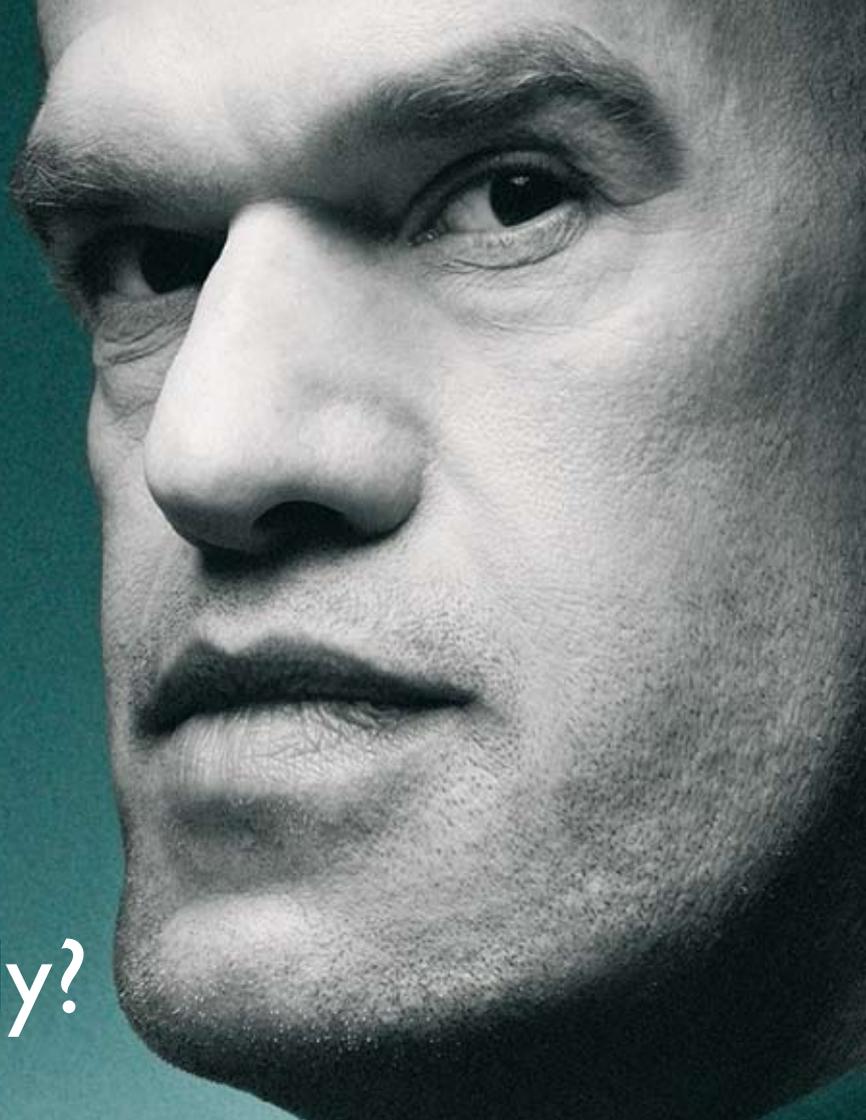


Sporting hero?

This is the face of someone with acromegaly – a condition that occurs when the body produces too much growth hormone. It causes subtle changes and symptoms may be difficult to diagnose. It can also cause serious long-term complications.

Or someone with acromegaly?



Symptoms of acromegaly include a combination of the fol

Specific symptoms include:

- A change in the face, jaw or tongue:
 - Cheekbones or forehead are more prominent
 - Bite has changed (inability to bite) or teeth have become more widely spaced
 - Lips and tongue have enlarged causing snoring or dribbling at night
- Enlarged hands and feet - often requiring larger rings or shoe sizes

Other symptoms that suggest acromegaly:

- Excessive sweating
- Heavy snoring or daytime sleepiness
- Tingling/numbness in both hands (carpal tunnel syndrome)
- Skin becoming more oily, thicker and hairier

Other conditions associated with acromegaly:

- Arthritis
- Diabetes
- High blood pressure

For a more detailed list of symptoms visit: www.pituitary.asn.au

If you ticked at least one specific symptom, three or more of the suggestive symptoms and one or more of the associated conditions, visit your doctor and ask for a simple blood test to check for acromegaly. Treatments are available to control the symptoms of acromegaly.



growing over time:

A large number of people are not familiar with the symptoms of acromegaly and therefore it can take a person with acromegaly an average of eight years before they receive a diagnosis.¹



Hand comparison of twins – one on left has acromegaly

R Gagel, and IE McCutcheon. Pituitary Gigantism. *N Eng J Med* 1999;340:524- 524. Copyright © 1999 Massachusetts Medical Society. All rights reserved.

About acromegaly

Acromegaly is a rare disease affecting both men and women and is found in people of all races. It is most common in people in their 40s and 50s.

Diagnosis:

A simple blood test can be used to check for acromegaly. Other tests used to confirm diagnosis include:

- CT or MRI scan
- Other blood tests

Treatment of acromegaly:

Early diagnosis and treatment of acromegaly can effectively control the symptoms of the disease and the complications that result from living with acromegaly for many years.

One or more treatments will generally be used. Consult your doctor for more information.

1. Acromegaly Diagnosis Patient Research. March 2006. Data on file, Australian Pituitary Foundation.

Living with acromegaly

"Looking back it seems so obvious – for years I suffered from tiredness, joint pains, and snoring caused by a swollen tongue. I ended up not even being able to wear my wedding ring because my hands swelled so much. My feet also got bigger but I put it down to the heat."

Diane, NSW



Changes to facial features over 6 years, as a result of acromegaly

"I thought I was going mad so it was a relief to put a name to the problem and to know it can be managed. It's so important to get checked out as soon as possible and to talk to your doctor for more information."

For more information on acromegaly visit the
Australian Pituitary Foundation website:

www.pituitary.asn.au



This initiative is sponsored by an educational grant
from Novartis Pharmaceuticals Australia Pty Ltd
ABN 18 004 244 160, 54 Waterloo Rd,
North Ryde, NSW 2113.

 **NOVARTIS**