

# Pituitary Tumor: Risk Factors



## What is a risk factor?

A risk factor is anything that may increase your chance of having a disease. These are things you should know about risk factors for pituitary tumors:

- There are very few known risk factors for these tumors.
- Many people who get a pituitary tumor have no known risk factors.
- Risk factors can increase a person's risk, but they don't always cause the disease.

## Who is at risk for pituitary tumors?

Known risk factors for pituitary tumors are linked to inherited genetic syndromes. These are abnormal changes (mutations) in certain genes that are passed down from parent to child. You might want to talk with a healthcare provider about genetic testing if you have one of these syndromes in your family.

These hereditary risks include:

- **MEN1 (multiple endocrine neoplasia type 1).** This condition is caused by changes in the gene MEN1. Having MEN1 syndrome raises your risk for pituitary tumors and some other tumors. The child has a 50% chance of getting the change passed on to them if a parent has changes to the MEN1 gene.
- **MEN4 (multiple endocrine neoplasia type 4).** People with this rare syndrome have a higher risk for pituitary tumors and some other tumors. MEN4 is caused by changes in the gene CDKN1B. These changes are passed down from a parent.

Other rare inherited and noninherited genetic syndromes can also raise the risk of pituitary tumors. These include McCune-Albright syndrome, Carney complex, and familial isolated pituitary adenoma.

Pituitary tumors seem to run in some families without a known genetic syndrome in rare cases.

## Pituitary tumor screening

No standard screening methods are used to find pituitary tumors in people who aren't known to be at increased risk. Talk about screening with your healthcare provider if you have an inherited condition, such as MEN1 syndrome. Blood tests can be done to watch for abnormal pituitary hormone levels if you have an inherited condition, such as MEN1 syndrome. Regular blood testing might help find a pituitary tumor early so it can be treated right away.

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