



University Hospitals Birmingham
NHS Foundation Trust



Post-traumatic Brain Injury Endocrine Screening Clinic

Building healthier lives

UHB is a no smoking Trust

To see all of our current patient information leaflets please visit
www.uhb.nhs.uk/patient-information-leaflets.htm

Introduction

Welcome to the Endocrine Department at the Queen Elizabeth Hospital Birmingham.

Why have you been referred?

You have been referred to our department by your neurosurgical consultant for screening of your hormones following your head injury.

We are a specialist team which is led by Dr Toogood (endocrine consultant), and supported by two specialist nurses.

An injury to the brain can cause damage to either your hypothalamus and/or your pituitary gland. These two areas are responsible for regulating your body's hormones. An injury to these areas can cause insufficient production of one or more of your hormones, a condition known as hypopituitarism.

Symptoms of this condition may not become apparent immediately after your injury, but may take weeks, months or years to develop.

The possible signs and symptoms shown opposite are the most common but is not meant to be an exhaustive list.

Possible signs and symptoms of hypopituitarism:

- Fatigue, tiredness and weakness
- Dizziness on standing, and low blood pressure
- Feeling colder than others around you
- Unexplained weight gain or loss
- Nausea
- Depression
- Loss of interest in sex (reduced libido)
- Loss of facial hair (men)
- Loss of periods (in females) and hot flushes

What happens during my screening appointment?

You will be seen by a specialist nurse about 10–12 weeks following your injury.

He/she will record details of your injury and take your medical history along with details of any medications you are taking.

Your blood pressure, pulse, weight and height will be measured and blood samples will be taken to check your hormone levels.

You will also be asked to complete a quality of life questionnaire.

Your appointment will last for at least 1 hour (but not more than 2 hours). Please allow sufficient time for travel and parking.

What preparation is needed before my appointment?

There is no special preparation needed prior to attending your appointment. You can eat and drink before and during the test.

Continue taking all your regular medications as usual except if you are taking steroids medication (i.e. hydrocortisone, dexamethasone or prednisolone). If you are taking any steroid medications, please contact us to discuss this further.

What next?

The results of all your blood tests can take up to 2 weeks to come back from the lab. Your specialist nurse will discuss your case and blood results with endocrine consultant.

A treatment plan will be formulated according to your blood results, which may include either re-screening in 9 months time, follow-up care in the general endocrine clinic, or further screenings.

Any hormonal deficits can be corrected/supplemented with

medication. Your endocrine specialist will discuss this with you as appropriate.

A follow-up letter will be sent to you, your GP and your neurosurgical consultant, outlining the management plan and any treatment you will need.

If you decide not to attend the appointment, please cancel it so we can offer it to another patient.

Contact details

Please do not hesitate to contact us if you have any queries regarding this appointment

Email: Endocrinenurses@uhb.nhs.uk



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4323.

Endocrine Department
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston
Birmingham B15 2GW
Telephone number: 0121 627 2000
