

SYMPTOMS OF PITUITARY DISORDERS

COMMON SYMPTOMS RELATED TO HIGH OR LOW LEVELS OF HYPOTHALAMIC–PITUITARY HORMONES

**Tumour in the pituitary
or hypothalamus**

Weakness, peripheral vision loss, double vision, headache, low sex drive, tiredness

**Growth hormone: Too much
(acromegaly)**

Increased height in children, tightness of rings on fingers, increasing shoe size, arthritis, facial changes (such as larger lips, nose, jaw and brow), separation of teeth, sweating and oily skin, diabetes, hypertension and sleep apnoea

Growth hormone: Too little

Failure to grow in childhood; decreased muscle mass, increased fat mass, severe fatigue and lack of motivation in adulthood

**Prolactin: Too much
(prolactinoma)**

Irregular or absent periods, breast tenderness, milky discharge from the breasts in females; decreased sex drive and infertility in both genders

Prolactin: Too little

No symptoms in men; no breast milk production in women

**Adrenocorticotrophin (ACTH):
Too much (Cushing's syndrome)**

Weight gain around the stomach/hips, thin arms/legs, round flushed face, skin bruises easily, large purple stretch marks, bones break easily, high blood pressure and diabetes, mood swings, irregular periods

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**Adrenocorticotrophin (ACTH):
Too little**

Weight loss, fatigue, nausea, arthralgias, low blood sugar levels (hypoglycaemia), low blood pressure, low sodium (hyponatraemia)

**Thyroid-stimulating hormone (TSH):
Too much**

Thyroid enlargement, fatigue, tremors, sweating, unusually strong or odd heartbeat, heat intolerance, weight loss, nervousness, irregular or absent periods

**Thyroid-stimulating hormone (TSH):
Too little**

Fatigue, weight gain, cold intolerance, coarse skin, irregular and heavy periods

**Luteinizing hormone (LH)
and follicular stimulating hormone (FSH): Too much (very rare)**

Usually no symptoms; but possible symptoms may include visual field disturbance due to pituitary tumour size, enlarged testicles, high or low testosterone in men, enlarged ovaries in women, raised oestrogen level

**Luteinizing hormone (LH)
and follicular stimulating hormone (FSH): Too little**

Delayed puberty, irregular or absent periods, decreased sex drive and fertility

**Anti-diuretic hormone (ADH):
Too much (Syndrome of inappropriate antidiuretic hormone secretion-SIADH)**

Hyponatraemia resulting in fatigue, confusion and drowsiness

**Anti-diuretic hormone (ADH):
Too little**

Frequent urination (including during the night), increased thirst, weakness – may lead to severe dehydration and raised sodium (hypernatraemia)