What is a hypothalamic hamartoma (HH)? A hypothalamic hamartoma is a tumor-like, abnormal mass of tissue adjacent to the hypothalamus in the brain that develops at the fetal stage and is present at birth. It is a non-progressive lesion – it does not expand, spread or metastasize to other locations. It grows proportionately to brain growth. The size and form of an HH can vary greatly from patient to patient as can the type and severity of its symptoms. In the majority of cases symptoms are apparent during early childhood. There are two recognized clinical phenotypes of HH: (i) central precocious puberty, and (ii) epilepsy and related neuro-behavioral symptoms including developmental delay, cognitive impairment, and impulsive outbursts often described as rage behaviors. Approximately 40% of patients with epilepsy also have central precocious puberty.

Note: Top Sleep issues as reported in Hope For Hypothalamic Hamartomas Patient and Caregiver Comorbidity Survey (initial data)