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OUR MISSION STATEMENT

The goal of the Pituitary Disorders Education & Support is to help improve the quality of life for pituitary patients and their families, and to improve health care through communication, public awareness, and patient Education.

The PDES provides physician and patient seminars to share information on the diagnosis of and treatment for pituitary tumors, as well as information on the many aspects of pituitary tumors and disorders. This information is disseminated through seminars, website, newsletters, literature, Phone and email. For more information about the PDES visit www.pituitarydisorder.net

President's Pen

Welcome to our spring edition of PituitaryNews! In this edition I would like to talk about FOOD! The sayings an apple a day keeps the doctor away and eat your vegetables are wise. Knowing why they are good for you and how to make them taste fantastic is what I would like to share. I will share a recipe that has all my favorite ingredients and taste amazing. First I would like to explain why I choose red bell peppers and artichokes as the key ingredients.

I started adding marinated artichoke hearts to my salads and dishes because they are a delicacy for me. One day I noticed concentrated artichoke as a supplement in the health food store. I read several articles about their health benefits and was amazed. I had been eating a red bell pepper a day as my apple a day because I knew it was a supper food. The more I read about these and other foods the more creative I got with them. I will start with the amazing artichoke...

The artichoke is very high in fiber, potassium, calcium, iron, phosphorus and other trace elements important for a balanced system. Let us consider the artichoke and the very long list of health benefits it offers. See page 5 for more about Artichokes.

Empty sella syndrome

Empty sella syndrome is a condition in which the pituitary gland shrinks or becomes flattened.

Causes - The pituitary gland is a small gland located at the base of the brain. It sits in a saddle-like compartment in the skull called the "sella turcica," which in Latin means "Turkish saddle." The pituitary makes several hormones that control the other glands in the body, including the: Adrenal glands, Ovaries, Testicles, and Thyroid

When the pituitary gland shrinks or becomes flattened, it cannot be seen on MRI scans, giving the appearance of an "empty sella." This is referred to as empty sella syndrome.

Primary empty sella syndrome occurs when a hole in the membrane covering the pituitary gland allows fluid in, which presses on the pituitary. Secondary empty sella syndrome occurs when the sella is empty because the pituitary gland has been damaged by: A tumor, Radiation therapy, Surgery

Empty sella syndrome may be seen in a condition called pseudotumor cerebri. This is a condition seen most commonly in obese women.

Symptoms -Often, there are no symptoms or loss of pituitary function.

Patients with empty sella syndrome may have symptoms caused by a partial or complete loss of pituitary gland function. For more information, see hypopituitarism.

Symptoms include: Erectile dysfunction (impotence), headaches, irregular or absent menstruation, low sexual desire (low libido), Nipple discharge

Exams and Tests - Primary empty sella syndrome is most often discovered during radiological imaging of the brain. Pituitary function is usually normal.

The health care provider may test pituitary gland function to make sure that the gland is working normally. Sometimes tests for high pressure in the brain will be done, such as: Examination of the retina by an ophthalmologist and lumbar puncture (spinal tap)

The hormone prolactin is a little high in a small percentage of patients, which may interfere with the normal function of the testicles or ovaries.

Treatment - For primary empty sella syndrome: There is no specific treatment if pituitary function is normal. Medications, such as bromocriptine, which lower prolactin levels, may be prescribed if the prolactin levels are high and interfering with function of the ovaries or testes. For secondary empty sella syndrome: Treatment involves replacing the hormones that are lacking.

Sheehan's Syndrome

The pituitary gland doubles in size during normal pregnancy. Under these circumstances a sudden drop in blood pressure can result in pituitary damage to the pituitary gland leading to pan-hypopituitarism.

Sheehan's syndrome named in honor of Harold Leeming Sheehan, who characterized the syndrome as the consequence of a restriction in blood supply with resultant damage or dysfunction of the pituitary gland.

This can occur after childbirth with postpartum hemorrhage. In many affected women, anterior pituitary dysfunction is not diagnosed until years after the difficult delivery. This emphasizes the long period of time that may elapse between the postpartum hemorrhage and the eventual diagnosis of hypopituitarism.

Pituitary autoimmunity in patients with Sheehan's syndrome:

Sheehan's description of postpartum hypopituitarism promoted the belief that PPH leads to necrosis of the enlarged pituitary gland of pregnancy and hypopituitarism. However, slow clinical progression suggests factors other than ischemia in its pathogenesis. Tissue necrosis could release sequestered antigens, triggering autoimmunity of the pituitary and delayed hypopituitarism in Sheehan's syndrome. Pituitary autoimmunity may play a role in the cause of hypopituitarism following PPH.

Autoimmune involvement of the pituitary gland should be suspected in patients with autoimmune thyroid disease AITD, particularly those for whom symptomatic relief is not achieved with thyroid hormone replacement alone. This suggests that patients should be routinely monitored for pituitary dysfunction.

Pituitary dysfunction in traumatic brain injury

Traumatic brain injury accounts for approximately 10% of patients attending the accident and emergency department and occurs in about 200-450 people per 100,000 of the population. Head injuries vary in severity and can have a number of consequences beyond the initial accident. These involve problems with cognition, seizures, gastrointestinal, cardiovascular, and musculoskeletal problems and also neuroendocrine dysfunction.

'Neuroendocrine' means problems with the endocrine (or hormone) system that originate from the brain via the Pituitary gland or Hypothalamus. Neuroendocrine problems are mainly due to pituitary dysfunction. These can be due to alteration in the acute phase (first few hours and days), with temporary changes in blood hormone levels.

These early changes usually correct with time and post injury medical management. There is also evidence that long-term neuroendocrine dysfunction resulting from permanent damage at pituitary or hypothalamic level can occur during a traumatic brain injury.

A number of trials worldwide have looked at this issue and there is no clear consensus in the medical literature how common pituitary or hypothalamic dysfunction occurs, in patients following traumatic brain injury. It is observed, that it is more common in severe traumatic brain injury

Rathke's Cleft Cysts

Rathke's cleft cysts are not tumors, but instead are classified as developmental abnormalities. Like craniopharyngiomas, these cysts form during early development of the fetus from a structure known as Rathke's pouch. Small Rathke's cleft cysts are not uncommon and do not usually cause any symptoms. Problems can occur if these cysts enlarge and interfere with pituitary production or exert pressure on the optic chiasm.

Multiple Endocrine Neoplasia Type 1 (MEN1)

Familial multiple endocrine neoplasia type 1 is an inherited disorder affecting the endocrine glands. The disorder affects both males and females equally. MEN1 is also sometimes called *Wermer Syndrome*.

People with MEN1 carry a gene which makes them prone to the development of pituitary tumors, parathyroid disease, tumors in the pancreas and occasionally tumors in the other endocrine glands. The parathyroids are the glands most often affected by MEN1 and the pituitary becomes overactive in about 1 in 6 persons. The cause of pituitary over activity is usually a Benign tumor called a prolactinoma.

Kallmann's Syndrome

Kallmann's syndrome is a form of hypogonadotropic Hypogonadism characterized by an absence of GnRH, a hormone naturally released by the Hypothalamus. Sufferers fail to go through puberty unless they are given sex hormone replacement therapy and in addition usually have no sense of smell (anosmia).

Pituitary Disorder Education and Support Form

Your contribution will help the PDES continue to assist those in need.

I want to help those who are affected by pituitary tumors.

Name _____ Date _____
Address _____ Phone _____
City/State/Zip _____ Email _____

Membership levels:

_____ \$5.00-\$25.00 Active Member _____ \$50.00 Patron _____ \$100.00 Sponsor

_____ \$ 500.00 Life Time Member _____ \$ 1,000.00 Founders Circle

Professional Web site Sponsorship _____ \$ 500.00 - \$5,000.00

Corporate Web site Sponsorship _____ \$5,000.00 - \$10,000.00

Type of pituitary tumor _____ Treatment _____

Medications/Hormone replacement _____

If we may have your permission to print your name, in honor of your membership, in the Pituitary News and Website. Please check here _____

If you wish to make a private contribution check here _____

If you wish to make a donation in honor or in memory of a loved one , friend , or relative please indicate here.

This gift is made in memory of _____ in honor of _____

Please give your Name and address _____

Please indicate if you would like future newsletters sent by postal mail _____ or email _____

Volunteers are needed. If you would like to volunteer please contact Teresa Sullivan. Call 419 318-4044 or pdests@yahoo.com

All donations are tax deductible. Please send check payable to the: P.D.E.S.

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Want to color your life healthy?



Try eating Bell peppers...

also known as sweet peppers. They come in a variety of vivid colors such as green, red, yellow, orange, purple, brown and black. Eating them by themselves with a dip or in many recipes is an enjoyable way to optimal health!

Bell peppers have a delightful, slightly watery crunch. Green and purple peppers have a slightly bitter flavor, while the red, orange and yellows are sweeter and almost fruity. Pimento and paprika are both prepared from red bell peppers.

Brightly colored bell peppers, whether green, red, orange or yellow, are rich sources of some of the best nutrients available. To start, peppers are excellent sources of vitamin C and vitamin A (through its concentration of carotenoids such as beta-carotene), two very powerful antioxidants. These antioxidants work together to effectively neutralize free radicals, which can travel through the body causing huge amounts of damage to cells. Free radicals are major players in the build up of cholesterol in the arteries that leads to *atherosclerosis* and heart disease, the nerve and blood vessel damage seen in *diabetes*, the cloudy lenses of *cataracts*, the *joint pain* and damage seen in *osteoarthritis and rheumatoid arthritis*, and the wheezing and airway tightening of *asthma*. By providing these two potent free radical destroyers, bell peppers may help prevent or reduce some of the symptoms of these conditions by shutting down the source of the problem.

For atherosclerosis and diabetic heart disease, peppers also contain vitamin B6 and folic acid. These two B vitamins are very important for reducing high levels of homocysteine, a substance produced during the methylation cycle (an essential biochemical process in virtually every cell in the body).

High homocysteine levels have been shown to cause damage to blood vessels and are associated with a greatly increased risk of heart attack and stroke.

In addition to providing the vitamins that convert homocysteine into other beneficial molecules, bell peppers also provide fiber that can help lower high cholesterol levels, another risk factor for heart attack and stroke.

Red peppers are one of the few foods that contain lycopene, a carotenoid whose consumption has been inversely correlated with prostate cancer and cancers of the cervix, bladder and pancreas. Recent studies suggest that individuals whose diets are low in lycopene-rich foods are at greater risk for developing these types of cancers.

For people worried about colon cancer, the fiber found in peppers can help to reduce the amount of contact that colon cells have with cancer-causing toxins found in certain foods or produced by certain gut bacteria. In addition, consumption of vitamin C, beta-carotene, and folic acid, all found in bell peppers, is associated with a significantly reduced risk of colon cancer.

Consuming foods rich in beta-cryptoxanthin, an orange-red carotenoid found in highest amounts in red bell peppers, pumpkin, corn, papaya, tangerines, oranges and peaches, may significantly lower one's risk of developing lung cancer. If you or someone you love is a smoker, or if you are frequently exposed to secondhand smoke vitamin A-rich foods, such as bell peppers may save your life.

Richard Baybutt, associate professor of nutrition at Kansas State, made a surprising discovery: a common carcinogen in cigarette smoke, benzo(a)pyrene, induces vitamin A deficiency. This discovery was made while studying the relationship between vitamin A, lung inflammation, and emphysema,

Baybutt's earlier research had shown that laboratory animals fed a vitamin A-deficient diet developed emphysema. His latest animal studies indicate that not only does the benzo(a)pyrene in cigarette smoke cause vitamin A deficiency, but that a diet rich in vitamin A can help counter this effect, thus greatly reducing emphysema.

Bell peppers appear to have a protective effect against cataracts, possibly due to their vitamin C and beta-carotene content. Italian researchers compared the diets of hospital patients who had cataracts removed with patients who had not undergone the operation. Certain vegetables, including sweet peppers, reduced the cataract operation risk. The red variety of bell peppers also supply the phytonutrients lutein and zeaxanthin, which have been found to protect against macular degeneration, the main cause of blindness in the elderly.

Protection against Rheumatoid Arthritis...While one study suggests that vitamin C-rich foods, such as bell and chili peppers, provide humans with protection against inflammatory polyarthritis, a form of rheumatoid arthritis involving two or more joints. People who consume the low amounts of vitamin C-rich foods are three more than three times more likely to develop arthritis than those who eat vitamin C rich foods.



ARTICHOKES

Since ancient times, the artichoke has been used for **liver** and **gallbladder** conditions, 'cleaning' the blood, as well as the **bladder**. The Egyptians highly prized it as a health and diet food and Plinius described it as the 'food for the rich' because of the health problems contributed to a 'rich' life style - excessive in rich foods, fats and wine that led to liver illnesses (such as cirrhosis), gout and a general run down condition.

Today we know that the artichoke is very high in fiber, potassium, calcium, iron, phosphorus and other trace elements important for a balanced system. It is known to positively help poor liver function (thus helping to lower the blood cholesterol), arteriosclerosis, gout, supports the treatment of hepatitis and improves the gall secretions. It can slightly lower the blood sugar, improve the appetite and digestion, is diuretic and may help some migraine conditions (most especially those caused by toxins in the blood). As it helps the body rid itself of excess water and moves toxins it also improved skin luminosity.

In a poor diet the artichoke can boost the liver's ability to regenerate its cells. Obviously, nothing can help advanced cirrhosis of the liver. The liver's main function is the metabolic transformation of nutrients from the food we eat. It also detoxifies certain poisons. An overstressed liver cannot function properly and will eventually affect the entire body.

The Spanish or Italian varieties can be eaten whole. There are no hairs to remove as is the case with larger varieties. The heart or choke becomes tender when cooked. Artichokes are very tasty and enhance salads and main dished. However, another method is to purchase an excellent extract from the health food shop).

Discover new recipes and eat them as a main meal for several days. You can buy artichoke hearts in your grocery store that are preserved in a can or jar. To help them work efficiently avoid all animal fats during this time, use olive oil instead and avoid all strong alcohol. Another positive side to artichokes is as your liver function improves so does your metabolism and weight loss becomes easier. Artichokes only have about 25 calories so adding them to your favorite dish reduces the overall calories, fills you up, and taste great!

Try this recipe” **Provencal Chicken, Artichoke and Olive Pasta**” on page 6.

PLEASE HELP US HELP YOU!

What if Pituitary Disorders Education & Support earned a penny every time you searched the Internet or shopped online? Well, now we can!

GoodSearch.com is a new search engine that donates half its revenue, about a penny per search, to the charities its users designate. You use it just as you would any search engine, and it's powered by Yahoo!, so you get great results.

GoodShop.com is a new online shopping mall which donates a percentage of each purchase to your favorite cause. More than 100 great stores including The Gap, Best Buy and Barnes and Nobel have teamed up with GoodSearch and every time you place an order, you'll be supporting your favorite cause.

Just go to www.goodsearch.com and be sure to enter Pituitary Disorders Education & Support as the charity you want to support. And, be sure to spread the word!

Research studies available at MGH Neuroendocrine Clinical Center :

We are currently accepting the following categories of patients for screening to determine study eligibility. Depending on the study, subjects may receive free testing, medication and/or stipends.

Cushing's Syndrome

GH deficiency

Adolescent and young adult athletes

Obese adolescent girls or Overweight Children

Adolescent girls with anorexia nervosa

Women with anorexia nervosa

Women ages 18-28 with a history of anorexia nervosa
Men, ages 18-45

Girls and women with current anorexia nervosa or a history of anorexia nervosa, ages 10 and up

Healthy girls and women, ages 10 and up
Obese men and women

HIV positive men and women with and without metabolic abnormalities

For more details about studies see page 7 or visit:
http://www.pituitarydisorder.net/clinical_trials.htm



Provençal Chicken, Artichoke and Olive Pasta

- 2 skinless, boneless chicken breasts
- 1 small onion
- 1 teaspoon olive oil
- 2 garlic cloves, minced
- 4 large tomatoes or 1 28-oz can drained plum tomatoes
- 1 teaspoon dried basil Fresh basil is better if you have it
- 6-oz jar marinated artichoke hearts, well-drained
- ½ cup pitted kalamata olives or black olives
- 1 pound short pasta, such as penne or rotini
- ½ cup chopped parsley
- Parmesan cheese, freshly grated

1. Cut chicken into bite-sized pieces. Finely chop onion. Heat oil in a large saucepan set over medium heat. Add chicken, onion and garlic. Stir occasionally until chicken is golden.
2. Meanwhile, core and coarsely chop fresh tomatoes and add to chicken along with any juice. Or stir in drained canned tomatoes, breaking them up a bit.
3. Add basil, artichokes and olives then bring mixture to a boil. Reduce heat to medium-low and simmer, uncovered and stirring occasionally, until sauce has thickened a bit. This should take about 10 minutes.
4. While you are prepping the sauce and vegetables, bring a large pot of salted water to a boil. Add pasta and cook, uncovered, according to package directions. Drain well. Add drained pasta directly to sauce with parsley, salt and pepper. Stir to coat all pasta with sauce and sprinkle with Parmesan.

<http://www.artichokes.org/recipes.htm>

Stuffed red bell peppers

- 4 bell peppers, any color
- 5 Tbsp extra-virgin olive oil
- 1 medium yellow onion, peeled and chopped
- 1 clove of garlic, peeled and chopped
- 1 lb of lean ground beef
- 1 1/2 cup of cooked rice
- 1 cup chopped tomatoes, fresh or canned (if using can, drain of excess liquid first)
- 1 tbsp chopped fresh oregano or 1 teaspoon of dried oregano
- 1 Jar of favorite spaghetti sauce

1 Bring a large pot of water to a boil over high heat. Meanwhile, cut top off peppers 1 inch from the stem end, and remove seeds. Add several generous pinches of salt to boiling water, then add peppers and boil, using a spoon to keep peppers completely submerged, until brilliant red and their flesh slightly softened, about 3 minutes. Drain, set aside to cool.

2 Preheat oven to 350 degrees F. Heat 4 tbsp of the oil in a large skillet over medium heat. Add onions and cook, stirring often, until soft and translucent, about 5 minutes. Add the garlic and cook a minute more. Remove skillet from heat, add meat, rice, tomatoes, and oregano, and season generously with salt and pepper. Mix together in a large bowl .

3 Drizzle remaining 1 tablespoon of olive oil inside the peppers. Arrange the cut side of the peppers up in a baking dish, then stuff peppers with filling. Top with spaghetti sauce.

4 Place in oven and bake for 40-50 minutes (or longer, depending on how big the peppers are that you are stuffing), until the internal temperature of the stuffed peppers is 150-160°F.

For more recipe ideas visit these websites:

- www.oceanmist.com
- www.foodnetwork.com
- www.Allrecipes.com
- www.simplyrecipes.com
- www.epicurious.com