

Characteristics of Acromegaly Patients Followed at a Single Center

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Abstract

Introduction: Acromegaly is a chronic condition with a three to four fold higher rate of mortality than general population, if remain untreated. Acromegaly has an estimated prevalence of 40 cases per million population and an annual incidence of three to seven cases per million population. Early diagnosis and treatment of this disease is of great importance since it affects many organs and systems. So, we retrospectively investigated the characteristics of acromegaly patients to assess their clinical and follow-up status.

Patients and Methods: Clinical and laboratory records of 32 acromegaly patients (mean age = 53.8 ± 10.5 SD; 19 female, 13 male) were analysed. The mean follow-up period of the patients was 39 ± 25 months. Only 6 of the patients had transsphenoidal (TS) pituitary surgery in our center. The mean IGF-1 values before and after pituitary surgery were 745 ± 302 and 284 ± 177 ng/mL, respectively. Four patients were treated with long acting somatostatin analogs (SS-RA) as primary therapy while the remaining patients

underwent pituitary surgery. Six patients were cured after first surgery and 16 were treated with SS-RA. Five patients lost to follow-up after surgery and 5 patients continued their treatment in other centers. Cure was achieved in 3 patients who were operated in our center and 3 patients received SS-RA therapy. Among 16 patients who were treated with SS-RA's, pegvisomant was added to 2 patients, due to the lack of response to SS-RA's.

Conclusion: The treatment and follow-up of patients with acromegaly should be carried out in centers consisted of a team of experienced neurosurgeons and endocrinologists regarding the the treatment of acromegaly. Although our university and medical faculty are newly established, the number of patients with acromegaly is increased day by day and though the neurosurgeons in our center are trained in pituitary surgery, the number of surgeries carried out in our center are not enough to boost their experience. Therefore, the team of neurosurgeons in our center are constantly involved in various educational events, in order to improve their experience in pituitary surgery.