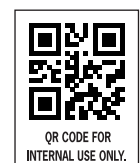
To learn more about the science of food and connect with other patients who have carcinoid syndrome, please visit [www.facebook.com/CarcinoidConnection](http://www.facebook.com/CarcinoidConnection)



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