Role of somatostatin analogues in the treatment of neuroendocrine tumors (NETs), experience of Virgen de las Nieves University Hospital

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Introduction: NETs treatment with somatostatin analogs (SSA) is a widely used option for its antisecretory and recently demonstrated antiproliferative actions. The purpose of our study was to analyze the role of SSA in patients (pts) with NETs and its effectiveness in producing an antiproliferative effect.

Methods: We analyzed 24 pts with NETs who initiated treatment with SSA in our Unit between December 2002 and June 2012. Median age was 52.5 years (14-75 years), 58.3% male and 41.7% female. Pancreatic location 29.2% and non-pancreatic 70.8% (lung 20.8%, intestinal 20.8% and other 29.2%). 50% had more than one metastatic location with the most frequent being liver metastases. 14 pts had surgery of the primary tumor. 91.7% had low-moderate differentiation and 8.3% had a high degree. Of the 24 pts treated: 6 pts received lanreotide and 18 pts received octreotide.

Results: Of the 24 pts treated with SSA: 21 pts demonstrated clinical improvement (87.5%) with partial response or stabilization of the disease. 16.7% of those presented biochemical response and 70.8% radiological response or stabilization. 3 pts had disease progression within 6 months. After the first year of treatment, 66.3% of pts had not progressed, with a median progression-free survival (PFS) of 27 months and overall survival (OS) of 44 months. No G3-4 toxicities to motivate discontinuation of the treatment were found.

Conclusion: Our study confirms the role of SSA in the treatment of NETs. They demonstrate efficient antiproliferative action, and represent an option for a multidisciplinary approach with these pts.