

Acromegaly



- What is it?**
- Overproduction of growth hormone (GH).

- Signs and Symptoms:**
- Unusual or excessive growth of feet, tongue, hands, facial features.
 - Disproportionate growth, coarse body hair, coarse/leathery/oily skin, excessive diaphoresis, headache, visual impairment, heart failure, moderate weight, diabetes.

- Facts:**
- Increased risk of Diabetes- 25 to 30%.
 - Increased risk of heart problems - 2 gram Sodium and Low Fat Diet is recommended
 - See Food Fitness First®- for Low Sodium Low Fat Diet. Foods High in Sodium to Avoid- Dill Pickles, Bacon, Ham, Sausage, Luncheon Meats, Peanut Butter, Cheese, Chips, Salted Nuts, Buttermilk, Chocolate Milk, Corned Beef, Frankfurters, Canned Tuna Fish, Instant Potatoes, Self Rising Flour, Baking Powder, Baking Soda, Salted Popcorn, etc.

- What can I do?**
- See your Health Care Provider.
 - Surgical removal of the pituitary gland.
 - Medications to balance hormones.
 - Cardiac medications for heart failure.
 - Control weight, prevent and treat heart disease and diabetes.
 - Alter PO4 (Phosphate) due to tubular re-absorption.
 - See Food Fitness First® Osteoporosis Prevention- do weight bearing exercises and include foods rich in Calcium and Vitamin D.

Saturated Fats



Avoid Saturated Fats-Coconut, Bacon, Lard, Organ Meats, Butter, Cheese, Fatty Beef, Lamb, Pork, Poultry with Skin and Cream.



- Foods High in Calcium- Milk, Cheese, Yogurt, Sardines with bones, Broccoli and cooked Kale.
- Foods High in Vitamin D- Beef Liver, Fatty Fish (Tuna, Mackerel and Salmon), Cheese, Egg Yolk, Foods Fortified with Vitamin D (Cereals, Dairy Products, Orange Juice and Soy Milk).
- See a Registered Dietitian or a Food Fitness First® RD- on line for help.