



30 YEARS OF
PATIENT
SUPPORT*

RealSupport™
REAL INFORMATION FROM REAL PATIENTS
Only from Sandostatin® LAR Depot
(octreotide acetate) for injectable suspension
10mg • 20mg • 30mg

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This recipe was created by our RealSupport™ nutritionist especially for our members. Remember, please talk to your health care provider to determine if this recipe or any other food is appropriate for you.

SPICED PEAR PANCAKES WITH WHIPPED MAPLE RICOTTA

 Prep time: 5 minutes

 Cook time: 10 minutes

 Ready in: 15 minutes

Ingredients

- 1¼ cups all-purpose flour
- 2 tablespoons raw sugar
- 2 teaspoons baking powder
- ¼ teaspoon kosher salt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- 1 cup low-fat milk
- 1 large egg, lightly beaten
- 2 tablespoons melted butter substitute, plus more for cooking
- 1 pear, peeled, cored, and grated
- 1 cup fresh low-fat ricotta cheese
- 2 tablespoons pure maple syrup
- ¼ cup slivered almonds, toasted

Steps

1. Preheat oven to 200°F. Whisk flour, sugar, baking powder, salt, cinnamon, and ginger together in a medium bowl and set aside. Whisk low-fat milk and egg together in small bowl. Make a well in dry ingredient bowl and pour in wet ingredients, then add melted butter substitute. Slowly whisk from the center moving outward, mixing just until combined. Fold in grated pear.
2. Preheat cast-iron or nonstick skillet over medium heat. When hot, coat skillet in butter substitute and pour scant ¼ cup batter in circle. Repeat until pan is full without circles touching. Let batter cook, undisturbed, for 2 minutes until small bubbles appear on surface of pancakes and bottoms are golden brown. Flip and cook for another minute. Transfer pancakes to oven-safe platter and keep warm in oven. Repeat pancake-making process with remaining batter, adding butter substitute to skillet as needed.
3. While pancakes cook, beat low-fat ricotta cheese and maple syrup with electric mixer until fluffy and smooth. Serve pancakes topped with whipped maple ricotta and slivered toasted almonds.

*Includes Sandostatin® (octreotide acetate) Immediate-Release Injection and Sandostatin® LAR Depot (octreotide acetate) for injectable suspension for all approved indications.

Please note that Novartis Pharmaceuticals Corporation does not endorse the use of any foods highlighted in this article; all information is provided for educational purposes only. Use of any food in this recipe is not intended to treat or cure carcinoid syndrome. You are advised to speak to your health care provider before introducing new foods into your diet.

Please see Indications and Important Safety Information on page 2.

Please [click here](#) for full Prescribing Information.

Brought to you by RealSupport™, a patient information and support program for those with the severe diarrhea and flushing of carcinoid syndrome. RealSupport™ is provided by Novartis Pharmaceuticals Corporation, the maker of Sandostatin® LAR Depot (octreotide acetate) for injectable suspension. For more information about RealSupport™ program offerings, please follow us on [www.facebook.com /SandostatinLARDepot](https://www.facebook.com/SandostatinLARDepot).

INDICATIONS AND USAGE

Sandostatin® LAR Depot (octreotide acetate) for injectable suspension is indicated for patients in whom initial treatment with immediate-release Sandostatin® (octreotide acetate) Injection has been shown to be effective and tolerated for

- Long-term treatment of the severe diarrhea and flushing episodes associated with metastatic carcinoid tumors
- Long-term treatment of the profuse watery diarrhea associated with VIP-secreting tumors

In patients with carcinoid syndrome and VIPomas, the effect of Sandostatin Injection and Sandostatin LAR Depot on tumor size, rate of growth, and development of metastases has not been determined.

IMPORTANT SAFETY INFORMATION

Warnings and Precautions: Treatment with Sandostatin LAR Depot may affect gallbladder function, with postmarketing reports of gallstones resulting in complications (inflammation of the gallbladder, bile duct, and pancreas, and requiring surgical removal of the gallbladder); sugar metabolism; thyroid and heart function; and nutritional absorption, which may require monitoring by your doctor. Call your doctor if you experience signs or symptoms of gallstones or any of their complications.

Before Taking Sandostatin LAR Depot: Tell your doctor if you have a history of heart disease or are taking other medications, including cyclosporine, insulin, oral hypoglycemic agents, beta-blockers, and bromocriptine.

Common Side Effects: Most patients experience side effects at some time. Some common side effects you may experience include back pain, fatigue, headache, abdominal pain, nausea, and dizziness.

Other Information: Patients with carcinoid tumors and VIPomas should adhere closely to their scheduled return visits for reinjection in order to minimize exacerbation of symptoms.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please [click here](#) for full Prescribing Information.

To learn more, call 1-888-NOW-NOVA (1-888-669-6682) or visit us.sandostatin.com

