You have been diagnosed with a Pancreatic Cyst. This short guide will help you understand the different methods used to determine the best course of treatment. Along with a description of the different diagnostic options, there is a list of questions to help you prepare for a conversation with your physician. It is important to work closely with your physician for your diagnostic workup. Doing so could save you an unnecessary surgery or get you to a treatment sooner.

**Who should you contact?**

You will likely be referred to a pancreatic cyst specialist. This is most often a gastroenterologist who will want to provide further screening that can be used to classify the cyst, as either cancerous or pre-cancerous (i.e. mucinous), or benign (i.e. non-mucinous). Pre-cancerous and cancerous cysts are often surgically removed.

Most often, the gastroenterologist will want to perform an Endoscopic Ultrasound (EUS) procedure. Characterizations from the EUS procedure will determine the course of treatment.

**What you need to know about Endoscopic Ultrasound (EUS)**

EUS is an imaging procedure during which a flexible endoscope is passed orally down to the stomach and duodenum. It allows the physician to visualize your pancreatic cyst.

During this procedure, the physician also has the ability to place a needle through the endoscope and into the cyst to collect samples of its inner contents (often fluid). This is referred to as EUS Fine Needle Aspiration (EUS-FNA).

Unfortunately 1 out of 5 cysts remain undefined after EUS\(^1\) and 50% still miss clear diagnostic information after EUS-FNA\(^2\).

Due to uncertain diagnosis, 60% of patients with benign pancreatic cysts undergo surgery which may not have been needed\(^3\).

**What are your alternatives?**

Luckily, with recent advances in medical imaging, there is a new technology that has been shown to improve diagnostic yield. **Suggested questions about needle-based Confocal Laser Endomicroscopy (nCLE) are listed on the following page.**

Learn more about pancreatic cysts & find a physician using nCLE today on diagnosingPancreaticCysts.com

What is nCLE?

Needle-based Confocal Laser Endomicroscopy (nCLE)

nCLE or “Digital Optical Biopsy” is a safe way of looking at cells inside the body using a very small microscope. This microscope is a long, thin, flexible fiber-optic miniprobe which can be threaded down a needle. nCLE can be used to examine a pancreatic cyst to determine if signs of cancer are present- in real-time. The procedure is easy to perform, quick and yields the most accurate results available.

Published clinical trials have shown that nCLE provides high precision characterization of various types of cysts:

- Mucinous (potentially cancerous) cysts can be confirmed in about 80% of cases with very high specificity.\(^6\)\(^,\)\(^7\)
- Serous cystadenomas (benign) can be confirmed by nCLE in 7 cases out of 10, with very high specificity.\(^8\)

The incidence of pancreatic cysts in the US population is estimated between 3% and 15% \(^1\) \(^1\) \(^1\) \(^1\) \(^1\) but only 2% of cysts are malignant at diagnosis \(^1\) \(^2\) and only very few degenerate into pancreatic cancer. Working closely with your physician to define the best diagnostic workup is important to pancreatic cancer early detection and treatment.

References: