

## Pituitary adenomas - my personal experience

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### ABSTRACT:

**Introduction:**The pituitary gland is also called the master gland of the body and its tumours represent 10-15% of all intracranial tumors, with an annual incidence of 0.2-2.8 cases per 100,000 persons. Most are benign adenomas arising from the anterior pituitary (adenohypophysis), and most commonly present due to hormonal effects (includes hyperprolactinemia, Cushing's Syndrome, acromegaly..), mass effect, as an incidental finding or infrequently with pituitary apoplexy.

**Objective:** To describe the features of the patients with pituitary adenoma, different surgical approaches, and its outcome.

**Methodology:** This is a prospective study of data of all patients operated from 2013 to 2015 (3 years). The demographic factors of age, sex are studied along with the size of adenoma, clinical symptoms before and after surgery, type of surgery, complications and final outcome.

**Result:** The total number of cases was 18, with predominantly males (10 cases) than females (8 cases). The most common mode of presentation was with headache in 7 cases (39%), followed by visual changes in 6 (33%). Hormonal changes were found in 10 (56%) with pituitary apoplexy in 4 cases (22%). Tumour resection was complete in 92% of the cases and subtotal in the rest. There were no mortalities.

**Conclusion:** Sublabial transphenoidal surgery is an effective technique with low procedure related morbidity.