

Hormone Disorders

Growth Hormone Deficiency

Patient's Guide



Easy readability

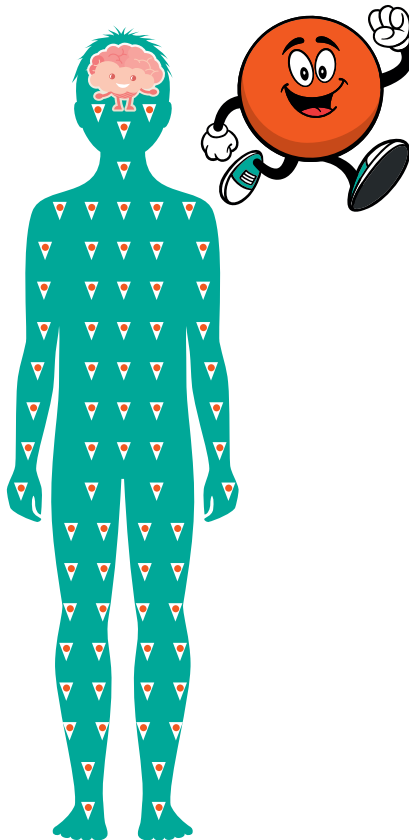


Hello!

Today we'll tell you about **Growth Hormone Deficiency or GHD**. You may think that it sounds a bit difficult, but do not worry! We'll tell you what it means, why it happens and how doctors treat it.

But first, let's talk a bit about your body...

The brain is a very important organ. The brain acts like the "boss" by telling the body when and how much to grow. It does this by making and sending messengers to your bones and muscles. One of these messengers is called **growth hormone**.



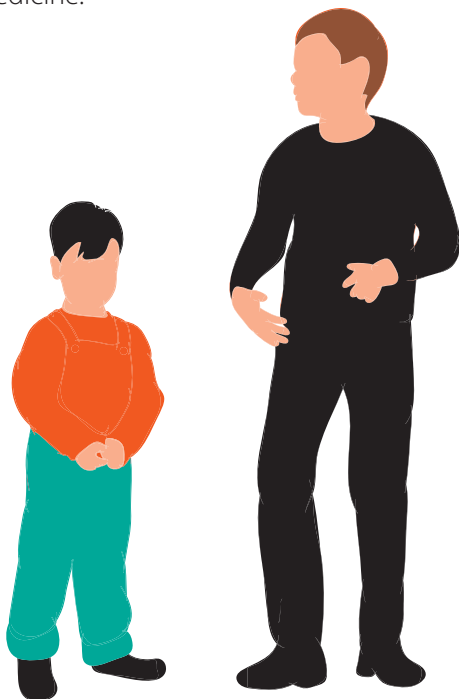
What is Growth Hormone Deficiency (GHD)?

Growth Hormone Deficiency or GHD for short, happens when your brain is not making growth hormone. Without these messengers your body will not know when and how much to grow!

Why does this happen to children?

Doctors say that this happens when some parts in the brain stop working as they should. As a result, the brain cannot make enough growth hormone any longer.

Not having growth hormone in your body could slow down your growth. To avoid this and make you grow normally, doctors will give you a special medicine.





How is it treated?

Doctors will need to do some tests before they can start any treatment. These tests may include:

- **A Brain Scan:** this special camera lets doctors see pictures of your brain (don't worry this doesn't hurt!)
- **Taking a bit of your blood:** sometimes you will need a special test in the hospital.



Your doctor will look at the results of these tests, if they show you aren't making enough growth hormone on your own, they can start giving you growth medicine. This medicine you'll take has growth messengers in the amount your body needs. This will help you to grow normally.

It is important that you take this medicine every day. Otherwise, you may not grow as much as your friends!

When and how much medicine is needed?

Doctors will tell your mum or your dad how much of this medicine is needed. You will need to take it every day, usually in the evening before bedtime.

How do I take this medicine?

This medicine is given in small amounts by injection. You will feel a slight pinch, but this will not hurt a lot! This injection may come in a fun shape, similar to a pen and in different colours.





Congratulations!

Now you know about GHD, why it happens and how it's treated. If you have not understood some things in this leaflet, don't feel shy to ask your doctor or other friendly people in the hospital. They will happily explain these or any other questions you may have.



Growth Hormone Deficiency

(Revised November 2019)

This leaflet is part of the **Hormone Disorders Series**

The following are also available:

Puberty and the Growth Hormone Deficient Child
Precocious Puberty

Emergency Information for Children with Cortisol and
GH Deficiencies and those Experiencing Recurrent
Hypoglycaemia

Congenital Adrenal Hyperplasia

Growth Hormone Deficiency in Young Adults.

Constitutional Delay of Growth and Puberty

Multiple Pituitary Hormone Deficiency

Diabetes Insipidus

Craniopharyngioma

Intrauterine Growth Retardation or Small for Gestational Age

Hyperthyroidism

Hypothyroidism

Type 2 Diabetes and Obesity

The development of these leaflets was funded (as a service to medicine) by Merck. They are based on the original booklets series devised by the UK Child Growth Foundation and the BSPED, and the previous adaptations for easy and average readability levels by ESPE.



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