Clinical experience in the treatment of acromegaly - 5 years follow-up results

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Objective
The aim of this study was to evaluate our clinical experience in the treatment of acromegaly during 5-year follow up period.

Methods
Seventeen acromegaly patients (11 women and 6 men) monitored during 5 year follow-up period (2009–2014). A level of growth hormone (GH) of <2.5 ng/ml and the normal insulin-like growth factor (IGF) range were considered as the criterion for remission. The GH level and IGF-1 level were evaluated every 6 months, while magnetic resonance imaging was taken every year during follow-up period. Ten patients were treated with surgical and octreotide treatment. One patient was treated with surgical, octreotide and gamma-knife treatment and six patients were treated only with octreotide LAR.

Results
All patients had growth in hands and feet and typical facial asymmetry in the beginning of the study. Six patients had diabetes mellitus (35%), four patients had hyperprolactinemia (24%), two patients had hypothyroidism (12%) and five of patients had hypertension (29%). Visual field defect was in 5 patients (29%). Microadenomas found in 6 patients and macroadenomas in 11 patients. Nine patients were treated by trans-sphenoidal surgery. One of them was cured, 3 patients developed postoperative pituitary deficiency. Two patients were treated by transcranial surgery, but not cured. One of them was treated by Gamma Knife radiosurgery and after that developed pituitary deficiency. Sixteen out of seventeen acromegaly patients were treated by octreotide (6 of patients as primary therapy and 10 patients as secondary therapy after surgery).

Conclusion
Our findings demonstrated that octreotide LAR treatment successfully controls clinical, biochemical and neuroradiological parameters.

Keywords: acromegaly, human growth hormone, insulin-like growth factor I, octreotide, pituitary adenoma

References