WHAT YOU SHOULD KNOW ABOUT ADULT GROWTH HORMONE DEFICIENCY (AGHD)

AGHD is an underdiagnosed disorder commonly associated with pathology of the hypothalamus or pituitary. Patients with AGHD tend to live with a poor quality of life and often present with other comorbidities.¹

WHY IS GROWTH HORMONE (GH) IMPORTANT IN ADULTS?
GH is a metabolic hormone that regulates homeostasis of:

- Proteins
- Lipids
- Carbohydrates

GH is required for regular growth, development, and maintenance of the body and mind.

AGHD TYPICALLY RESULTS IN ABNORMALITIES OF²,¹¹
- Body composition
- Body fluids
- Muscle and bone growth

AGHD USUALLY GOES UNDIAGNOSED BECAUSE IT OFTEN REQUIRES TESTING BEYOND PHYSICAL EXAMINATION AND TYPICAL BLOOD WORK.²,⁸

>50,000 adults have an AGHD diagnosis
≈6000 new cases of AGHD are reported annually

SYMPTOMS OF AGHD²-⁴

Brain
- Decreased psychological well-being
- Social isolation
- Sexual dysfunction⁵

Muscle
- Abnormal heart function
- Decreased lean muscle
- Reduced muscle strength
- Increase in inflammatory markers⁶

Metabolism
- Increase in LDL cholesterol
- Increased abdominal fat
- Decreased bone mineral density
- Insulin resistance

AGHD TYPICALLY RESULTS IN ABNORMALITIES OF²,¹¹
- Body composition
- Body fluids
- Muscle and bone growth
- Mental function
- Heart function

IN THE UNITED STATES,¹⁰

POTENTIAL CAUSES OF AGHD¹²

HYPOTHALAMIC DISEASES
- Mass lesions—benign (craniopharyngiomas) and malignant tumors (metastatic from lung, breast, etc.)
- Radiation—for CNS and nasopharyngeal malignancies
- Infiltrative lesions—sarcoidosis, Langerhans cell histiocytosis
- Infections—tuberculous meningitis
- Other—traumatic brain injury, stroke

PITUITARY DISEASES
- Mass lesions—pituitary adenomas, other benign tumors, cysts
- Pituitary surgery
- Pituitary radiation
- Infiltrative lesions—hypophysitis, hemochromatosis
- Infarction—Sheehan syndrome
- Aplasia
- Genetic mutations
- Empty sella syndrome

DIAGNOSING AGHD
Measuring insulin-like growth factor 1 (IGF-1) is a standard assessment of GH function; however, 50% of people with AGHD have IGF-1 levels within the normal reference range. If IGF-1 is within normal range, the most appropriate stimulatory test should be administered to rule out or confirm diagnosis of AGHD.⁸,¹³

Remind your patients who are experiencing symptoms common with AGHD about the importance of getting tested, and talk to them about the different testing options available.

A SIMPLE TEST CAN HELP CONFIRM DIAGNOSIS OF AGHD.