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## After Pituitary Tumor Treatment

Get information about how to live well after pituitary tumor treatment and make decisions about next steps.

### Living Well After Treatment

For many people, completing treatment often raises questions about next steps as a survivor.

- [Living as a Pituitary Tumor Survivor](#)

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## Living as a Pituitary Tumor Survivor

- [Follow-up care](#)
- [Ask your doctor for a survivorship care plan](#)
- [Keeping health insurance and copies of your medical records](#)
- [Can I lower my risk of the pituitary adenoma progressing or coming back?](#)

For most people with pituitary tumors, treatment can remove or control the tumor. For some, treatment might make the tumor go away completely, and they won't need any more treatment. For others, the tumor might never go away completely, or they might need to keep getting medicines or other treatments to help keep the tumor in check.

It can be hard not to worry about the tumor growing or coming back. This is a very common concern in people who have had a pituitary tumor.

It may take a while before your fears lessen. But it may help to know that many pituitary tumor survivors have learned to live full lives while coping with this uncertainty.

## Follow-up care

Follow-up care is very important after treatment for a pituitary tumor. Even if you've finished treatment, your doctors will still want to watch you closely. Be sure to go to all of your visits with your health care team and follow their instructions carefully. Report any new or returning symptoms to your doctor right away. Ask questions if you don't understand what your doctor says.

## After surgery

[Surgery](#)<sup>1</sup> is often the first treatment for many types of pituitary adenomas. If you had a functional (hormone-making) pituitary adenoma, tests of blood hormone levels can often be done within days or weeks after surgery to see if treatment worked. Blood tests will also be done to see how well the remaining normal pituitary gland is working. Even if the results show that the tumor was removed completely and that pituitary function is normal, you'll still need regular visits with your doctors. Your hormone levels may need to be checked in the future to see if the adenoma comes back.

Whether or not the tumor made hormones, MRI scans are often done as a part of follow-up.



to see if they are at increased risk.



12. [www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy.html](http://www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy.html)
  13. [www.cancer.org/cancer/risk-prevention/diet-physical-activity/get-active.html](http://www.cancer.org/cancer/risk-prevention/diet-physical-activity/get-active.html)
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<https://www.cancer.org/cancer/acs-medical-content-and-news-staff.html>)

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