Otolaryngic Manifestations of Acromegaly

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ABSTRACT

Objectives. Acromegaly is an uncommon endocrinopathy resulting from excess growth hormone production, usually by a pituitary adenoma. The constellation of symptoms includes significant otolaryngic manifestations, and recognition may be critical in establishing the diagnosis. We present a series of patients with acromegaly, with particular attention to clinical features pertinent to the otolaryngologist.

Methods. Twenty-five patients with a diagnosis of acromegaly from a pituitary adenoma who underwent surgery between 2008 and 2013 were identified. Demographic data and clinical manifestations of disease were analyzed.

Results. Of the 25 patients, 8 (32%) suffered from obstructive sleep apnea (OSA), with an additional 5 (20%) reporting symptoms consistent with sleep-disordered breathing. Fifteen patients (60%) had macroglossia. Two patients (8%) harbored an additional diagnosis of papillary thyroid carcinoma, while 3 others (12%) were diagnosed with benign thyroid nodules. One patient (4%) presented with a concurrent parathyroid adenoma, while another, diagnosed with MEN I, underwent parathyroidectomy for parathyroid hyperplasia. Other otolaryngic symptoms included hearing loss, tinnitus, and sinonasal issues.

Conclusion. Acromegaly includes diverse manifestations which may be recognized and treated by the otolaryngologist. Various otolaryngic manifestations, including obstructive sleep apnea (OSA), thyroid and parathyroid hyperplasia and neoplasia, hearing disturbance, and sinonasal symptoms, are among the presenting symptoms. Routine screening of all acromegalics with thyroid ultrasound, audiologic testing, and sleep and sinonasal evaluations should be strongly considered. A multidisciplinary approach to diagnosis and management is crucial.

REFERENCES