## **Acromegaly Focussed Examination**

Note: the instructions may be non-specific e.g. examine this patient's endocrine status (could be Cushing's, acromegaly or hypothyroidism). In this case, approach by asking a few focussed questions (if allowed) and doing a general inspection to determine which condition is present and then proceed with the relevant focussed examination to elicit all the signs of the condition.

## Introduction

<u>W</u>ash hands, <u>Introduce self</u>, ask <u>P</u>atients name & DOB & what they like to be called, Explain examination and get consent

# Focussed questions (acromegaly is usually obvious so ask questions to elicit symptoms you cannot examine for)

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What happened when you first presented with this condition?

Have you noticed a change in your appearance? DETERMINING IF THERE IS ACTIVE ACROMEGALY:

Do you notice excessive sweating?

Do you have high blood pressure?

OTHER SYMPTOMS – WORK DOWN BODY:

Headaches

Visual problems
Pins and needles

Back ache

Muscle weakness

Change in shoe size

## **General Inspection**

- Increased foot, hand and head size
- Mildly hirsute
- OA signs such as kyphosis

## Hands

- Inspection & palpation with hands on pillow
  - o Top: large, spade-shaped, feel joints for OA evidence
  - Palms: sweaty, doughy/boggy texture to palms, capillary glucose stick marks on finger pulps (diabetes)
  - o Signs of carpal tunnel syndrome (release scar or loss of thenar eminence and loss of sensation in median n. distribution)

#### Face

- Inspection of face in general
  - Coarse facial features
  - Acne
  - o Enlarged nose and ears
  - o Macrognathia (large mandible)
  - Look for hypophysectomy scar under upper lip
- Eyes
- Visual fields (bitemporal hemianopia in pituitary adenoma)
- o Prominent supra-orbital ridges
- Inside mouth
  - o Prognathism
  - o Wide spaces between teeth
  - o Macroglossia and ridges from teeth on sides of tongue

#### Neck

- Thyroid goitre
- JVP (cardiomyopathy)

### Chest

- Inspect: thick, multiple skin tags
- Acanthosis nigricans in axilla
- Cardiac failure signs (listen to lung bases)

### Limbs

- Proximal myopathy (patient stand up with arms crossed; shrug shoulders against resistance)
- Gait: tolling gait with bowed legs

## To complete

• Thank patient and cover them

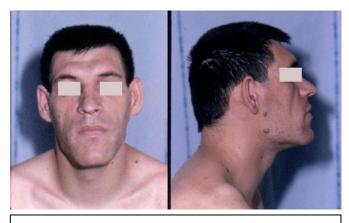
- "I would compete my examination by measuring blood pressure, doing a thyroid exam, a cardiovascular exam and formally testing visual fields"
- Summarise and suggest further investigations you would do after a full history
  - o GH response to oral glucose tolerance test
  - o MRI pituitary
  - o plasma IGF-1 (monitor response to Tx)



Normal hand Acromegalic hand



Mandibular prognathism: protrusion of the lower jaw



**Facial features of acromegaly**: coarse facial features, prominent supra-orbital ridges, large nose and ears, macrognathia



Wide spaces between teeth