

## 4 HANDS REACHING OUT ENDOSCOPICALLY TO THE PITUITARY – OUR EXPERIENCE

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Date of receipt of article -10-10-2016

Date of acceptance – 21-02-2017

DOI- [10.21176/ojohlms.2017.11.1.8](https://doi.org/10.21176/ojohlms.2017.11.1.8)

DOI URL- <https://doi.org/10.21176/ojohlms.2017.11.1.8>

### HOW TO CITE THIS ARTICLE

G Sundhar Krishnan, George N M.4 hands reaching out endoscopically to the pituitary – our experience. Orissa j otolaryngology head neck surgery 2017 June; 11(1): 49-53. DOI: [10.21176/ojohlms.2017.11.1.8](https://doi.org/10.21176/ojohlms.2017.11.1.8)

### ABSTRACT:

**Objective:** To examine three minimally invasive techniques of approaching the sella in pituitary tumors.

**Study design:** Retrospective case review of patients out of whom 275 patients were underwent Endoscopic endonasal pituitary adenoma resection and rest by conventional methods between January 1996 and October 2016.

**Patients:** 500 cases of pituitary adenoma requiring surgical intervention were included in the study and thoroughly investigated prior to surgical intervention. The various techniques of endoscopic hypophysectomy have been compared in this study. Main outcome Measure (S): Remission was defined as no radiological or hormonal evidence of recurrence within the time-frame of the follow-up.

**Results:** 10% recurrence was noted at the end of 1 year- 5% in Trans septal trans sphenoidal, 3% in Trans sphenoidal and 2 % by the 4 hand technique, which were re-operated successfully by the endoscopic trans sphenoidal 4 hand technique. Mean follow-up period was 24.2 months.

**Conclusions:** In our 20 yrs of experience, endoscopic trans sphenoidal 4 handed technique is a safe and effective method for complete pituitary tumor removal with better surgical outcomes and fewer complications compared to the trans septal trans sphenoidal technique

**Keywords:** [Endoscopic hypophysectomy](#), [Four hand technique](#), [Trans sphenoidal](#).