Kids Brain Doc

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Pituitary Microadenoma

Patient Packet

www.KidsBrainDoc.com

Diagnosis: Pituitary Microadenoma

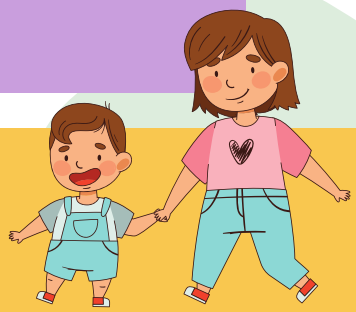


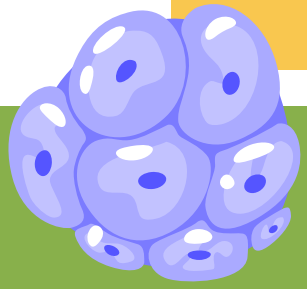
What is it?

It's a noncancerous growth that's smaller than 1 centimeter. It develops in the *pituitary gland*, a small gland at the brain's base that helps manage growth, puberty, and other body functions.

Who does it affect?

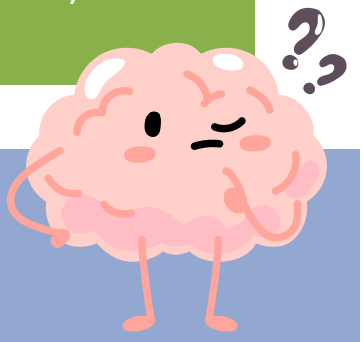
It can occur in children and teens. They are sometimes found by chance on an MRI done for another reason, such as to find out why a child is growing slowly.





How did my child get it?

They form when a small group of cells in the pituitary gland grows more than usual. Most of the time, we don't know why this happens.



Is it Harmful?

Usually not. Most of the time, these tiny microadenomas don't cause issues, unless they produce extra hormones. If they do, your child's endocrinology and neurosurgery teams will check the MRI and lab results to see if the spot might be causing any symptoms.



What is the Treatment?

If it's not causing any problems, we don't worry about it and just keep an eye on it with regular hormone tests and imaging. If your child has a confirmed growth hormone deficiency, an incidental microadenoma usually does not prevent them from starting growth hormone treatment.

Follow-Up (if no surgery needed)



ACTIVITY RESTRICTIONS

Your child can join in at school, play sports, and enjoy other usual activities without any restrictions.

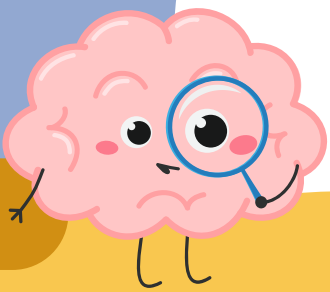
HOME CARE

Monitor for symptoms like headaches, vision changes, or vomiting.

FOLLOW-UP



- Year 1: MRI Pituitary (no contrast)
  - Use contrast if first scan didn't
  - If < 6 mm, no more scans
- Year 3: MRI Pituitary
  - If < 9 mm, no more scans



LONG-TERM CARE

- Regular scans: Depending on the size of the spot, your child may need repeat imaging. If the scans show no growth, further imaging might not be necessary.
- Growth hormone: If your child has a growth hormone deficiency, a small incidental finding usually won't stop treatment. The endocrinologist will keep an eye on growth and hormone levels during treatment.
- Eye checks: Regular eye exams are important because the pituitary is close to the nerves that send signals from the eyes.
- Ongoing care: This often involves routine visits with your neurosurgeon or endocrinologist if new concerns come up.