

## **Patologia médica e gravidez**

### **(21699) - PITUITARY APOPLEXY DURING PREGNANCY**

Mariana Almeida<sup>1</sup>; Helena Cunha E Carmo<sup>1</sup>; Maria Manuela Almeida<sup>1</sup>

1 - Hospital Garcia de orta

#### **Introdução**

Pituitary apoplexy (PA) refers to sudden hemorrhage of the pituitary gland which may lead to its failure. It usually occurs into a pituitary adenoma, after a period of hypertrophy. Common symptoms are headache, visual disturbances, hypopituitarism or altered consciousness. PA is a very rare condition during pregnancy, with only few cases reported.

We present a case of a pregnant women with pituitary apoplexy due to hemorrhage in a pituitary adenoma, who presented with headache.

#### **Metodologia**

A case report.

#### **Resultados**

A 35-year-old multipara, with history of hypertension, presented with headache at 7 weeks of gestation. She had controlled blood pressure with Methyldopa and, despite medicated with Paracetamol, the headaches continued to worsen for the next two weeks, and she was waking up at night because of the pain. Her neurologic exam and blood tests were normal. A Cranial Magnetic Resonance Imaging (MRI) performed, based on the headache's red flags, showed an enlarged *Sella turcica* with a pituitary lesion suggestive of hemorrhagic pituitary adenoma. She was admitted to the hospital for endocrinological surveillance and Hydrocortisone was started, anticipating pituitary apoplexy. From the blood tests, no pituitary deficiency was detected, and the symptoms ceased. The patient was discharged 1 week later, after hydrocortisone wean and the pregnancy was monitored at hospital appointments. The labour was induced at 39 weeks due to chronic hypertension and a healthy newborn female infant was delivered. The patient had no need of corticotherapy at puerperium.

#### **Conclusões**

PA is a rare but potentially serious condition that can occur during pregnancy. It may be the first manifestation of pituitary adenomas, as it happened with the case we present. ACTH deficiency is the most serious complication because it can cause life-threatening hypotension. For this reason, attempted diagnosis and blood pressure control are crucial to prevent hypotensive shock.

**Palavras-chave : Pituitary apoplexy, Headache, Pregnancy, Cortisol deficiency**