

Carcinoid Syndrome

NET Tip Sheet

Carcinoid syndrome may occur as a result of excessive hormone production by serotonin-producing NETs. Not everyone will develop carcinoid syndrome. Contact your doctor if you experience any of the following symptoms.

Symptoms^(1, 2, 4)

- Flushing/redness and warmth of skin
- Diarrhoea
- Abdominal cramping
- Wheezing

Potential Triggers^(1, 2, 4)

- Large meals
- Alcohol
- Fatty foods
- Tomato
- Chocolate
- Spicy food
- Amine containing foods



Niacin (Vitamin B3) Deficiency⁽³⁾

Some patients with carcinoid syndrome can develop niacin deficiency. Contact your doctor about whether a supplement is required.

Symptoms you may experience:

- Diarrhoea
- Memory loss
- Depression
- Fatigue
- Swollen mouth
- Thick scaly rash

Amine Containing Foods^(1, 2)

The following may worsen symptoms, limit if you think they do:

- Aged cheese
- Alcohol
- Coffee
- Sauerkraut
- Banana, avocado, raspberries
- Smoked or pickled meats
- Brazil and peanuts
- Fermented soy products (soy sauce, miso, tofu)
- Marmite, Vegemite, Oxo and Bovril



Carcinoid Syndrome Nutritional Tips

- Keep a food and symptom diary to identify foods that trigger symptoms.⁽⁴⁾
- Minimise potential triggers in your diet.⁽⁴⁾
- To ensure adequate dietary niacin, include lean meats, wholegrains, vegetables, legumes and some nuts.

This tip sheet is just a guide, for more personalised information contact a dietitian.

References

1. Leyden, Neuroendocrine Tumours: A guide for patients and carers, Unicorn Foundation Australia 2015
2. Whyand T, Davies P, and Caplin, *Food and Neuroendocrine Tumours*, The NET Unit, Royal Free Londond Foundation Trust 2014
3. Jin XF, Spampatti MP, Spitzweg C, and Avernhammer CJ, Supportive therapy in gastroenteropancreatic neuroendocrine tumors: often forgotten but important, *Reviews in Endocrine and Metabolic Disorders*, 2018
4. Schnaid C, Kennedy E, *Nutrition and Neuroendocrine Tumours*, Unicorn Foundation Australia, 2017