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# Standard Imaging Techniques for Neuroendocrine Tumors

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## KEYWORDS

- Computed tomography • Magnetic resonance imaging
- Positron emission tomography • Neuroendocrine tumors

Several diagnostic imaging techniques including computed tomography (CT), magnetic resonance imaging (MRI), positron emission tomography (PET)/CT, single-photon emission CT (SPECT), and SPECT/CT have been used successfully over the years in the evaluation of patients with neuroendocrine tumors (NET). Detection of distant disease and the primary tumor is critical for optimal management of patients with this malignancy.<sup>1</sup> This article reviews the various imaging methods and their respective advantages and limitations for use in different types of NETs and in particular carcinoid tumors. The reader is also referred for additional information to several excellent recent reviews on this subject.<sup>2–5</sup>

## CT/MRI

CT and MRI are typically the initial imaging techniques used in the evaluation of most patients with suspected NETs both for the detection of the primary tumor and for detection of possible local or distant metastases. CT and MRI are fairly sensitive for detection of many types of primary NETs.<sup>6</sup> Sensitivity, however, may be limited in some cases for recurrent or metastatic disease. MRI appears to be more sensitive than CT for liver and bone marrow metastases, but small nodal metastases may be

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missed by either type of examination. Because these techniques primarily detect altered anatomy, they have only modest specificity.<sup>6</sup>

Most NETs are depicted on CT or MRI as enhancing lesions during the arterial phase of contrast delivery.<sup>7</sup> This is true for both the primary tumor and most metastases. Noncontrast images typically demonstrate low-density mass lesions on CT for either the primary or for metastases. Metastatic lesions often demonstrate low signal intensity on T1 weighted images versus high signal intensity on T2 weighted noncontrast images; however, there is significant patient-to-patient variability in this regard.<sup>8</sup> In general, multiphasic imaging, including the noncontrast phase, is required for optimal accuracy in this setting with either imaging method.<sup>9</sup>

### SPECT/CT

The value of combining CT with SPECT in a single procedure cannot be overemphasized when imaging patients with the radiopharmaceuticals that will be discussed. When a SPECT/CT machine is not available, careful image correlation with standalone CT should be performed.<sup>10</sup>

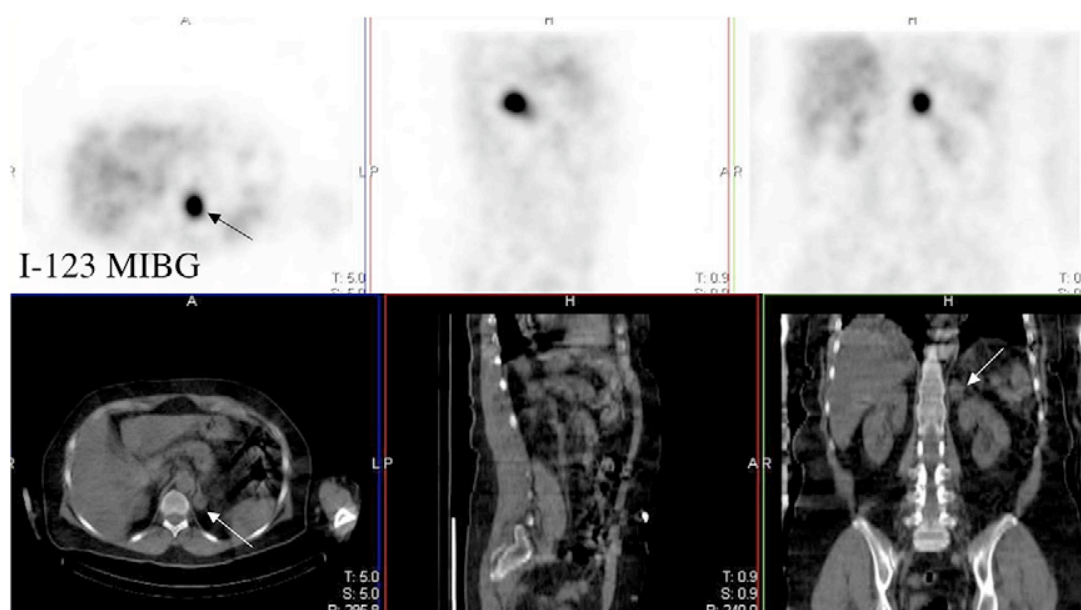
Localization of a focus of uptake from either of these radiopharmaceuticals to a particular organ or structure in the body can mean the difference between a false-positive and a true-negative result. Moreover, at times subtle uptake that otherwise might be written off as insignificant may be deemed important by recognition of its location on CT. A good example of this is in abdominal or mesenteric lymph nodes, where metastatic disease can be recognized by seeing that there is even mild tracer uptake in a normal-appearing node on CT or MRI.

### I-123 OR I-131 METAIODOBENZYLGUANIDINE

Metaiodobenzylguanidine (MIBG) is a norepinephrine analog that is actively concentrated in neuroendocrine tumor cells via the type 1 uptake mechanism. In most NET tumor cells, this molecule is then stored in neurosecretory granules. Originally, MIBG was labeled with I-131 for imaging, and subsequently therapy of pheochromocytoma. Over time its utility has been expanded to other NETs. The imaging properties of I-123 are notably superior to I-131, and clinical comparison studies make it clear that I-123 MIBG should be used in place of I-131 MIBG for imaging.<sup>11</sup> Perhaps most importantly, the use of I-123 makes it possible to obtain high-quality SPECT images, which significantly improves sensitivity. When combined with CT as SPECT/CT, specificity is improved as well.<sup>12,13</sup> In one study, for example, an additional 8% of lesions were conspicuous on I-123 MIBG images compared with I-131 MIBG in patients with pheochromocytoma.<sup>11</sup> **Fig. 1** shows an example of a patient with pheochromocytoma imaged with SPECT/CT using I-123 MIBG.

The normal organ pattern of MIBG distribution includes salivary glands, liver, bladder, and faint uptake in kidneys. The heart also may show substantial uptake of MIBG. The thyroid gland is generally not seen if patients have been adequately prepared with SSKI or Lugol's solution to block free I-123 or I-131 uptake in this organ. Brown fat accumulates MIBG as well and is particularly notable in the winter and more common in children. While the base of the neck and mediastinum are perhaps the most common sites for brown fat, other locations include perirenal and perispinal regions.<sup>14</sup> An often overlooked cause for false-positive findings with MIBG is physiologic contralateral adrenal hypertrophy following adrenalectomy.<sup>15</sup>

MIBG uptake in tumor cells may be inhibited by certain medications, including sympathomimetics such as pseudoephedrine, or other drugs including reserpine, calcium channel blockers, tricyclic antidepressants, and labetalol.<sup>16</sup> It is generally



**Fig. 1.** Single-photon emission computed tomography/computed tomography (CT) examination with I-123 metaiodobenzylguanidine (MIBG) from a patient with a left adrenal pheochromocytoma. Tumor is depicted by white arrows on CT and black arrow on MIBG images.

advised that patients should discontinue these medications 3 to 4 days before administration of MIBG if clinically feasible.

Finally, NETs of the pancreas are not often MIBG positive; therefore there is probably no role for this agent in patients who have these tumor types.<sup>17</sup>

### IN-111 PENTETREOTIDE (OCTRE OSCAN)

Somatostatin (SST) is a 28 amino acid peptide that has a variety of endocrine regulatory functions mediated through binding of this peptide to specific receptors on target cells throughout the body. There are five known SST receptor subtypes. Octreotide is an 8 amino acid cyclic peptide derivative of SST that binds primarily to SST receptor types 2 and 5. In-111 linked by a chelating agent to this peptide is marketed under the trade name Octreoscan (In-111 pentetreotide).

Most NETs express SST receptors, predominately type 2. Scintigraphic imaging with In-111 pentetreotide has become one of the standard methods for detection of NETs. Both sensitivity and specificity are improved with SPECT/CT when imaging with In-111 pentetreotide.<sup>18</sup> Imaging at 4 hours helps to avoid interfering with bowel uptake that is typically present at 24 hours. However, at 24 hours after injection the target (tumor)-to-background signal ratio is usually optimal. In patients on chronic therapy, it is advisable to withdraw cold octreotide immediate-release formulation 24 hours before scintigraphy. In patients treated with long-acting formulations, SRS imaging should be performed just before the next long-acting formulation administration.<sup>19</sup>

The normal pattern with In-111 pentetreotide includes intense activity in bladder, kidneys, and spleen, with lesser concentration in normal liver and bowel. Other less common sites of physiologic uptake include gallbladder, thyroid, and rarely pituitary. It is important for clinicians to keep in mind that certain inflammatory lesions will also concentrate this radiopharmaceutical. This is due to the fact that activated lymphocytes express SST receptors. Additionally, other types of malignancies may express these cell surface receptors, including some of the lymphomas.<sup>20</sup>

## PET/CT

A number of PET radiopharmaceuticals have been studied as agents for detection of NETs. This section will focus on three in particular: fluorodeoxyglucose (F-18 FDG), which is widely available; Ga-68 octreotide, and F-18 fluorodehydroxyphenylalanine (DOPA). Nearly all modern health care facilities have access to PET or preferably PET/CT. PET has several advantages over imaging methods that use gamma-emitting radiopharmaceuticals such as In-111 pentetretotide or I-123 MIBG, including improved spatial and contrast resolution.

## FDG

F-18FDG is an analog of glucose labeled with the positron emitting radioisotope fluorine-18, well known for its use with PET in many types of malignancy. Highly metabolic tumors, reflected by high FDG signal on PET images, tend to be more clinically aggressive. In general, this is true for NETs also. Very often when NETs exhibit strong affinity for FDG, the corresponding level of In-111 pentetretotide uptake or Ga-68 DOTATOC is low or absent, and conversely, when uptake is high with a radiolabeled SST analog, FDG activity in the tumor is low or absent.<sup>21–24</sup>

## DOPA AND DOPAMINE

F-18DOPA, originally developed to image the dopaminergic system in the brain, has taken on a new role as a PET imaging agent for detection of neuroendocrine tumors. DOPA represents an intermediary molecule in the synthesis of norepinephrine and other chetacholamines. F-18DOPA is concentrated by neuroendocrine tumors through an amino acid transport system that is upregulated and highly active in the cells of these tumors. Metabolites of this tracer then are trapped in intracellular storage vesicles. Normal image patterns with this agent include high uptake in kidneys and urinary collecting systems. Preparation of patients with Carbidopa before imaging will increase tumor-to-background ratios.<sup>25</sup> Dopamine can similarly be labeled and imaged with F-18. PET/CT imaging using F-18DOPA or F-18 dopamine appears to have a very high sensitivity and specificity for carcinoid tumors and pheochromocytoma while being somewhat less sensitive for detection of pancreatic NETs.<sup>26–31</sup>

## GA-68 DOTATOC/TATE/NOC

Ga-68 is a positron emitter that can be tightly labeled to the octreopeptide/chelator complex known as DOTATOC. Ga-68 DOTATOC has notably greater binding affinity for SST receptor 2 than does In-111 pentetretotide.<sup>5</sup> In addition, further small modifications to the octreopeptide molecule yield the other important SST receptor analogs DOTATATE and DOTANOC. DOTATATE has a modestly greater binding affinity for SST receptor 2 than does DOTATOC. The level of affinity for SST receptor 2 is summarized as: DOTATATE>DOTATOC>DOTANOC, and all demonstrate affinity greater than In-111 pentetretotide. DOTANOC has the advantage of better SST receptor 3 and 5 affinity than DOTATOC, DOTATATE, or In-111 pentetretotide.<sup>5</sup>

Several have confirmed the expected improved accuracy of Ga-68 DOTATOC PET/CT compared with SPECT or SPECT/CT imaging with In-111 pentetretotide in patients with NETs.<sup>32–34</sup>

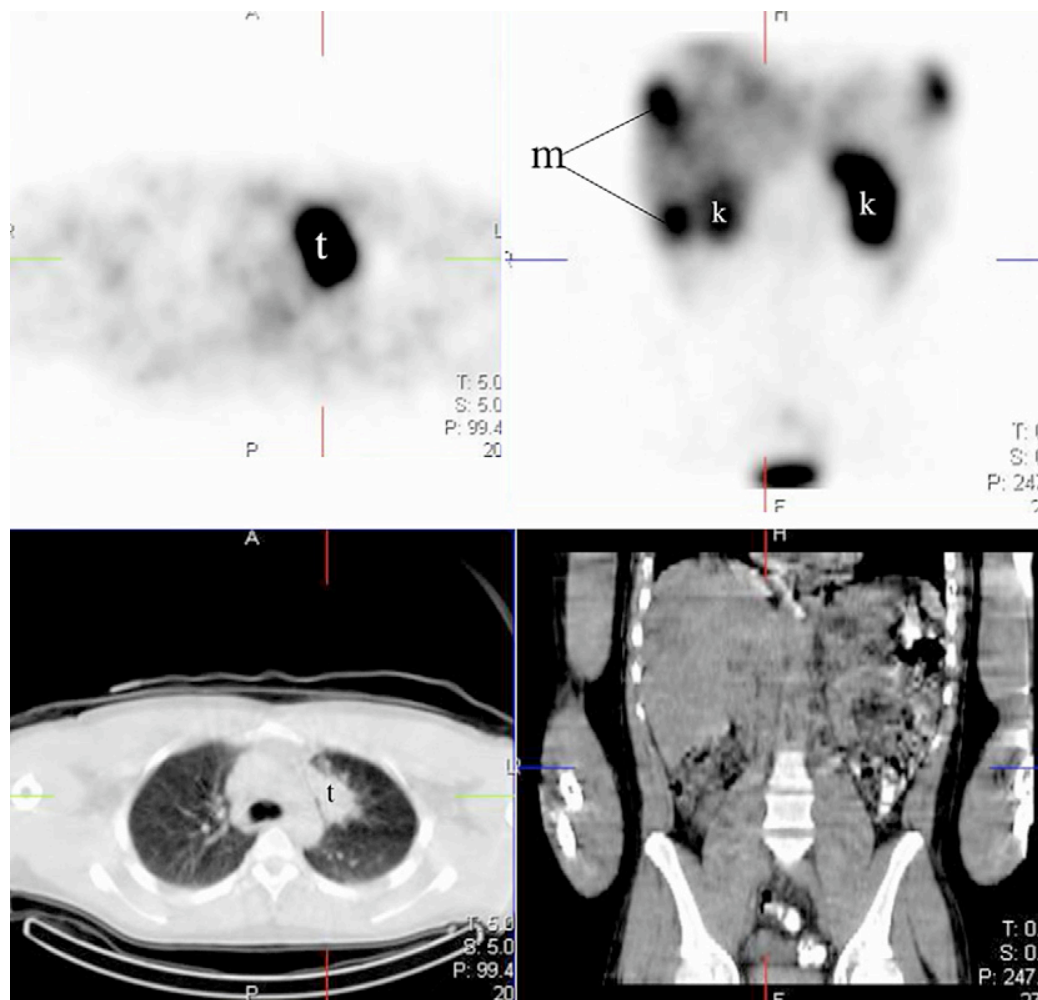
## IMAGING CARCINOID TUMORS

The most common among the neuroendocrine tumors, carcinoids have been detected with relatively high sensitivity and specificity for nearly 20 years using In-111



pentetreotide.<sup>35</sup> Modern SPECT imaging with this radiopharmaceutical yields sensitivities in excess of 80% for carcinoid tumor metastases.<sup>36</sup> For detection of radiologically occult primary tumors, the sensitivity is probably somewhat less. In-111 pentetreotide tumor uptake is useful to predict prognosis in patients with disseminated disease. In a large series of patients with metastatic well-differentiated endocrine carcinomas, lack of In-111 pentetreotide tumor uptake was associated with a significantly poorer overall survival.<sup>37</sup> In general, specificity is excellent, particularly when SPECT/CT is used. False-positive results are most commonly observed in inflammatory or infectious lesions and uncommonly in other tumor types.<sup>20</sup> **Fig. 2** shows an example of SPECT/CT with In-111 pentetreotide in a patient with lung carcinoid tumor.

Although sensitivity for detecting carcinoid tumors is notably less with MIBG (on the order of 50% to 60%) compared with In-111 pentetreotide, this radiopharmaceutical may still play a role in the care of some patients with carcinoid tumors.<sup>38</sup> It has become clear that there is a small fraction of patients with tumors that are MIBG-positive and In-111 pentetreotide-negative.<sup>39</sup> Importantly, in one series of 92 metastatic carcinoid patients, nearly 50% had at least one tumor site that was positive with MIBG and negative with In-111 pentetreotide and vice versa.<sup>40</sup> The highest sensitivity with I-123 MIBG generally is seen in the midgut carcinoid tumor subgroup.<sup>41</sup> In patients with advanced stage carcinoid tumors who have negative, or weakly positive, In-111 pentetreotide results, MIBG imaging may be used for selection of patients who might benefit from treatment with large doses of I-131 MIBG.<sup>42</sup>



**Fig. 2.** SPECT/CT Octreoscan images from a patient with primary pulmonary carcinoid tumor metastatic to the liver. Note the liver metastases are not discernible on the noncontrast CT. k, kidneys; m, liver metastases; t, lung carcinoid tumor.

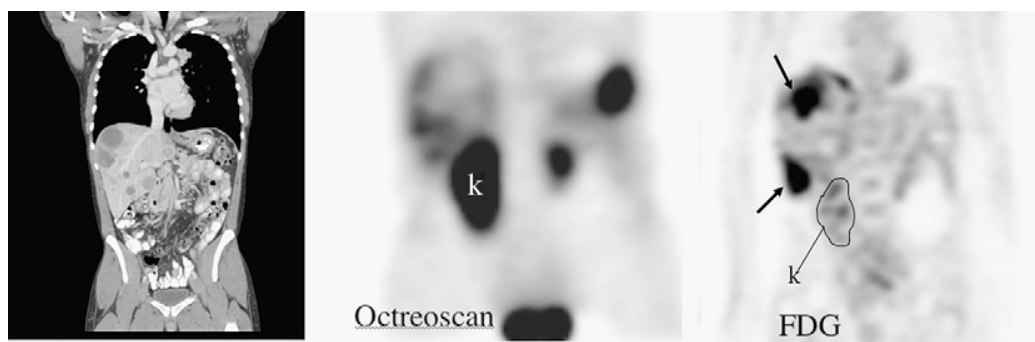
Poorly differentiated carcinoid tumors often do not concentrate either pentetretotide or MIBG in amounts adequate for detection. For these tumors, F-18FDG PET imaging is very likely to be positive.<sup>22–24</sup> **Fig. 3** demonstrates this imaging pattern. The likelihood of FDG tumor positivity on PET images is to some degree related to the ki-67 tumor proliferation index. In one study where octreotide imaging was accomplished with Ga-68 DOTATATE and compared with FDG PET findings, the authors found high FDG uptake and low Ga-68 DOTATATE uptake in NET tumors with high Ki-67, whereas they demonstrated low FDG uptake and high DOTATATE uptake in lesions with low ki67 results.<sup>24</sup>

FDG PET/CT in patients with NET, and specifically carcinoid tumors, has the ability to predict patient prognosis. In a study of 98 patients with NETs, 45 of which were intestinal carcinoid tumors, tumor affinity for FDG was strongly associated with poor outcome independent of the results of the Ki67 index.<sup>43</sup> In this study, progression-free survival was dramatically shorter for patients with FDG-positive versus FDG-negative tumors.

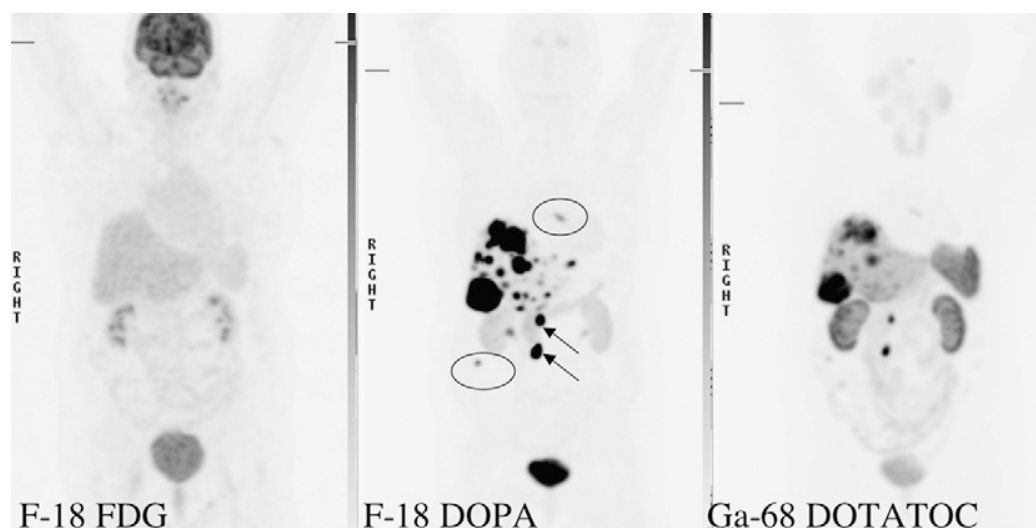
PET/CT imaging using F-18DOPA has a high sensitivity and specificity for detection of carcinoid tumors relative to other imaging techniques.<sup>28,29</sup> A large series of patients with carcinoid tumors found a sensitivity for PET DOPA of 96% on a per lesion basis.<sup>26</sup> Further work with this radiopharmaceutical has demonstrated substantial impact on patient management in carcinoid patients, particularly those with occult tumors.<sup>27</sup> In another study, 18F-DOPA PET alone detected more tumor sites than the combination of CT and SPECT octreotide imaging together.<sup>30</sup> In a smaller study, primary tumors were detected by F-18 DOPA in 13 patients (11 had carcinoid tumors), and these tumors were not conspicuous with In-111 pentetretotide or CT/MRI.<sup>31</sup>

Results from Ga-68 labeled octreotides imaged with PET also indicate a very high overall sensitivity and specificity for neuroendocrine tumors.<sup>32,44</sup> Ga-68 DOTATOC PET shows a significantly higher tumor detection rate than conventional SST receptor scintigraphy or diagnostic CT in patients with carcinoid tumors. In one comparison study of 84 patients, tumor sensitivity using Ga-68 DOTATOC was found to be 97%, which was significantly higher than either stand-alone CT or SPECT with In-111 pentetretotide.<sup>32</sup> In another comparison study, G-68 DOTATOC-PET was more sensitive in all locations of the body relative to In-111 pentetretotide SPECT except for the liver, where the two methods were found to be essentially equivalent.<sup>33</sup>

Overall, the management of carcinoid patients appears to be improved using PET with Ga-68 octreotides. In 64 patients with NET, predominately carcinoid, Ga-68 DOTATOC PET/CT changed management in 38% of subjects. The authors noted that the CT component was important, as there were a significant number of lesions



**Fig. 3.** Example of a patient with dedifferentiated carcinoid tumor liver metastases depicted on CT that do not concentrate, or minimally concentrate, in In -111 pentetretotide. In contrast, these tumors are strongly fluorodeoxyglucose avid on positron emission tomography (arrows). k, kidney.



**Fig. 4.** 55 year-old man s/p hemicolectomy for colon carcinoid. From left to right, volume rendered PET images of F-18 FDG , F-18 fluorodehydroxyphenylalanine (DOPA), and Ga-68 DOTATOC. The FDG study does not demonstrate tumor activity. In contrast both DOPA and DOTATOC are for the most part strongly positive in liver metastases, peripancreatic nodal metastases (*arrows* on DOPA images) mediastinal lymph node (*upper oval*) and mesenteric node (*lower oval*). In this case, however, DOPA images clearly demonstrate stronger signal from almost all tumor sites compared with DOTATOC. Note mild normal pancreatic activity seen on DOPA image.

seen on CT that were not conspicuous on Ga-68 DOTATOC images.<sup>34</sup> Importantly, in this study CT was performed using triple-phase contrast-enhanced imaging. Similar findings relating to improved management of patients with carcinoid tumors also have been reported for other Ga-68 labeled octreotide agents imaged with PET.<sup>45</sup> PET images from three different radiopharmaceuticals are shown in a patient with metastatic carcinoid in **Fig. 4**.

CT and MRI play important roles in evaluating patients with carcinoid tumors. MRI in particular is highly sensitive for detecting carcinoid bone marrow metastases, with a sensitivity approaching 100% in one study.<sup>46</sup> Primary ileal tumors are often seen on CT as small stellate or spiculated masses. CT images may show mesenteric fibrosis near the tumor related to the release of serotonin or other bioactive amines.<sup>47</sup> In many cases, the tumor will be seen containing areas of calcification on CT.<sup>48</sup>

## SUMMARY

In summary, functional imaging methods should be combined with CT or MRI to obtain maximal information in patients with NETs. PET/CT is the superior methodology for staging and detection of primary tumors of undetermined location. SPECT imaging (and preferably SPECT/CT) with In-111 pentetreotide or I-123 MIBG will likely be replaced in the coming years by PET/CT with Ga-68 labeled octreopeptides and either F-18 DOPA or F-18 dopamine. Likewise, MIBG imaging will at some point probably be performed with PET/CT using the positron emitter I-124 MIBG. Finally, octreopeptide and MIBG imaging will continue to also play important roles in establishing eligibility for therapy with either Y-90 or Lu-177 labeled DOTA octreopeptides or I-131 MIBG.

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