

**A positive tick for any of the boxes does not necessarily mean that you have acromegaly. For further information and to discuss this checklist, please see your healthcare professional.**

<b>Symptoms and signs of acromegaly checklist</b>		
<b>Over the past few years:</b>	<b>✓</b>	<b>x</b>
1. Has your shoe size changed?		
2. Have you noticed any change in the size of your hands? For example, have you needed to buy bigger gloves or noticed a change in your ring size?		
3. Have you or your dentist noticed any changes to your bite or jaw shape?		
4. Have your teeth become more spaced out or misaligned?		
5. Does your tongue feel too big for your mouth or bigger than it should?		
6. Have you noticed any changes in your voice? Has it become deeper or huskier?		
7. Have you regularly had trouble sleeping or do often feel tired in the day?		
8. Has anyone told you that you snore at night? If so, do you have temporary episodes where you stop breathing (i.e., sleep apnoea)?		
9. Have you had regular or painful headaches?		

10. Have you noticed any changes in your field of vision?		
11. Have you found that you sweat a lot more than before?		
12. Have you experienced joint pain on a regular basis?		
13. Have you experienced any low mood that you cannot really explain?		
14. Has the normal pattern of your periods changed?		
15. Do you feel tired more than usual on a regular basis that has stopped you doing things?		
16. Have you stopped doing or avoided doing any activities because it is too painful to complete them?		