MedStar Pituitary Center

Expert, Experienced Care for Pituitary Disorders
MedStar Pituitary Center in Washington, D.C.

- Comprehensive, coordinated care in one location by a multi-disciplinary team including neurosurgeons, endocrinologists, ophthalmologists and otolaryngologists
- Offering a full array of medical and surgical treatment options
- Specialized expertise in various surgical approaches to tumor removal
- Resolution and management of symptoms
- Long-standing experience with superior outcomes
The Regional Leader in Pituitary Disorders

Pituitary tumors cause a wide variety of symptoms, from uncomfortable to debilitating.

At MedStar Pituitary Center, our depth of expertise in pituitary disease allows us to focus exclusively on these conditions. The large number of patients we treat has resulted in a long-standing record of excellent outcomes, with full remission of symptoms in a majority of patients.

The goal of our center is to provide excellent, individualized and expert care, so you can return to doing what you enjoy, symptom-free.

FEATURES OF OUR PITUITARY CENTER INCLUDE:

- **Team of experts:** Our pituitary team includes specialists who are board-certified in neurosurgery, endocrinology, ophthalmology and otolaryngology.
- **Accurate diagnosis:** We perform a thorough evaluation in order to arrive at an accurate diagnosis. Neuro-radiologists skilled in identifying pituitary tumors interpret imaging scans you may need. Then, we work with you to create a treatment plan that meets your individual needs.
- **Collaborative care:** At your initial evaluation, you will meet with several specialists. This team approach ensures that we make the correct diagnosis before we begin your treatment. We also hold weekly sessions, where our entire team meets to discuss complex cases and makes treatment recommendations.
Comprehensive, Convenient, Coordinated Care

MedStar Pituitary Center in Washington, D.C., is the only program in the region that focuses exclusively on pituitary disorders.

Our multidisciplinary team is with you during your entire healthcare experience, from your initial evaluation through treatment, and then continuing with meticulous long-term follow-up care. Our dedicated clinical coordinator helps you navigate the treatment process and is available for support and guidance at every stage.

What We Offer

• The region’s most experienced pituitary tumor experts, working together on your care
• Seamless, coordinated care through this team approach
• A full range of diagnostic and treatment options to meet your individual needs, including complex pituitary surgery procedures
• Excellent outcomes over many years
• Comprehensive follow-up care, including monitoring your medication and regular imaging studies to identify and prevent any complications
• Convenient location with on-site parking

Our Team

MedStar Pituitary Center features an expert team of board-certified, fellowship-trained physicians and other specialists.

• Neurosurgeons specialize in diagnosing and treating conditions of the brain, spine and nervous system. Our surgical team has performed hundreds of pituitary tumor surgeries, including many complex procedures.
• Neuro-endocrinologists specialize in the interaction between hormones and the brain. Our neuro-endocrinology team performs a comprehensive evaluation for patients with pituitary disorders to help determine whether medical management or surgery is the most effective treatment approach. A neuro-endocrinologist also provides ongoing medical management and follow-up care.
• Neuro-ophthalmologists are specially-trained ophthalmologists who have special interest and expertise managing visual disorders related to the nervous system. Pituitary tumors may affect vision, depending on the size and location of the tumor. Neuro-ophthalmologists provide specialized eye and vision care for patients with pituitary tumors. They work to restore normal vision and help patients avoid losing their vision.
• Otolaryngologists, also called Ear, Nose and Throat (ENT) specialists, work closely with the neurosurgery team to perform complex pituitary tumor surgeries involving the nasal cavity.
• Neuro-radiologists interpret imaging scans for patients with pituitary disorders. Our neuro-radiologists have specialized training in identifying pituitary tumors. The neuro-radiology team is also involved in your postoperative scans and follow-up care, so we can provide expert diagnosis and ongoing management.

Stanley Chia, MD, and Edward Aulisi, MD, evaluate the MRI scan of a potential surgical candidate with a pituitary tumor.
Conditions We Treat

- Acromegaly
- Adult growth hormone deficiency
- Adrenal insufficiency
- Craniopharyngioma
- Cushing’s syndrome
- Diabetes insipidus
- Hypogonadism
- Hypothyroidism
- Hyperprolactinemia
- Hypopituitarism
- Pituitary tumors
- Prolactinoma

What You Can Expect from Us

EVALUATION
You will undergo a thorough evaluation including a detailed assessment of your symptoms, hormonal testing, and if needed, imaging studies, which can be provided for your convenience by our on-site neuro-radiologists.

TREATMENT PLAN
After your evaluation, we work with you to determine the treatment plan that offers your optimal outcome.

- **Monitoring:** Not every patient will need surgery. If the tumor is not causing significant problems, we may recommend that we watch it carefully. You will return for regular monitoring, including imaging scans, so we can detect if there are any changes that may require more active treatment.

- **Medication:** We may determine that medication is the most effective course of treatment for you. Medications can improve symptoms and even shrink the tumor.

- **Surgery:** We use surgical techniques, including transsphenoidal surgery and endoscopic surgery to remove the tumor.

- **Radiation therapy:** We offer EDGE™ stereotactic radiosurgery, a targeted radiation therapy.

- **Second opinion:** We are available for patients seeking a second opinion. Our multidisciplinary team can evaluate you and help you reach the best decision for your condition.
MedStar Pituitary Center Team

EDWARD AULISI, MD, chairman of Neurosurgery at MedStar Washington Hospital Center and one of the leading neurosurgeons in the country with decades of experience in pituitary surgery.

STANLEY CHIA, MD, chairman of Otolaryngology, works closely with the neurosurgery team to perform complex pituitary surgery.

MARTIN KOLSKY, MD, director of neuro-ophthalmology for the MedStar Pituitary Center, offers expertise in diagnosing patients who have pituitary disorders that affect vision.

SUSMEETA SHARMA, MD, a neuro-endocrinologist who was trained at the National Institutes of Health in evaluation and medical management of pituitary tumors and other disorders.

KENNETH BURMAN, MD, leads the endocrinology team and has special expertise in treating thyroid disorders including cancers as well as pituitary disease.

Susmeeta Sharma, MD, NIH-trained endocrinologist
It started several years ago, when Ronald Tekel went to his doctor in Arizona for a routine checkup. A blood test revealed a high calcium level. Months later, an endocrinologist conducted further tests, which showed an irregularity in a hormone called human growth factor.

When Tekel relocated to Bethesda, Md., additional tests finally pointed to the pituitary gland and he was referred to the MedStar Pituitary Center. There, Tekel learned the true nature of his disorder. He has an unusual condition, according to Edward Aulisi, MD, a neurosurgeon who specializes in endocrine tumors: acromegaly, a condition caused by excess growth-hormone production from a benign pituitary tumor in the base of the skull.

“The signs had been there all along,” Tekel says, “but they were subtle.” He had a jutting jaw and his shoe size was increasing, symptoms that are characteristic of acromegaly.

The tumor needed to be removed. To avoid open surgery, Stanley Chia, MD, an otolaryngologist (ENT specialist), created a pathway to the tumor by going under Tekel’s upper lip into his nasal cavity. Dr. Aulisi was then able to remove the tumor without opening Tekel’s skull.

“The surgery was on a Monday, and I went home on Thursday,” Tekel recalls. After two weeks, he was not only enjoying all of his regular activities, but was able to tackle them with more energy. “I was very pleased with the care and direction I received,” he says. “The doctors took a wider view of my body and me to come up with the right diagnosis.”
The Next Generation of Care for Pituitary Disorders

The specialists at MedStar Pituitary Center use the most innovative techniques available today, while actively researching more effective treatment options for the future.

Joseph Verbalis, MD, one of the region’s only specialists in rare, complex pituitary tumors, has principal oversight of our research lab. Many of the current investigations underway in the field of pituitary disorders are happening right here at our center. Patients at the MedStar Pituitary Center can participate in clinical trials, gaining access to the latest research studies.

Our team leads the field in molecular diagnostics. We analyze the tumor immediately after removing it, to determine its molecular structure. This process helps us determine if further treatment is necessary. Our high volume of pituitary tumor surgery allows us to collect a large amount of data, advancing the future of pituitary tumor diagnosis and treatment.

Other areas of research include investigating better medications and ways to improve hormone function after surgery. We also conduct surgical research to investigate how we can remove tumors completely using the least invasive method possible.

Living Your Life, Symptom-Free

At MedStar Pituitary Center in Washington, D.C., we are focused on just one thing: Getting you back to doing what you enjoy, without signs or symptoms of pituitary disease.

Our dedicated specialists work with you to personalize your treatment so you can feel better and return to your daily activities as quickly as possible.

Call us at 855-546-0731, or visit MedStarWashington.org/PituitaryCenter

Martin Kolsky, MD, specializes in neuro-ophthalmology.
About MedStar Pituitary Center

**MedStar Pituitary Center** in Washington, D.C., is part of MedStar Health’s comprehensive neuroscience program. The Pituitary Center team includes specialists in neurosurgery, neuro-endocrinology, neuro-ophthalmology and otolaryngology. We provide focused, dedicated care for pituitary tumors and other pituitary disorders. Our center offers convenient and comprehensive care for our patients, who receive all the services they need from initial evaluation through advanced diagnostic testing to complex neurosurgery in one convenient location.

**FOR MORE INFORMATION**
We look forward to talking with you, answering your questions and providing your care. Contact our team at 855-546-0731 or visit MedStarWashington.org/PituitaryCenter.