

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 | • Glucose intolerance |
| • Acral overgrowth (e.g., increasing glove, hat, ring, shoe sizes) | • Neuropathy |
| • Soft tissue change (e.g., skin tags) | • Arthritis |
| • Hyperhidrosis | • Sleep apnea |

April 2008

Revised June 2001

Reviewed January 2008

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