

WALK WITH WAPO THIS OCTOBER FOR PITUITARY AWARENESS MONTH AND LEARN ABOUT

ACROMEGALY

Acromegaly is a rare disorder caused by an excessive production of growth hormone, most often resulting from a growth hormone-secreting pituitary adenoma (benign tumor of the pituitary gland).

01

SYMPTOMS INCLUDE

- Headaches
- Enlarged hands and feet (rings no longer fitting, increase in shoe size)
- Joint pain, carpal tunnel syndrome
- Snoring, sleep apnea
- Weight gain
- Deepening of voice
- Frontal bossing
- Enlarged jaw and tongue, teeth spacing
- Loss of libido, fertility issues
- Excessive sweating
- Swelling of facial features
- Thickened, oily skin



"My first symptoms were sleep apnea, carpal tunnel, and excessive growth of hands and feet."

02

DIAGNOSIS IS BASED ON

- Presence of symptoms
- Blood tests showing elevated insulin-like growth factor 1 concentration
- Growth hormone suppression test
- A tumor on pituitary MRI



"At first I felt very sad and heartbroken as my life from that point on was not the same."

"It was a great relief when I was diagnosed, because I then knew, I could trust my own sensation of something being wrong."

03

MANAGEMENT AND TREATMENT

- Surgical tumor removal
- Medical therapy
- Radiation therapy



"I wish all people realized that for me and many others it is a chronic disease with many comorbidities."

04

LONG-TERM CHALLENGES

- Acromegaly comes with invisible disabilities and visible changes to the body that should be considered.
- It is associated with high blood pressure, diabetes mellitus and arthritis, impacting a patient's quality of life and life expectancy.
- There is an urgent need for early disease recognition in the medical community and general public to avoid poor long-term outcomes.



"My biggest concern is my children, as they are still young, and my illness is draining my strength."



World Alliance of
Pituitary Organizations

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