**Letter to Primary Care Provider**

\_\_\_\_\_\_\_\_\_\_ is being discharged from the endocrine clinic.

Rationale for discharge from Endocrine Care:

Pituitary microadenoma’s are common in the general population with a 10% prevalence. XXX has a normal baseline hormonal panel without evidence of hormonal hypo or hypersecretion. The pituitary adenoma does not compress or abut the optic chiasm and has been stable in size on follow-up imaging at 1 and 2 years.

Summary of Key Results:

**Baseline Hormonal Panel:**

|  |  |  |
| --- | --- | --- |
| **Test** | **Result** | **Date** |
| LH/FSH |  |  |
| Estrogen/Testosterone |  |  |
| Prolactin |  |  |
| TSH/free T4 |  |  |
| IGF-1 |  |  |
| Sodium |  |  |
| ACTH/cortisol |  |  |

**Imaging:**

|  |  |  |
| --- | --- | --- |
| **Initial MRI Sella** | **1 year follow-up MRI** | **2 year follow-up MRI** |
| Size:  Other features: | Size:  Other features: | Size:  Other features: |

Surveillance:

1. **Imaging:** Please repeat a sellar MRI at the same institution in (month/year), which represents a 5-year follow-up scan. If the lesion is stable, no further imaging is required.
2. **Clinical:** Please monitor for the development of symptoms/signs that might be in keeping with pituitary hormone dysfunction (i.e. Cushing’s, adrenal insufficiency, hypothyroidism, hyperprolactinemia) or growth in the size of the lesion (e.g. new/worsening headache or visual disturbance/visual field defect)
3. **Biochemical:** None or \_\_\_\_\_\_\_\_ (specify tests)

Criteria for escalation or re-referral:

1. Any growth of lesion on MRI
2. Evidence of pituitary hormone dysfunction
   1. If symptoms of cortisol excess 🡪 order a 1mg dexamethasone suppression test
   2. If symptoms of hyperthyroidism 🡪 order a T4 and TSH
   3. If symptoms of hyperprolactinemia 🡪 order a prolactin
   4. If symptoms of acromegaly 🡪 order an IGF-1
   5. If symptoms of hypopituitarism 🡪 order an 8am cortisol, ACTH, LH/FSH, estradiol/testosterone, IGF-1, TSH, freeT4, PRL, sodium, urine osmolality
3. New visual field defect or change in headaches 🡪 order an MRI and refer back if growth or change in the lesion