

# Fairbank's disease and acromegaly cases in India

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**In news-** In Rajya Sabha, the Union Minister of State for Health and Family Welfare has mentioned cases related to Fairbank's disease and Acromegaly in India.

## What is Fairbank's disease or Multiple epiphyseal dysplasia(MED)?

- It is a group of **disorders of cartilage and bone development, primarily affecting the ends of the long bones in the arms and legs** (epiphyses).
- It is a rare genetic disorder (dominant form: 1 in 10,000 births).
- **There are two types of MED**, which are distinguished by their patterns of inheritance – autosomal dominant and autosomal recessive.
- **Signs and symptoms may include joint pain in the hips and knees**; early-onset arthritis; a waddling walk; and mild short stature as adults.
- Recessive MED may also cause malformations of the hands, feet, and knees; scoliosis; or other abnormalities.
- Most people are diagnosed during childhood, but mild cases may not be diagnosed until adulthood.

## What is Acromegaly?

- It is a **hormonal disorder that develops when your pituitary gland produces too much growth hormone during adulthood** which leads to an increase in bone size.
- In childhood, this leads to increased height and is called gigantism, but in adulthood, a change in height doesn't occur.
- **It is caused by excessive secretion of growth hormone, most often from a tumor(non-cancerous) in the pituitary**

**gland.**

- Middle-aged adults are most commonly affected.
- **In more than 95% of cases the excess production is due to a benign tumor**, known as a pituitary adenoma.
- However, this condition is **not inherited from a person's parents**.
- **Symptoms include** enlargement of the face, hands and feet.
- **Other symptoms may include** joint pain, thicker skin, deepening of the voice, headaches, and problems with vision.
- Complications of the disease may include type 2 diabetes, sleep apnea, and high blood pressure.