

## Symptoms of HP

If you have had pituitary surgery, cranial radiation treatment, or have had an injury to the pituitary gland, you may experience the following symptoms and could have HP:

- Low energy level
- Decreased physical activity
- Difficulty concentrating or loss of memory
- Moodiness or difficulty relating to others
- Withdrawal from friends and family
- Loss of interest in sexual activity

You should talk to your endocrinologist if you have these symptoms to further evaluate

## Treatment for HP

The goal of treatment is to increase the hormones that are deficient to a normal, healthy level.

The type of treatment given will depend on which hormone(s) you are deficient in.

Hormone replacement therapies include:

- Growth Hormone (humatrope, saizen, genotropin, omnitrope),
- Thyroid (thyroxine),
- Cortisol (hydrocortisone),
- Sex hormones (testosterone or estrogen replacement therapy), and
- Anti-diuretic hormone (Desmopressin).

## RADIATION TREATMENT: WHAT YOU SHOULD KNOW...

### FAMILY AND PATIENT GUIDE



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

Vancouver, British Columbia

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## Contact Information

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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:

**The Pituitary Society.**  
[www.pituitarysociety.org](http://www.pituitarysociety.org)



# What to be aware of after radiation treatment...

## What is Hypopituitarism?

Hypopituitarism is a disorder in which the hormones produced by the pituitary gland- growth hormone, sex hormones, cortisol, thyroid, and anti-diuretic hormone, are not functioning properly. This can cause an imbalance or deficiency in important hormones in our bodies.

## What causes Hypopituitarism?

### Pituitary Adenoma

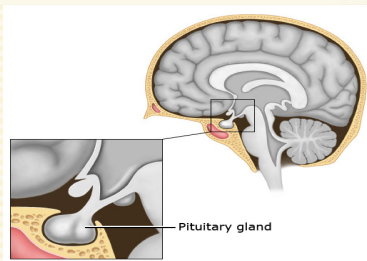
A **non-cancerous** tumour in the pituitary gland is called a pituitary *adenoma*.

Hypopituitarism can also result from pituitary surgery, which might damage part of the normal pituitary. Radiation that focuses on a pituitary tumor or on the whole brain can result in loss of pituitary hormone production over time. In fact, it should be an expected consequence of radiation therapy. However, it may

not occur for months or even years after the treatment. Thus, regular monitoring of pituitary hormone production is essential.

## How is Hypopituitarism diagnosed?

If hypopituitarism is suspected, your doctor will order some blood tests to check your hormone levels. These tests include checking your growth hormone and/or IGF-1, thyroid (TSH/FT4), cortisol (24 hour urine cortisol and/or AM cortisol test), prolactin, and sex hormones (FSH/LH, testosterone or estradiol). The type of tests ordered will depend on your physical symptoms.



## Other Resources

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

*You are not alone with your pituitary disorder.*

