

# Growth hormone and treatment outcomes: Expert review of current clinical practice

Cassorla, Fernando

Cianfarani, Stefano

Haverkamp, Fritz

Labarta, Jose I.

Loche, Sandro

Luo, Xiaoping

Maghnie, Mohamad

Mericq, Veronica

Muzsnai, Agota

Norgren, Svante

Ojaniemi, Marja

Pribilincova, Zuzana

Quinteiro, Sofia

Savendahl, Lars

Spinola E Castro, A

Although there are guidelines for treatment of short stature, open questions regarding optimal management of growth hormone therapy still exist. Experts attending six international meetings agree that successful therapy results in the patient attaining mid-parental height, and relies on correct diagnosis and early intervention. Experts advocate patient follow-up every 3-6 months, and that growth and adherence should be monitored at each visit. Growth response is variable, and an accepted definition of good/poor response is lacking. Combined with patient education and regular patient follow-up, a definition of treatment response could lead to improved treatment outcomes. Few experts use prediction models in clinical practice, but all agree that pharmacogenetics might improve prediction, enable early therapy modulation, and promote growth. Poor growth is often due

to low adherence. Guidance on optimal management of growth hormone therapy is required, with focus on early diagnosis, dosing