

The **natural course** of NFMA is largely unknown because the majority of patients with NFMA are operated. A study described the combined data of both non-functioning **microadenomas** and **macroadenomas**, not permitting a conclusion with respect to the natural course of NFMA per se. Those studies, with a follow-up period ranging from 22 to 73 months, show an increase in the **tumor size** ranging from 25 to 50% of all patients with NFMA. The natural course of NFMA presenting for other reasons than the presence of an **incidentaloma** is unclear.

In the series of Dekker et al. with non-operated NFMA patients report an increase in tumor size in 50% of all patients during long-term follow-up, accompanied by visual field defects in 50% of these cases. In patients with an increase in tumor size and **visual field defects**, surgical treatment resolved the visual field defects. No independent **predictors** for tumor growth were found by logistic regression. Based on these data, they propose a conservative approach in selected patients with NFMA without visual field defects. In these patients, this is a safe alternative for transsphenoidal surgery, without the risk of irreversibly compromising visual field defects ¹⁾.

¹⁾

Dekkers OM, Hammer S, de Keizer RJ, Roelfsema F, Schutte PJ, Smit JW, Romijn JA, Pereira AM. The natural course of non-functioning pituitary macroadenomas. Eur J Endocrinol. 2007 Feb;156(2):217-24. PubMed PMID: 17287411.

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