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Idiopathic hyperprolactinemia-A challenge for primary care

Juhan N.A.K.F.M.^a [✉](#) , Shalihin M.S.E.^a[📄 Save all to author list](#)^a Department of Family Medicine, Kuliyah of Medicine, IIUM Kuantan, Pahang, Malaysia[Abstract](#)**Abstract**

Hyperprolactinemia is a condition of elevated serum prolactin, which usually occurs in women as compared to men. Most patients present to primary care clinics with a history of galactorrhoea, oligomenorrhea, amenorrhoea or infertility. Literature search reveals that there were few idiopathic causes of hyperprolactinemia, which resolved by itself without specific pharmacological or surgical treatment. This case is of a 39-year-old woman presented with amenorrhea for four months after Implanon removal and concomitantly noted to have galactorrhoea for four years without any medical attention. The condition persisted after cessation of breastfeeding. After undergoing several investigations including imaging studies, the underlying cause of hyperprolactinemia was noted to be idiopathic. Due to the unclear cause of its aetiology, this case caused various challenges to the primary care. Exhaustive physiological and pathological causes of hyperprolactinemia have been ruled out. Nevertheless, with adequate treatment, she gained her normal menstrual and resolved galactorrhoea symptoms. © 2021, Malaysian Medical Association. All rights reserved.

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