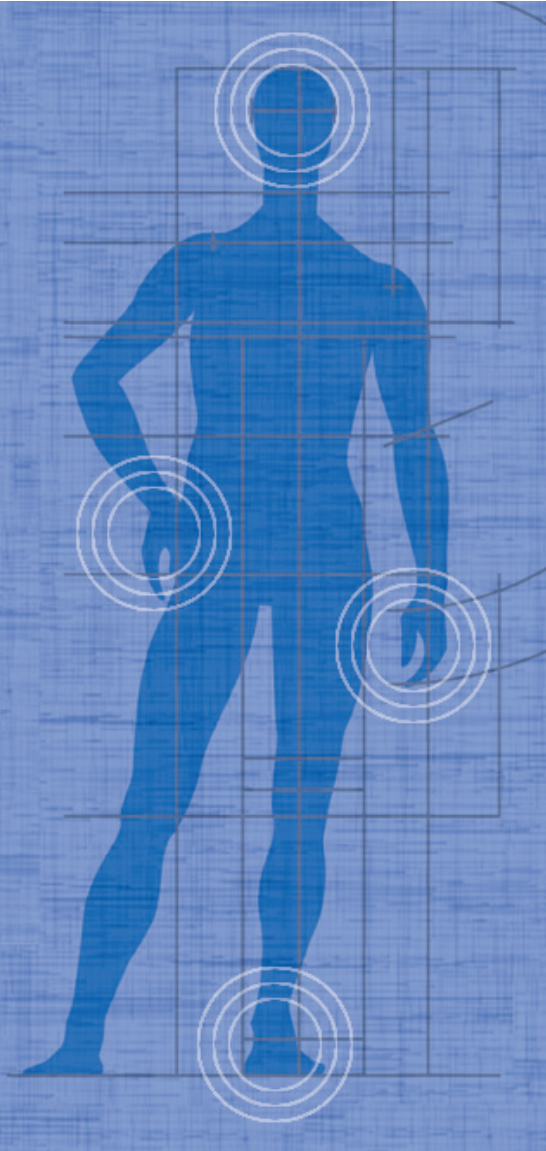


What Your Symptoms Could Be Telling You

Because you are here to see an endocrinologist, chances are you are seeking treatment for an endocrine disorder like diabetes, an underactive or overactive thyroid, or a hormone imbalance.

But sometimes your symptoms might be pointing to something else: *acromegaly*.



Acromegaly is a disorder that is caused by chronic overproduction of growth hormones by the pituitary gland. It is characterized by:

- Gradual and permanent enlargement of the flat bones (like the lower jaw)
- Enlargement of the hands and feet (sometimes requiring a larger ring or shoe size)
- Bigger lips, nose, and tongue

Many symptoms are common to patients with acromegaly. The following statistics demonstrate how frequently these symptoms occur^{1,2}:

- Soft tissue swelling (90% to 100%)
- Excessive sweating (50% to 73%)
- Headache (37% to 55%)
- Absence of menstruation (~44%)
- Carpal tunnel syndrome (25% to 30%)

The checklist on the back of this page can help you ask your endocrinologist the right questions and talk about receiving a simple IGF-1 blood test to check for acromegaly.



For more information on acromegaly, please visit <http://www.pituitary.org>.

References: 1. Nabarro JD. Acromegaly. *Clin Endocrinol (Oxf)*. 1987;26(4):481-512. 2. Ezzat S, Forster MJ, Berchtold P, Redelmeier DA, Boerlin V, Harris AG. Acromegaly. Clinical and biochemical features in 500 patients. *Medicine (Baltimore)*. 1994;73(5):233-240. 3. Nachtigall L, Delgado A, Swearingen B, Lee H, Zerikly R, Klibanski A. Extensive clinical experience: changing patterns in diagnosis and therapy of acromegaly over two decades. *J Clin Endocrinol Metab*. 2008;93(6):2035-2041. 4. AACE Acromegaly Guidelines Task Force. American Association of Clinical Endocrinologists Medical Guidelines for Clinical Practice for the diagnosis and treatment of acromegaly. *Endocr Pract*. 2004;10(3):213-224. 5. Lancranjan I, Atkinson AB; Sandostatin LAR Group. Results of a European multicentre study with Sandostatin LAR in acromegalic patients. *Pituitary*. 1999;1(2):105-114. 6. Melmed S. Medical progress: acromegaly. *N Engl J Med*. 2006;355(24):2558-2573.

The Symptoms of Acromegaly

(Please check all that apply.)

Acral symptoms affect the face and extremities.

These symptoms include^{3,4}:

- A change in the face
- Protruding jaw
- Prominent forehead
- Wide bridge of the nose
- Widely spaced teeth
- Enlarged lips
- Enlarged hands or feet, often requiring a larger ring or shoe size

___ Number of acral symptoms checked

Symptoms suggestive of acromegaly include^{1,4-6}:

- Snoring/Sleep apnea
- Headaches
- Impotence
- Joint pain
- Excessive sweating
- Loss of libido
- Carpal tunnel syndrome
- Fatigue
- Abnormal menstruation
- Tingling in the arms and legs
- Vision loss
- Milk production
(from nonbreastfeeding patients)
- Skin changes
(like skin tags and/or oily skin)

___ Number of suggestive symptoms checked

Conditions linked with acromegaly include^{4,6}:

- Diabetes
- High blood pressure
- Enlarged heart/
left ventricle
- Colon polyps

___ Number of associated conditions checked

Surgery is usually the first-line treatment for acromegaly. There are also medical treatments available. Your endocrinologist will determine which approach is right for you.

If you checked at least:

- 1 acral symptom and*
- 3 or more suggestive symptoms and*
- 1 or more of the associated conditions*

**Ask your endocrinologist
about receiving a simple IGF-1
blood test.**



For more information on acromegaly, please visit <http://www.pituitary.org>.

Date

Patient Name