



# I-Hyperprolactinemia

## IYINI I-HYPERPROLACTINEMIA?

I-hyperprolactinemia yisifo lapho umuntu eba namazinga aphezulu kunokujwayelekile ehomoni i-prolactin egazini. Umsebenzi omqoka we-prolactin ukugquqzela ukukhiqizeka kobisi ngemuva kokuzalwa komntwana, ngakho amazinga aphezulu e-prolactin ayinto ejwayelekile ngesikhathi umuntu ekhulelwe. I-prolactin iba nomthelela futhi emazingeni amahomoni aphaathelene nobulili (i-estrogen ne-testosterone) kubo bobubili ubulili besifazane nobesilisa. I-prolactin yenziwa yindlala i-pituitary, isitho somzimba esingangophizi esitholakala ngaphansi kobuchopho.

## NGABE BEWAZI?

**Indlala i-pituitary ibizwa ngendlala enkulu kunazo zonke ngoba yenza amahomoni alawula amazinga amanye amahomoni. Kudingeka ukusebenza ngendlela efanele kwendlala i-pituitary ukuze umuntu aphilile kahle.**

## IBANGELWA YINI I-HYPERPROLACTINEMIA?

Imbangela ejwayeleke kakhulu ye-hyperprolactinemia ukukhula kwenyama noma isigaxa esisendlaleni ye-pituitary ebizwa nge-prolactinoma. Isigaxa sikhiqiza amazinga aphezulu e-prolactin. Lezi zigaxa kungenzeka zibe nkulu noma ncane futhi isikhathi esiningi zigcwalisa amanzi, okuchaza ukuthi azinawo umdlavuzi. Izigaxa ezinkulu zingabangela ukuphathwa yikhanda, izinkinga zokungaboni kahle, noma kokubili. Ama-prolactinomas avame kakhulu ebantwini besifazane kunakubantu besilisa kanti akuvamile ukuthi abe sezinganeni.

Eminye imithi oyiyalelwe udokotela wakho nayo ingakhuphula amazinga e-prolactin. Lokhu kubandakanya imithi yalokhu

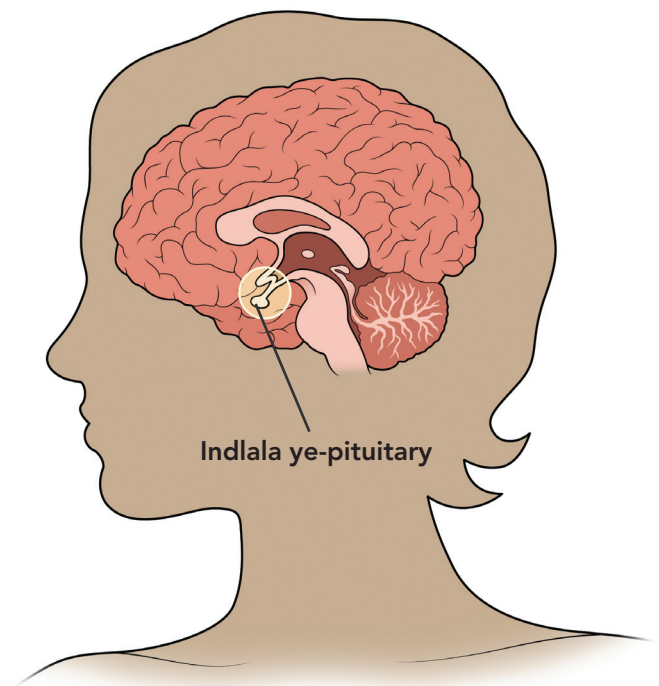
- Ukukhuphuka komfutho wegazi (efana nama-calcium-channel blockers ne-methyl dopa)
- Ingcindezi (i-tricyclic nama-SSRI antidepressant)
- Izilonda ezingaphakathi (ulcers) (ama-H2 antagonists)
- Isishiso ne-gastroesophageal reflux disease (i-metoclopramide)
- Ubuhlungu (ama-opiates—amaphilisi akhiwa nge-opium)

- Ukungasebenzi kahle kwengqondo okumandla (ama-antipsychotics afana ne-risperdal ne-haloperidol)
- Izimpawu ze-menopause (i-estrogen)

Ezinye izimbangela zibandakanya

- I-hypothyroidism noma i-underactive thyroid—okuchaza ukuthi indlala ye-thyroid ayikhiqizi amahomoni e-thyroid anele
- Ukulimala esifubeni nezinye izifo ezinomthelela esifubeni, ezifana nebhande (shingles)
- Ezinye izigaxa nezifo ezinomthelela ekusebenzeni kwendlala i-pituitary, noma ukwelashelwa izigaxa ngemisebe yokukhanya noma eduze ne-pituitary
- Izifo zesibindi nezinsu ezingelapheki

Ngesinye isikhathi, iye ingatholakali imbangela ye-hyperprolactinemia.



## YIZIPHI IZINKOMBA NEZIMPAWU ZE-HYPERPROLACTINEMIA?

Ubulili bobubili, abantu besilisa nabesifazane kungenzeka bangakwazi ukuthola abantwana, ukwehla kwezinga lokulangazelela ucansi, nokulahlekelwa amathambo Ngaphezu kwalokhu, abantu besifazane

- Bangaba nokoma esithweni sangasese, okungaholela ebuhlungwini ngesikhathi beya ocansini
- Izinkinga ngokuphathelene nokuya ocansini—ukungayi esikhathini noma ukungayi njalo esikhathini
- Ukukhiqizwa kobisi kwebele noma umuntu engakhulelwe noma engancelisi muntu

Amadoda nawo

- I-erectile dysfunction—ukuba nenkinga yokuvusa induku nokuyigcina imile
- Ukuvuvukala kwezibele, okubizwa nge-gynecomastia
- Ukwehla kwesisindo sezicubu nokuphuma izinwele

## IHLOLWA KANJANI I-HYPERPROLACTINEMIA?

Kusetshenziswa ukuhlolwa kwegazi ukuze kuhlolwe ukuba kuningqi kwe-prolactin. Uma amazinga e-prolactin ephezulu, kuzokwenziwa okunye ukuhlolwa ukuze kubhekwe amazinga e-thyroid hormone egazini. Amazinga afanele e-thyroid hormone akhomba ukuthi i-hypothyroidism ayiyona imbangela ye-hyperprolactinemia. Odokotela bazokubiza futhi nangezinye izifo noma imithi oyisebenzisayo, ukuze bathole ukuthi awukhulelwe yini.

Uma kusolwa ukuthi une-prolactinoma, isinyathelo esilandelayo ukuthathwa kwezithombe ze-MRI (magnetic resonance imaging) zengqondo ne-pituitary. Ukusebenzisa umshini okhethekile owenza izithombe zezicubu zomzimba, i-MRI ikhombisa isigaxa ku-pituitary futhi ikhombisa nobukhulu baso.

## YELASHWA KANJANI I-HYPERPROLACTINEMIA?

Ukwelashwa kuncike kulokho okuyimbangela. Abanye abantu banamazinga aphezulu e-prolactin, kodwa abanezimpawu ezincane noma abangenazo nhlobo, abadingi ukwelashwa. Izindlela zokwelapha izigaxa okungakhethwa kuzo zibandakanya

- **Imithi eyalelwe ngudokotela.** I-bromocriptine ne-cabergoline yehlisa ukukhiqizwa kwe-prolactin. Imithi eminingi isebenza kangcono ebantwini abaningi abanama-prolactinoma.
- **Ukuhlinzwa ukuze kususwe isigaxa.** Ungahlinzwa uma imithi ingazange isebenze ngendlela efanele. Ukuhlinzwa kuyadingeka ngesinye isikhathi uma isigaxa sinomthelela ekuboneni kwakho.
- **Ukwelashwa ngemisebe yokukhanya** (esiza ukunciphisa isigaxa). Akuvamile ukuba kwenziwe, uma imithi nokuhlinzwa kungasebenzi, kusetshenziswa ukwelapha ngemisebe yokukhanya ukuze kuncishiswe isigaxa.

I-bromocriptine ne-cabergoline kusetshenziswa ukwelapha i-hyperprolactinemia okungaziwa ukuthi ibangelwa yini. I-hypothyroidism yelashwa ngama-thyroid hormone enziwe, okumele ehlise amazinga e-prolactin abe ngajwayelekile. Uma amazinga aphezulu e-prolactin ebangelwa yimithi eyalelwe ngudokotela, kumele kubhekwe eminye imithi ongayithatha.

## Imibuzo okumele uyibuze udokotela wakho

- **Ibangelwe yini i-hyperprolactinemia yami?**
- **Yikuphi ukuhlolwa okudingeka kwenziwe kimina?**
- **Yiziphi izinhlobo zokwelashwa engingakhetha kuzona?**
- **Yikuphi okuhle nokungekuhle ngendlela yokwelashwa engingakhetha kuyo ngayinye?**
- **Ngabe ngizoba nomthelela wesikhathi eside ngenxa yesimo sami?**
- **Ngabe ngiyadinga yini ukuyobonana nodokotela osebenza ngezifo ezibangelwa ukungasebenzi ngendlela efanele kwamahomoni (endocrinologist)?**

## IMITHOMBO

- Thola i-Endocrinologist: [www.hormone.org](http://www.hormone.org) noma ushayele ucingo ku-1-800-HORMONE (1-800-467-6663)
- Imininingwane yokungasebenzi ngendlela efanele kwe-pituitary evela ku-Hormone Health Network: [www.hormone.org/Pituitary/overview.cfm](http://www.hormone.org/Pituitary/overview.cfm)
- I-National Endocrine and Metabolic Diseases Information Service (National Institutes of Health): [www.endocrine.niddk.nih.gov/pubs/prolact/prolact.htm](http://www.endocrine.niddk.nih.gov/pubs/prolact/prolact.htm)
- I-Mayo Clinic: [www.mayoclinic.com/health/prolactinoma/DS00532/DSECTION=symptoms](http://www.mayoclinic.com/health/prolactinoma/DS00532/DSECTION=symptoms)
- I-Pituitary Society: [www.pituitarysociety.org](http://www.pituitarysociety.org)

## ABAHLELI

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I-Hormone Health Network inikeza ngezinsiza zamahhala ngolwazi oluseqophelweni eliphezulu kakhulu ngokwelashwa ngokwesayensi oluthathwe ku-Endocrine Society ([www.endocrine.org](http://www.endocrine.org)). Injongo ye-Network wukusiza iziguli ekubeni ngezifundisiwe zibe ngezizibandakanyayo, nezaziyo zibe ngeziyinxenye yokwelashwa kwazo kwezempilo. Iphepha lamaphuzu nalo liyatholakala isingisi lapha [www.hormone.org](http://www.hormone.org).

**Iphepha lamaphuzu e-Hyperprolactinemia**



[www.hormone.org](http://www.hormone.org)