

UNDERSTANDING ACROMEGALY

What is acromegaly?

Acromegaly (*pronounced: ac-ro-MEG-a-lee*) is a rare disease, usually caused by a benign noncancerous tumor, or growth, on the pituitary gland.



The pituitary gland is a tiny organ in your brain. It makes many hormones, including growth hormone (GH).



If you have acromegaly, the tumor on your pituitary gland causes your levels of GH to rise.



High GH levels can lead to the production of too much insulin-like growth factor I (IGF-I), which leads to signs and symptoms of acromegaly.

Diagnosing acromegaly

To find out if you have acromegaly, your doctor may perform one or more tests. These may include:

A blood test for IGF-I levels

- This is the first test for acromegaly. High IGF-I levels are almost always due to acromegaly

A blood test for GH levels

- A series of blood samples are taken over several hours. This test requires avoiding food overnight, skipping breakfast, and drinking a glucose (sugar) solution in the morning

A magnetic resonance imaging (MRI) scan of the head

- If there is reason to believe there is a benign tumor in the pituitary gland, this test will help your doctor see and measure the tumor

Why do IGF-I levels matter in acromegaly?

Elevated levels of IGF-I can:

- Cause your organs and tissues to grow too much
- Lead to the appearance of other signs and symptoms of acromegaly

After surgery or radiation, levels of GH may return to normal, but there are some people who may still produce too much GH.

SIGNS AND SYMPTOMS OF ACROMEGALY

Acromegaly signs and symptoms can include:



Joint pain



Headaches



Swelling of hands,
feet, and face



Increased
ring size



Fatigue



Sweating

- Many symptoms are similar to other conditions, which can make acromegaly hard to diagnose
- Because signs of acromegaly can occur gradually, physical changes may take a long time to recognize
- Through normalization of IGF-I levels, symptoms may improve

**Make sure to talk with your doctor about your symptoms.
Together you can determine the best ways to manage them.**

Pfizer Patient Affairs Liaisons

Pfizer Patient Affairs Liaisons are a team of nonsales, nonpromotional, field-based professionals. Pfizer Patient Affairs Liaisons are dedicated to serving the rare disease community by connecting patients and caregivers with Pfizer Rare Disease tools, including:

- Educational resources
- Access support
- Community events in your area

A Pfizer Patient Affairs Liaison can be reached at PfizerPAL.com.

**Visit StayOnTrackProgram.com to sign up for more information
about a treatment option that may help manage your acromegaly.**