

Date: _____

Dear _____:

You have completed recommended follow up for your low-grade neuroendocrine cancer. Your follow-up care will be provided by your family physician/nurse practitioner. Information regarding your further care will be sent to your family physician/nurse practitioner. Please contact them to set up an appointment.

We recommend the following care for you:

- Annual (once a year) examination for 10 years or longer if advised by your family physician/nurse practitioner.
- CT scan of your abdomen and pelvis once a year for 10 years. For patients younger than 40 years of age, an MRI of the abdomen and pelvis may be ordered instead of a CT scan.
- For Type 1 gastric neuroendocrine tumour ≤ 2 cm, upper GI endoscopy once a year (camera examination of your stomach and first part of the small bowel)
- For lung, CT scan of the chest once a year for the next 10 years.
- Observation after treatment is usually not recommended for tumours of the appendix (appendiceal) < 2 cm or T1 low-grade rectal tumours < 1 cm in size.

If you develop any of the following symptoms, contact your family physician/nurse practitioner right away.

- Facial flushing (getting red in the face and or chest) for no apparent reason
- Shortness of breath with wheezing
- Watery diarrhea
- Bleeding from the rectum or black stool
- Constipation
- Abdominal pain, nausea and vomiting
- Unexplained weight loss

We encourage you to live a healthy lifestyle, which includes a healthy diet, exercise and avoiding smoking or excessive alcohol consumption. Please feel free to contact the Psychosocial Oncology Department if you need assistance with quitting smoking or access to other supportive care services or resources.

Allan Blair Cancer Centre: 306-766-2213

Saskatoon Cancer Centre: 306:655-2662

Although you have been discharged from follow-up care at the cancer centre, your family physician/nurse practitioner can refer you back to the cancer centre if you require our care in the future.

Guidelines for neuroendocrine tumour follow-up care are available on the Saskatchewan Cancer Agency website at www.saskcancer.ca in the Health Professionals – Clinical Resources section.

Sincerely,

Dr. _____