

Hormone Disorders

Multiple Pituitary Hormone Deficiency

Patient's Guide



Easy readability

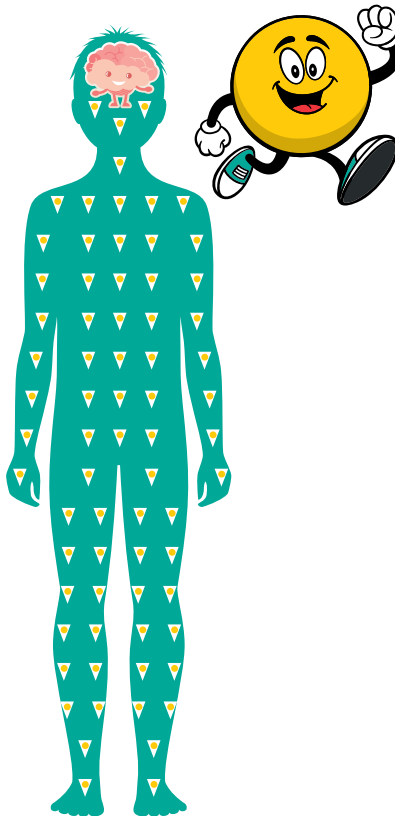


Hello!

Today we'll tell you about **Multiple Pituitary Hormone Deficiency** or **MPHD**. You may think that it sounds a bit difficult, but do not worry! We'll tell you what it means, why it happens and how doctors treat it.

But first, let's talk a bit about your body...

The brain is a very important organ in your body. The brain acts like the "boss" by telling the body when it's time to grow, eat and sleep. It does this by making and sending messengers to the rest of the organs. These messengers are called **hormones**.



What is MPHD?

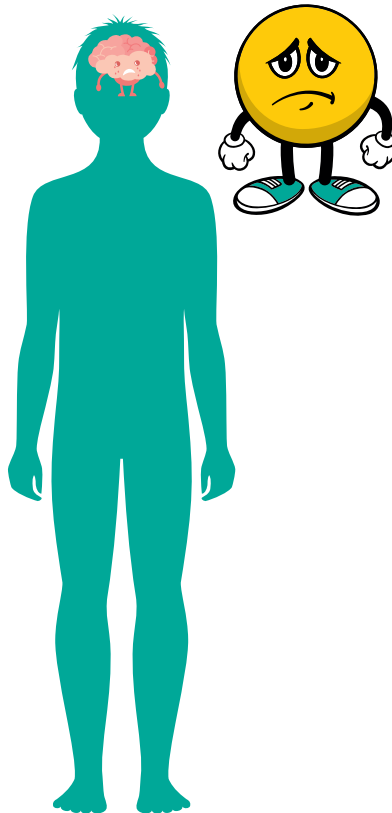
MPHD happens when the brain fails to make enough amounts of more than one hormone. These may include some or all of the following hormones:

- Hormones for body growth.
- Hormones for puberty and growth.
- Hormones to keep you warm and help you learn.
- Hormones to help keep a sugar balance.
- Hormones to help keep a water balance.

Why does this happen to children?

Doctors say MPHD happens when some parts in the brain don't work very well. As a result, the brain cannot make some of the hormones the body needs.

Usually the first hormone that begins to fail is growth hormone. Sometime after, other hormones may start to fail as well. In some people, this failure happens all at once, but in others this loss may take months or years.

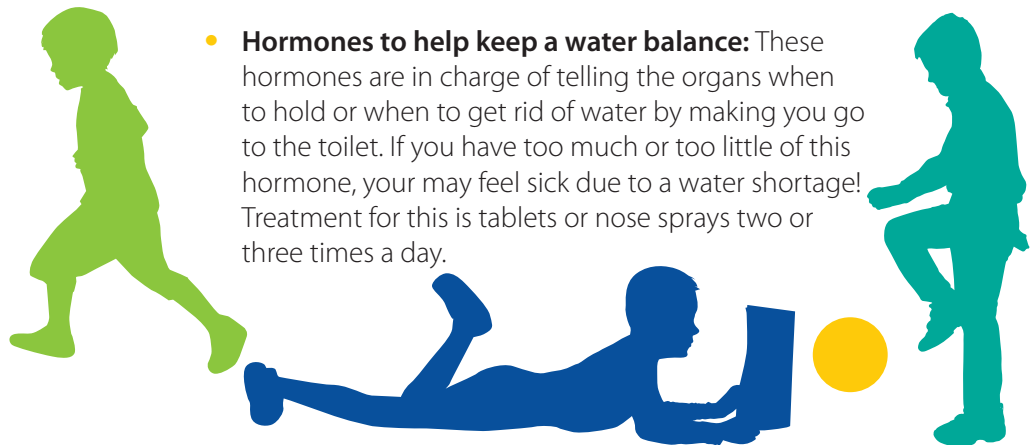




How is MPHD treated?

As you already know, MPHD results when the brain fails to make enough amounts of various hormones. Doctors treat this by giving you special medicine. This medicine contains the hormones that your body is lacking. These could include some or all of the following hormones:

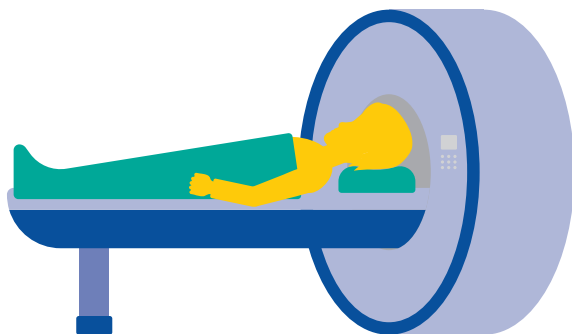
- **Growth hormone:** This hormone helps your body to grow. If you have low amounts of this hormone, you may not grow as fast or as tall as your mates. Doctors will treat this by giving you an injection. It's given with a special injection pen every day.
- **Hormones for puberty and growth:** These hormones help your body to grow and develop when you are a teenager. This treatment is only given at that stage. It can be in tablets, injections, skin patches and gels.
- **Hormones to keep you warm and help you learn:** These hormones help your body keep warm and learn. If you have too little of this hormone, you may feel cold and tired. Treatment for this is a daily tablet.
- **Hormones to help keep a sugar balance:** These hormones help to keep the right amount of sugar in your blood. If you have too little of this hormone, you may feel very weak and sick. Treatment for this is tablets two or three times a day.
- **Hormones to help keep a water balance:** These hormones are in charge of telling the organs when to hold or when to get rid of water by making you go to the toilet. If you have too much or too little of this hormone, you may feel sick due to a water shortage! Treatment for this is tablets or nose sprays two or three times a day.



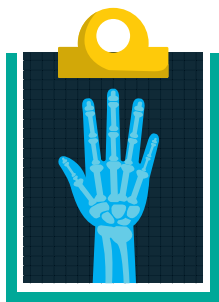
How is MPHD predicted in children with growth hormone deficiency?

As already mentioned, the first hormone to fail is the growth hormone. After this and only in some children, other hormones will fail as well. Doctors will do some tests, to see if this could happen to you. These tests are the following:

- **Brain scan:** Better than an x-ray, the special magnet scanner lets doctors see pictures of your brain (don't worry this doesn't hurt!).



- **Bone age:** a hand x-ray to check on how much you are going to grow.



These tests may have to be done every few months or years. You will not need to stay at hospital very long for these tests.



Congratulations!

Now you know about MPHD, why it happens and how it's treated. If you have not understood some things in this leaflet, don't feel shy to ask your doctor or other friendly people in the hospital. They will happily explain these or any other questions you may have.



Multiple Pituitary Hormone Deficiency

(Revised November 2019)

This leaflet is part of the **Hormone Disorders Series**

The following are also available:

Growth Hormone Deficiency

Puberty and the Growth Hormone Deficient Child

Precocious Puberty

Emergency Information for Children with Cortisol and GH Deficiencies and those Experiencing Recurrent Hypoglycaemia

Congenital Adrenal Hyperplasia

Growth Hormone Deficiency in Young Adults

Constitutional Delay of Growth and Puberty

Diabetes Insipidus

Craniopharyngioma

Intrauterine Growth Retardation or Small Gestational Age

Hyperthyroidism

Hypothyroidism

Type 2 Diabetes and Obesity

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