

How can we help?

While we understand that an Acromegaly diagnosis may seem daunting, we are here to help.

Acromegaly NZ is a charitable organisation that provides information and support to patients and their families. We create opportunities to meet, both in person and online, with others throughout NZ that are affected by Acromegaly. We also send out regular newsletters to our members.

Visit our website

The Acromegaly NZ website can be found at

www.acromegaly.org.nz

It is full of useful information for patients, family members and health professionals.

You can also join Acromegaly NZ by completing the 'Join Us' form on our website. Once you have submitted this form, one of our friendly committee members will be in touch.



“Quality of life is the key to managing Acromegaly.
Ask questions, look for information,
and be proactive in managing the
impact of your condition.”

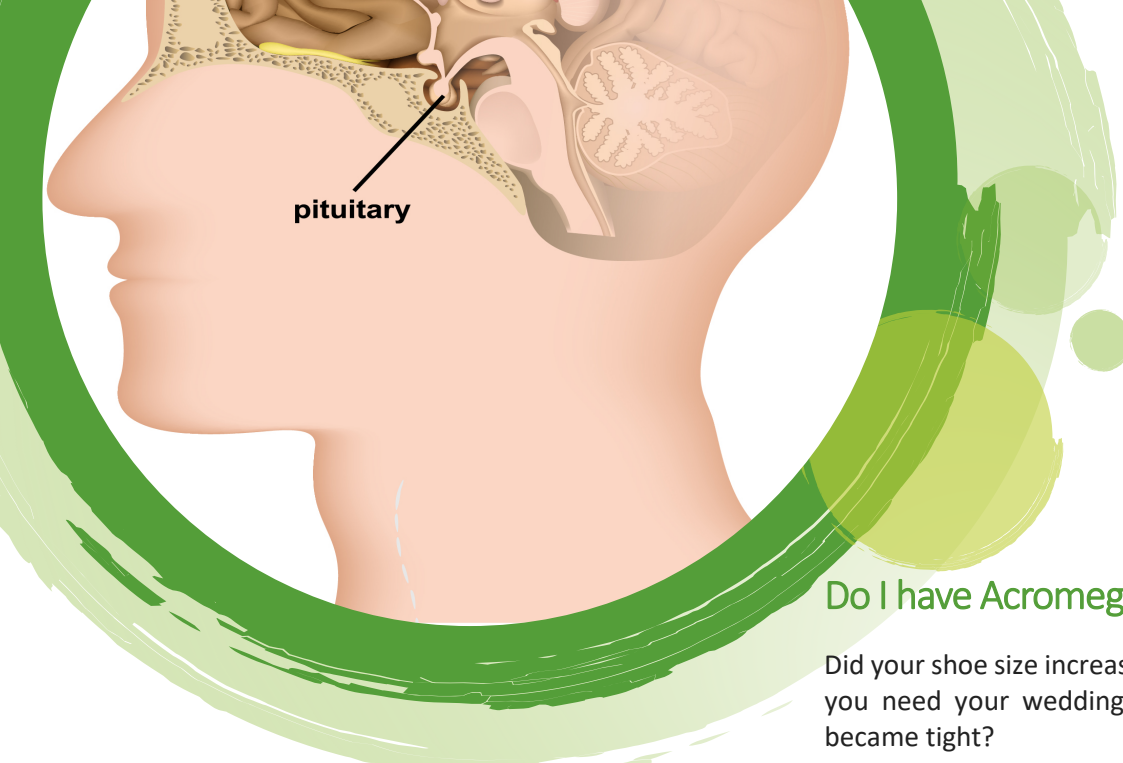


ACROMEGALY NZ



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pituitary

What is Acromegaly?

Acromegaly (pronounced “a-kro-me-g-le”) is a rare endocrine disorder caused by the presence of too much growth hormone (GH) in the body.

Acromegaly is caused by a tumour (usually benign) on your pituitary gland, the gland that controls many other hormone-making glands in the body.

Growth hormone regulates the physical growth of the body until adulthood. Secretion of growth hormone by the pituitary causes the production of another hormone called insulin-like growth (IGF-1) in the liver, and it is IGF-1 that actually drives the growth of bones and other tissue in the body.

Do I have Acromegaly?

Did your shoe size increase in the last 5 years? Did you need your wedding ring resized because it became tight?

Some of the symptoms and signs that you may have Acromegaly:

- Enlarged hands & feet
- Change in facial features
- Jaw malocclusion & enlarged tongue
- Sleep apnoea
- Joint pain
- Fatigue
- Headaches
- Hypertension
- Diabetes melitus
- Carpal tunnel syndrome
- Amenorrhoea (absence of periods)

Speak with your health professional. Diagnosis is confirmed by a combination of blood tests and an MRI scan.

How is Acromegaly treated?

In New Zealand there are various treatment options available:

- Transphenoidal Surgery
- Stereotactic Radiotherapy
- Medication Therapy
- Hormone Replacement Therapies

Please visit our website to learn and understand more about treatment options. Treatment may vary from one patient to another depending on their age, symptoms, recovery outcomes, etc.

Your team of experts will likely include a GP, an endocrinologist and a neurosurgeon.

We encourage you to speak with your specialist. Make a list and ask lots of questions!

How can I help myself?

As you learn to navigate this new diagnosis remember to take care of yourself -

- Get plenty of rest
- Ask lots of questions
- Talk about your fears and concerns
- Take time out to relax
- Find ways to manage stress
- Exercise regularly
- Spend time doing things you love