

HIGH HOPES

Reach your true potential



Paediatric Growth Hormone Deficiency (GHD) diagnosis support pack

This material forms part of the High Hopes GHD awareness campaign which is developed and funded by Pfizer Ltd.

The information provided in this material is intended for general information and education, and is not intended to be a substitute for advice provided by a doctor or other qualified healthcare professional.

Is it GHD?

There are many reasons why your child may be short. However, it's important to understand whether your child's short stature is due to a growth hormone deficiency.

Below is a checklist showing some of the signs and symptoms of growth hormone deficiency. Your child doesn't have to have all of these symptoms to have growth hormone deficiency:

Symptoms checklist

- Your child is shorter than their peers
- Your child has a younger looking face
- Your child's hair is growing slowly
- Your child isn't going through puberty when they should be

What now?

If your child is short and has one or more of the symptoms listed above, it's important that you speak with your GP.

Sometimes these symptoms can be due to normal variations in growth, or other disorders not related to growth hormone deficiency. It's important to understand the route cause of delayed growth so that it can be properly actioned.

Your notes:



In Hospital

If your GP suspects that your child may be growth hormone deficient, they will refer you to the paediatric department in the hospital. You may first see general paediatrics, or you may be referred directly to paediatric endocrinology.

It's hard to measure your child's growth hormone levels because growth hormone production peaks at night, whilst asleep. The hospital will use blood tests to measure the levels of growth hormone hormones in the blood.

Treatment - what are my options?

For growth hormone deficiency in children, patients can be prescribed growth hormone replacement therapy.

This involves an injection under the skin. The hospital team looking after your child will show you a range of different growth hormone preparations for you to choose from.

Whether you inject the medicine yourself or whether your child injects themselves is completely individual to you and your child. After a few years of treatment, some children like to inject themselves.

Your notes:



Pros and cons

Growth hormone treatment is important because it can help the child achieve their potential final height depending on their parents' height and several other factors. However, the earlier you start treatment the more likely you are to reach final height.

Growth hormone treatment can also help your child achieve better bone density, and they will be more likely to hit puberty when expected.

Not receiving growth hormone treatment early enough may result in your child not reaching their potential final height, and they may have issues in the future associated with bone density, muscle mass and puberty.

Your notes:

Where do I go for more information?

For more information, please visit the Child Growth Foundation, a patient advocacy group specialising in growth problems in children - <https://childgrowthfoundation.org>

