

腦下垂體中風

Pituitary apoplexy

林怡君

台北榮民總醫院 內分泌暨新陳代謝科

The pituitary gland is a small gland located at the sella turcica and is attached to the hypothalamus by the pituitary stalk. The endocrine system is tightly regulated. The hypothalamus is the central mediator, via the pituitary gland; hormones from the anterior pituitary gland stimulate the target endocrine cells in the thyroid, adrenal, and gonads and in turn respond to suppression by the products of their targets (feedback control), i.e., hypothalamic–pituitary–thyroid axis, hypothalamic–pituitary–adrenal axis, hypothalamic–pituitary–growth hormone axis, and hypothalamic–pituitary–gonadal axis. Unlike the secretion of other pituitary hormones, prolactin (PRL) is primarily secreted under the tonic inhibitory control of the hypothalamus by the dopamine. Diverse neoplastic, inflammatory–infectious, and vascular diseases or defects in the cranial development could affect the pituitary gland.

Pituitary apoplexy is a rare event with varying prevalence of approximately 6.2 cases per 100000 individuals. It is the result of sudden hemorrhage of pituitary gland. Most cases occur in a pituitary adenoma. Risk factors of pituitary apoplexy are hypotension, acute hypertension, stimulation of pituitary gland and anticoagulation. Patients typically present with acute onset of headache, visual loss, diplopia and cranial nerve palsies due to acute increase in intracranial pressure and hypopituitarism. The extent of hormone deficiency varies but adrenal insufficiency and

hypogonadotropic hypogonadism are the most common situation. Acute hemorrhage is evident in non-contrast brain CT while MRI is more sensitive in the subacute phase. Surgical decompression of the pituitary is preferred for cases of severe and progressive symptoms. Other modalities such as high doses of steroids or dopamine agonist are reserved for selected individuals. However, glucocorticoid treatment should always be started immediately as it may be life-saving. Symptoms may improve after surgery or spontaneously after resorption of blood.