

PITUITARY DISORDERS

What Are Pituitary Disorders and Their Types?

The pituitary gland, or "master gland," controls many hormones that affect growth, metabolism, stress, and reproductive health. Pituitary disorders occur when this gland produces too much or too little of specific hormones, leading to health issues.

Common pituitary disorders include:

- Acromegaly – Excess growth hormone
- Cushing's Disease – High cortisol levels.
- Prolactinoma – Excess prolactin production.
- Hypopituitarism – Low hormone production
- Diabetes Insipidus – Low antidiuretic hormone
- Lymphocytic Hypophysitis – An autoimmune condition causing pituitary inflammation.

What are the Symptoms of Pituitary Disorders?

Symptoms of pituitary disorders can vary, but common signs include unexplained weight changes, ongoing fatigue, headaches, and vision problems. Other signs might include menstrual irregularities, reduced libido, or infertility. Sometimes, there may be changes in physical appearance, such as enlarged hands or feet, gain in weight or failure to gain height. Because these symptoms can overlap with other conditions, it's important to seek medical advice if you experience persistent changes. Early diagnosis and treatment can help manage symptoms effectively and improve quality of life.