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If the information helps you identify an acromegaly patient, please let us know at info@acromegaly.org.nz

One of your patients will have Acromegaly*

Up to 1 patient per 1,000[†]

***Recent studies^{1,2,3} suggest "prevalence as high as 1000 per million" patients.**

Quote from Up To Date⁴

⁵Based on a ratio of 1350 people per full time GP,
most GPs in New Zealand can expect to see several
acromegaly patients during their career.



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Acromegaly may not manifest with clear clinical symptoms, particularly early in progression⁶

Diagnosis delay:

- Averages 5-10 years after symptom onset^{8,9}
- Results in reduced quality of life^{10,11} & increased mortality¹²

Full disease remission is less likely in larger adenomas.¹³

Age at diagnosis peaks in the 40s,¹⁴ but disease can occur at any age.

Gigantism (acromegaly in childhood) is associated with dramatic linear growth acceleration.⁶

Gender and ethnicity do not appear to affect acromegaly prevalence.¹⁴

Consider acromegaly in patients with two or more of:

- ☐ Sleep apnoea syndrome
- ☐ Carpal tunnel syndrome
- ☐ Multinodular goitre
- ☐ Joint Pains
- ☐ Unusual sweating
- ☐ Headaches
- ☐ Fatigue
- ☐ Hypertension (particularly if difficult to control)
- ☐ Cardiac disease (including biventricular hypertrophy & diastolic or systolic dysfunction)
- ☐ Diabetes
- ☐ Sexual dysfunction
- ☐ Amenorrhea
- ☐ Visual field loss
- ☐ Colon polyps
- ☐ Enlarged hands & feet
- ☐ Facial changes
- ☐ Jaw malocclusion (progressive)

These findings are not always obvious^{6,7}

(Adapted from American Association of Clinical Endocrinologists Guidelines)⁶

Think acromegaly before you see acromegaly



Questions to ask:

- Did your shoe size increase in the last 5 years?
- Did you have to resize your (wedding) ring because it became tight?

Acromegaly was diagnosed in 1 in 35 patients answering “yes” to either question.³

40% of patients recall enlarged hands or feet as the earliest symptom, frequently noted as “puffiness”.⁸

Single screening test recommended:⁶

Serum IGF-1

(Insulin-like Growth Factor 1)

Writing “possible acromegaly” on the request form is sufficient for the test to be funded

If acromegaly is suspected, refer to an endocrinologist