

## OBJECTIVE

Clinicians in Alberta select optimal laboratory tests for investigation of suspected acromegaly

### TARGET POPULATION

Any person with signs or symptoms of acromegaly

### **EXCLUSIONS**

None

# RECOMMENDATIONS

- ✓ Measure fasting insulin-like growth factor 1 (IGF-1) to diagnose acromegaly
- ✓ Repeat test if result is borderline
- ✓ Refer to endocrinologist as soon as possible if acromegaly is suspected

### **Acromegaly Clinical Features**

Those resulting from the mass effects of the enlarging tumor:

- Headaches
- Visual field defects
- Hypopituitarism

#### Those resulting from hormone over secretion:

- Coarse facial features
- Acral overgrowth (e.g., increasing glove, hat, ring, shoe sizes)
- Soft tissue change (e.g., skin tags)
- Hyperhidrosis

- Glucose intolerance
- Neuropathy
- Arthritis
- Sleep apnea

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These recommendations are systematically developed statements to assist practitioner and patient decisions about appropriate health care for specific clinical circumstances. They should be used as an adjunct to sound clinical decision making. For the complete guideline refer to the TOP website: <u>www.topalbertadoctors.org</u>