



Prolactinoma – Lindy

I thought I would share how my prolactinoma was detected as I nearly left it unchecked.

At the age of 41 my girlfriend remarried and gave birth to a son. My friend breastfed her baby in front of me and the next day I felt my breast had enlarged and my milk had actually come back in.

I "happened" to mention this to my doctor months later as I thought it was just my "motherly instincts" kicking in. A CT scan failed to show anything, but a follow up MRI requested by an endocrinologist showed a 7mm prolactinoma.

Nearly 10 years later and 3 MRI's later I now have a 7.5mm and a 3mm prolactinoma.

The worst episode I had was about 2 years ago where, after hearing a baby cry in a shopping centre, my milk returned and I ended up with a shocking case of mastitis. It was excruciatingly painful and I was as sick as a dog!

I have been made aware of the medication available to help reduce the tumours but at this point I choose not to take it due to my concern of its side effects on me. I have no idea if my other symptoms of feeling lethargic; some days feeling like my muscles are extremely weak and that my bones/joints hurt; sometimes anxious and/or depressed, frequently needing more sleep than I've ever needed; and definitely putting on weight easily are related to the prolactinomas or some other genetic condition I may have.

I have decided only recently to tackle the tumours with a more healthy lifestyle of exercise, healthy eating and vitamins so only time will tell..... It scares the hell out of me that I could lose my eyesight from this condition, but at this point in time I've decided to try a more wholistic approach as there's a one-in-a-million chance that the tumours may shrink all of their own accord. THAT WOULD BE NICE WOULDN'T IT!

I look forward to reading other people's stories.

Lindy