Presenting Symptoms

- visual disturbance
- Oligomenorrhoea or Amenorrhoea in women
- tiredness and lack of energy
- reduced libido and potency in men
- headache

You should talk to your endocrinologist if you have these symptoms to further evaluate whether you have a NF pituitary disorder or not.

IN THE ABSENCE OF PRESSURE SIGNS/SYMPTOMS (I.E. HEADACHES, VISUAL DISTURBANCE)

Patients may not need treatment, but will be monitored closely using MRI scans and visual field checks at intervals of 6 or 12 months. Alternatively surgery or rarely Radiotherapy may be advised.

IN THE PRESENCE OF PRESSURE SIGNS/SYMPTOMS

Patients will usually need Transsphenoidal surgery, which may be followed by radiotherapy to prevent recurrence. If pituitary hormones are deficient, pituitary hormone replacement therapy will be given.

NON-FUNCTIONING (NF) PITUITARY DISORDER
FAMILY AND PATIENT GUIDE

St. Paul's Hospital and Vancouver General Hospital's Neuropituitary Program

Vancouver, British Columbia

Let's work together to make a difference!

Supported by an educational grant from:
EMD Serono

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Also ask us for these materials:

- The Hypopituitarism record book
- Growth Hormone Deficiency workbook
- Medication Guidelines & coverage
- Adrenal insufficiency book
- Hypopituitarism lab tests
- Transsphenoidal Surgery
- Endocrine links & support groups
- Travel letter

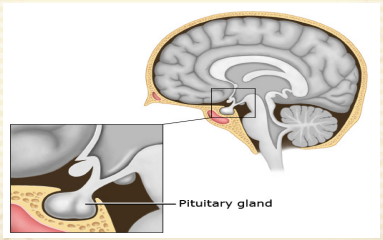
Adapted from:
Non-functioning Pituitary Disorders. **The Pituitary Foundation.**
www.pituitary.org.uk

NF Pituitary Disorders and You

What is a NF Pituitary Disorder?

The most common type of Pituitary tumour is non-functioning (i.e., it does not cause excessive hormone production). Tumours of this type most commonly become apparent when the patient has visual symptoms or headaches due to pressure on the optic nerve.

The tumour may also damage the adjacent, normal Pituitary gland (causing hypopituitarism) or occasionally compress the pituitary stalk, causing Hyperprolactinaemia. For this reason, patients are monitored closely using MRI scans and visual field checks at intervals of 6 or 12 months.



What causes a NF Pituitary Disorder?

Pituitary Adenoma

A **non-cancerous** tumour in the pituitary gland is called a pituitary *adenoma*. Hypopituitarism is often encountered as a result of surgical treatment to remove this non-cancerous tumour. Other causes can be the result of an injury to the pituitary gland from head trauma or from cranial radiation therapy.

How is a NF Pituitary Disorder diagnosed?

Tumours of this type most commonly become apparent when the patient has visual symptoms or headaches due to pressure on the optic nerve and it is often the optician who refers the patient to the family doctor with abnormal visual fields.

An MRI scan will be carried out to determine the size and site of the tumour. Visual field tests are used to determine the degree of functional impairment of the visual pathway. Blood tests will be needed to assess pituitary function.

Other Resources

- www.hormone.org or call 1-800-467-6663
- The Endocrine Society (www.endosociety.org)
- Pituitary Network Association (http://www.pituitary.org/intro.aspx
- http://www.cnetscanada.org/index.html
- www.rarediseases.org (National Organization for Rare Disorders)
- www.pituitary.org.uk (The Pituitary Foundation)
- www.pituitarydisorder.net
- www.pituitarysociety.org

You are not alone with your pituitary disorder.