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中国全科医学杂志社

100053北京市西城区广义街5号

广益大厦A座907

学术顾问

John Murtagh (澳大利亚)

主编

杨辉

编辑

中国全科医学杂志编辑委员会

电话: 010-63052088

0310-2067118

http://www.chinagp.net

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专家说

——推进垂体腺瘤的规范化诊疗 与卓越垂体中心建立

垂体腺瘤(PA)是常见神经内分泌肿瘤,是成人中枢神经系统(CNS)肿瘤的第三大常见原因,占有CNS肿瘤的15%。根据PA是否有激素分泌能力分为功能性和无功能性PA。功能性PA主要包括催乳素(PRL)细胞腺瘤、生长激素(GH)细胞腺瘤、促肾上腺皮质激素(ACTH)细胞腺瘤及相对罕见的促甲状腺激素(TSH)细胞腺瘤,这些肿瘤一方面因鞍区占位对周围组织的压迫而影响垂体功能及视力等,另一方面由于肿瘤细胞不适当分泌PRL、GH、ACTH、TSH等而导致机体诸多器官结构及功能异常,出现内分泌相关的临床表型。如果诊断延误或治疗不当,疾病需及时诊断和治疗。

PA的诊断有赖于相应的临床症状和体征、垂体激素和神经影像学的检查,其治疗需要多学科的合作和个体化方案。库欣病的定位诊断、治疗以及早期预测库欣术后复发风险是ACTH瘤的诊治难点;库欣病在特殊人群(如儿童/青少年、老年人)或特殊阶段(如妊娠期、绝经后)的个体化诊疗等是目前垂体疾病领域亟待解决的难题。库欣病需要准确的诊断、恰当的治疗选择和规范化长期管理,才能优化患者的治疗效果和改善预后。

自2003年库欣综合征临床诊疗指南发布以来,美国内分泌协会于2008、2015年分别更新了指南/共识,随着新的筛查、诊断方法及新批准的治疗方法的发展,更加突显了2021年国际垂体学会更新临床实践指南/共识的重要性和必要性。同期,欧洲内分泌学会回顾了妊娠期PA(涵盖功能性和无功能性PA)临床实践的最新证据和建议,对证据质量和共识建议的强度进行了分级,强调根据患者情况制定最佳的个体化的治疗方案。本期内容中关于库欣病、妊娠期功能性和无功能性PA相关的指南解读,有助于广大全科医师更好地认识这类疾病和规范临床实践。

为规范PA及相关疾病诊疗、推动垂体疾病的临床与基础科学研究、建立健全多学科专家团队(MDT)诊疗模式人才培养体系、科学普及垂体疾病相关的健康知识,我们需要建立一批多学科协作的卓越垂体中心发挥引领示范作用,进一步推动国内垂体疾病规范化诊疗。

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