

ACROMEGALY

Diagnostic Tests



Acromegaly is a rare condition that presents with common symptoms. If left undiagnosed, it may lead to serious complications and premature death. Which tests are most effective in diagnosing acromegaly and improving a patient's quality of life?

Screening Tests

- + Oral glucose tolerance test for GH suppression
- + Serum or plasma measurement of IFG-1



Radiologic & Other Studies

- + MRI or CT of the pituitary mass
- + Chest radiograph to assess cardiac size
- + Standard biochemical studies (calcium, phosphorus, glucose, hemoglobin A1C, lipid levels)
- + Visual field by perimetry to assess effect of tumour on optic chiasm
- + Sleep studies to assess presence & severity of sleep apnea



Tests to Assess Effects of GH-Producing Tumour

- + Serum prolactin measurement
- + TRH or GnRH stimulation test
- + Assessment of the integrity of the hypothalamic-pituitary adrenal axis
- + Thyroid function tests
- + **In men:** serum total & free FSH and LH levels
- + **In premenopausal women with secondary amenorrhea:** serum 17 β -estradiol or progestational challenge
- + **In postmenopausal women:** serum PSH & LH levels



Learn more about detecting, diagnosing and treating acromegaly in this accredited course, Acromegaly: What Primary Care Providers Need to Know (CFPC).