

How Kids Grow

A Parent's Guide



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Treating Growth

Diagnosis and

Treatment

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Staying on Track

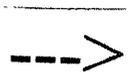
Helping your Family

Effects of Growth Hormone Treatment

Growth hormone replacement therapy has profound physical and psychological effects. Here are some of the things you and your child can expect.

Physical Effects of Growth Hormone Treatment

- Children with growth hormone deficiency often grow at 2 to 4 times their previous growth rate during the first year of treatment. This growth rate slows down over time, but remains faster than it would be without treatment.
- Growth hormone promotes muscle and bone growth and breaks down fat. Many parents notice an increase in their child's appetite and a decrease in body fat after the child starts growth hormone replacement therapy.
- If a child's family has a history of insulin-independent diabetes mellitus (high blood sugar), growth hormone treatment may trigger that disease. It is important to inform your doctor about any diabetes in your family.
- Children with growth hormone deficiency may develop hypothyroidism (low thyroid hormone), which can interfere with their response to treatment. If your child is not growing as expected while on growth hormone, the doctor may check your child's thyroid hormone level.



Psychological Effects of Growth Hormone Treatment

- Most parents, children, and specialists agree that the overall psychological effects of growth hormone treatment are positive for most children. Being closer in size to peers, having a more mature appearance with decreased "baby fat," and being able to achieve an adult height in the normal range for their families can have beneficial effects on children.
- Some children and parents have unrealistic expectations of growth hormone treatment; they

