

**Neuroendocrine Tumor Clinic**  
 Collaboration between LSUHSC and OMCK  
 200 West Esplanade Ave., Suite 200 ▪ Kenner, LA 70065  
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 We're on the Web! Visit us at [www.ochsner.org/nets](http://www.ochsner.org/nets)

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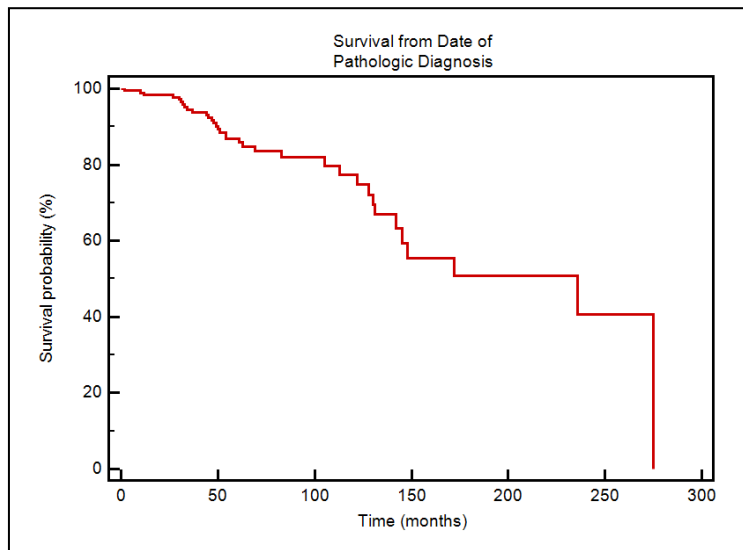
## Recent Research from Our Clinic



### Surgical Cyto-reduction of Stage IV, Well-Differentiated, Small Bowel Neuroendocrine Tumors (NETs)

By: Dr. Eugene Woltering

A search of our patient database was done to determine the number of patients with small bowel primary tumors that underwent surgical cyto-reduction at our clinic. This group was further filtered to include only those patients with distant disease, well-differentiated primary tumors, and no significant co-morbid conditions. This resulted in a total number of 189 patients, with a total of 229 surgeries. This patient group was analyzed in a variety of ways. Presented below is some preliminary survival data.



n= 189	
Mean Survival (Months)	236
5 year Survival ± SE	87% ± 0.029
10 Year Survival ± SE	77% ± 0.047
20 Year Survival ± SE	41% ± 0.114

\*Current as of March, 2012.



### The Effects of Peritoneal Carcinomatosis in the Prognosis of Patients with Advanced Midgut NETs

By: Dr. Yi-Zarn Wang

Peritoneal carcinomatosis from most malignancies is generally associated with a poor prognosis. However, the clinical implication of peritoneal carcinomatosis from midgut neuroendocrine tumors remains undefined. Given the indolent nature of midgut NETs, we hypothesized that carcinomatosis in these patients does not inherently translate into a poor prognosis.

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The charts of 177 consecutive midgut NET patients, operated on at our institution, with distant metastatic disease were reviewed. Patients were divided into three groups, those with peritoneal carcinomatosis without liver metastases (n=8), those with liver metastasis without carcinomatosis (n=119), and those with carcinomatosis and liver metastasis (n=50). We determined that in midgut NETs, peritoneal carcinomatosis, without liver metastases, is generally well tolerated. However, in the presence of liver metastases, carcinomatosis appears to transform an indolent disease course into a more aggressive one. The mechanism of potentiation for this malignancy and any predictors that could alert clinicians to the development of synchronized carcinomatosis and liver metastases warrants further studies.



## Nutrition Corner:

### Don't Forget to Add Mushrooms

By: Leigh-Anne Burns

Vitamin D is gaining increased recognition due to its possible role in decreasing the risk of chronic illnesses or disease. It is also necessary for health maintenance during cancer treatment for many patients experiencing malabsorption and diarrhea.

Humans obtain vitamin D from exposure to sunlight, from the diet and from dietary supplements.

The most usable form of Vitamin D comes from sunlight. However, lengthy, direct exposure to the sun is not recommended by many healthcare professionals due to the high risk of skin cancer.

Boston University Dermatology concluded that very small amounts of sun exposure provides the necessary amounts of Vitamin D, and that increasing length of exposure has no increase in benefit.<sup>1</sup>

Dietary intake is the most highly recommended method for consuming Vitamin D, but many sources in foods are challenging for patients to digest. Mushrooms are easy to digest and exposing them to light prior to cooking can add the daily requirements of Vitamin D.

<sup>1</sup>Deon Wolpowitz, MD, PhD, and Barbara A. Gilchrest, MD. Vitamin D Dilemma Skin Cancer Foundation Webpage 03/21/2013 The Skin Cancer Foundation, Department of Dermatology, Boston University School of Medicine

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## Spinach Stuffed Mushrooms

Yield: 8 servings

*1 cup finely chopped spinach*

*8 large mushrooms (exposed to light prior to cooking)*

*1 bunch green onions, finely chopped, greens only*

*½ cup red bell pepper*

*2 T butter, olive oil, or fat substitute*

*2 t butter flavored powder*

*¼ t nutmeg and/or ginger*

*¼ t garlic and/or onion powder*

*¼ t salt or salt substitute*

*Pepper if tolerated*

*½ cup seasoned bread crumbs or quinoa*

*Grated Italian cheese*

Cook spinach, place in strainer and press out liquid. Wash the mushrooms and remove stems. Chop the stems finely and sauté with onions and bell pepper in butter until tender. Add the spinach, cook until all moisture has evaporated. Add seasonings/breadcrumbs/quinoa as desired. Fill the hollow of each mushroom with a spoonful of stuffing (add cheese if desired) and place in a buttered glass pan. Add ¼ inch water to the pan and bake at 350 degrees for 20 minutes.

# OMC-K GOES LIVE WITH **Epic**


Something EPIC has arrived to **our Clinic!** As always, we are making improvements to the tools our physicians and nurses use to take care of you.


EPIC is our new Electronic Medical Record (EMR) providing one integrated medical record across many Clinic and Hospital locations throughout the US!


EPIC is providing many benefits including allowing patients access to their own records 24/7. This new electronic system ensures your medical records are kept safe and accessible anywhere and anytime!

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## Interesting Facts

 Even before Epic, our clinic had an electronic database that stored pertinent patient information. We routinely update this database and it is a great research tool.

 Currently our database holds information on over 1,500 patients.

 Our database was searched to generate the patient group

## Online Resources for Patients

For those of you who like to surf the net, below are some reputable websites to check out for information relating to your diagnosis.

*ACOR.org*: An online community to help patients connect with each other (search “carcinoid” or “neuroendocrine”).

*Carcinoid Cancer Awareness Network (CCAN)*: A non-profit organization whose mission is to intensify awareness of carcinoid cancer in both the medical community and general public.

*Carcinoid.com*: A website devoted to helping patients take control of their carcinoid syndrome.

*North American Neuroendocrine Tumor Society (NANETS)*: Professional organization that aims to improve NET disease management through research and education.

*The Carcinoid Cancer Foundation*: Founded in 1968 when NIH fun for rare cancers was terminated.

*www.carcinoidinfo.info/Carcinoid.htm*: Susan Anderson patient advocate for carcinoid and NET awareness.

*Caring for Carcinoid Foundation*: The leading 501(c)(3) nonprofit dedicated to discovering a cure for carcinoid cancer.

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## Mark your calendars...

### 2<sup>nd</sup> Annual Smokin' Butt Fest Fundraiser

Charlotte, NC; Saturday, June 1, 2013

### NET Cancer Patient Conference

Rochester, MI; Saturday, June 8, 2013

### NET Cancer Patient Conference

Orlando, FL; Saturday, September 21, 2013

Visit [www.carcinoidawareness.org](http://www.carcinoidawareness.org) for more information.

### Louisiana Carcinoid/NET Patient Support Group

Ochsner Medical Center-Kenner; Last Sunday of the month in January and June (3pm)  
Contact [Louisiana.nets@gmail.com](mailto:Louisiana.nets@gmail.com) for meeting dates and times or with any questions.

# Our Physician Team: A Multi-Disciplinary Approach



**J. Philip Boudreaux, MD, FACS**  
*Professor of Surgery at  
LSUHSC School of Medicine;  
Director of Liver/Pancreas  
Transplant Services*

Dr. Boudreaux's surgical interests include surgical treatment of neuroendocrine tumors, hepatobiliary and pancreatic surgery, radio frequency ablation of liver tumors, liver, pancreas and kidney transplantation, and organ donation.



**Richard Campeau, MD, FACNM**  
*Clinical Professor of Radiology  
and Internal Medicine at  
LSUHSC and Tulane University*

Dr. Campeau's clinical interests include diagnosis and staging of neuroendocrine tumors, nuclear medicine therapies, nuclear medicine imaging exams: 1-123 MIBG, In-111 octreoscans, PET/CT, thyroid scanning, hepatic imaging and others.



**Virendra Joshi, MD, AGAF**  
*Advanced Endoscopy Services,  
Ochsner Medical Center*

Dr. Joshi completed fellowship training in Gastroenterology, Hepatology & Nutrition, and Advanced Endoscopy. He is Board Certified in Gastroenterology & Hepatology and Internal Medicine. He specializes in advanced interventional endoscopy.



**Ryan Majoria, MD**  
*Interventional Radiologist,  
Proctor for Y-90 SirSpheres  
Radioembolization*

Dr. Majoria specializes in Y-90 procedures, extending survival rates for patients with inoperable liver cancer. He has completed hundreds of treatments with SIR-Spheres® microspheres containing yttrium-90, a beta-radiating isotope.



**Daniel Raines, MD**  
*Assistant Professor at LSUHSC  
School of Medicine; Acting  
Section Chief for LSU  
Gastroenterology*

Dr. Raines specializes in evaluation and treatment of digestive disease, including both gastroenterology and hepatology. His current focus of research is in the field of small bowel disease.

He is one of the few gastroenterologists in the country that performs balloon enteroscopy to evaluate the entire small intestine.



**Robert Ramirez, DO**  
*Assistant Professor of Clinical  
Medicine at LSUHSC School of  
Medicine*

Dr. Ramirez's clinical interests include thoracic malignancies, gastrointestinal malignancies, and carcinoid tumors. His research is geared towards lung and neuroendocrine tumors. He is board certified in internal medicine and medical oncology.



**Yi-Zarn Wang, MD, DDS, FACS**  
*Professor of Surgery at  
LSUHSC School of Medicine*

Dr. Wang's clinical interests include neuroendocrine tumors and all types of cancer, including cancer of the liver, pancreas, esophagus, stomach, intestine, colon/rectum, soft tissue, retroperitoneal and melanoma.



**Eugene Woltering, MD, FACS**  
*James D. Rives Professor of  
Surgery and Neuroscience;  
Section Chief of Surgical  
Endocrinology at LSUHSC  
School of Medicine*

Dr. Woltering specializes in the diagnosis and management of all types of neuroendocrine tumors. His laboratory has produced over 150 peer reviewed publications and has 16 patents, most of which apply directly to neuroendocrine tumors.