

Pituitary Tumours Explained: Symptoms, Causes & Treatment Options

The pituitary gland is a small, pea-sized organ located at the base of the brain within a bony cavity called the sella turcica. Despite its small size, it plays a vital role in regulating growth, metabolism, reproduction, and stress hormones. A pituitary tumour can disrupt these functions and lead to various health issues, making early awareness and diagnosis crucial.

Causes & Risk Factors

The exact cause is often unknown. Possible factors include:

- Genetic mutations
- Family history of pituitary disorders
- Certain genetic syndromes
- Previous head radiation

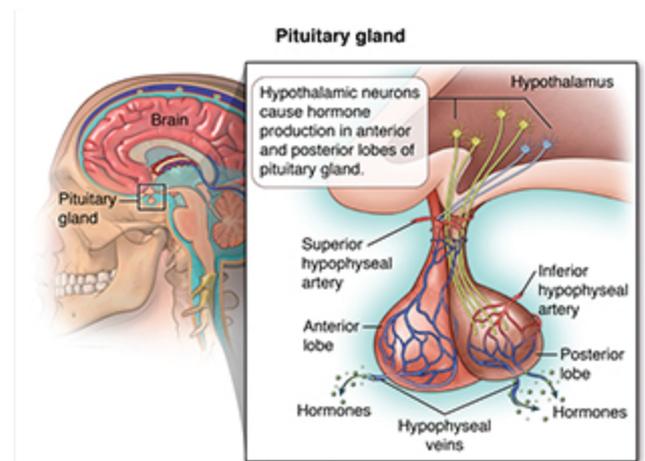
Common Symptoms

Due to Tumour Pressure

- Persistent headaches
- Vision problems (blurred or side vision loss)
- Nausea or vomiting
- Fatigue and weakness
- Unexplained weight changes

Due to Hormonal Imbalance

- Irregular periods or infertility
- Erectile dysfunction, low libido
- Unexpected breast milk discharge
- Abnormal growth (acromegaly/gigantism)
- High blood pressure, diabetes, excessive sweating



Diagnosis

- Medical history and examination
- Hormone blood tests
- MRI scan (gold standard)
- Visual field testing
- Additional tests when required

Treatment Options

Depends on tumour type and symptoms:

- Medication (effective for prolactin-secreting tumours)
- Surgery (transsphenoidal approach) Radiation therapy (if needed)
- Observation (small, non-functioning tumours)
- Hormone replacement therapy (if hormone levels are affected)

Pituitary tumours are highly treatable, especially when diagnosed early. Awareness of symptoms, timely medical evaluation, and coordinated care with endocrinologists and neurosurgeons are key to ensuring positive outcomes.