M2 - Endocrine, Winter 2008

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To understand the

- determinants of normal growth
- common variations in normal growth
- diagnostic approach to a child with abnormal growth
- principles of management of a child with abnormal growth
Topics **NOT** covered in today’s discussion

- Sexual differentiation
- Ambiguous genitalia and disorders of sexual differentiation
- Pubertal development
- Disorders of pubertal development – delayed / precocious
- Physiology of hormone secretion / action
Determinants of Normal Growth

Normal growth is the aggregate of hormonal, environmental, nutritional, and genetic factors

Hormonal Factors

- **Thyroid** - essential for normal growth
  - hypothyroidism is a common cause of severe growth delay
- **Sex steroids** - bone maturation is dependent on estrogen
  - testosterone can enhance GH secretion
- **Glucocorticoids** - potent inhibitor of growth
GH/IGF-1 Axis

Image of GH/IGF-1 Axis removed
### Determinants of Normal Growth

<table>
<thead>
<tr>
<th>Hormone</th>
<th>Growth Rate $\text{cms/yr}$</th>
<th>Adult Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sex Steroids</td>
<td>Increase</td>
<td>Diminished</td>
</tr>
<tr>
<td>Sex Steroids</td>
<td>Normal</td>
<td>Increased</td>
</tr>
<tr>
<td>Thyroxine</td>
<td>Normal/$\pm$ incr</td>
<td>Normal</td>
</tr>
<tr>
<td>Thyroxine</td>
<td>Decreased</td>
<td>Diminished</td>
</tr>
<tr>
<td>GH</td>
<td>Increase</td>
<td>Increased</td>
</tr>
<tr>
<td>GH</td>
<td>Decrease</td>
<td>Diminished</td>
</tr>
<tr>
<td>Cortisol</td>
<td>Decrease</td>
<td>Diminished</td>
</tr>
<tr>
<td>Cortisol</td>
<td>Normal</td>
<td>Normal</td>
</tr>
</tbody>
</table>
Normal Growth  

Anthropometric parameters

- Weight
- Measurement of height - Stadiometer
  - less than 2 yrs of age - length (supine)
  - greater than 2 yrs of age - height (erect)
- Head circumference
- Span
- Upper segment / lower segment ratio
Normal Growth

Anthropometric parameters

Upper / Lower Segment Ratio

Lower segment: symphysis pubis to floor
Upper segment: Ht (-) lower segment

Image of fetal and post-natal growth chart removed

<table>
<thead>
<tr>
<th>Fetal</th>
<th>Birth</th>
<th>Post-natal</th>
</tr>
</thead>
<tbody>
<tr>
<td>2m</td>
<td>5m</td>
<td>2yr  6yr 12yr 25yr</td>
</tr>
</tbody>
</table>
Girls 2-18 yrs

Source: Undetermined
Normal Growth

Growth Velocity

- measured in cms/yr
- should be measured over at least a 6-12 month period
- more the # of height points used to calculate GV - more reliable is the interpretation
- assessment of pubertal status is critical for interpretation of GV
- Normal GV - is a strong argument AGAINST a significant hormonal abnormality
Girls 2-18 yrs

Age (yrs)

Growth rate (cms/yr)

Source: JM Tanner, et al.
Boys 2-18 yrs

Growth rate (cms/yr)

Age (yrs)

Source: JM Tanner, et al.
Normal Growth

- Chronological age
- Dental age
- Bone Age (skeletal maturation)

beyond the neonatal age - X-ray of L wrist

comparison with published standards (Greulich & Pyle)

Usefulness - prediction of final height
- age of onset of puberty closely linked to bone age
- corroborates diagnosis, but is never diagnostic

Caveats - imprecise / ethnic variability
SHORT STATURE

Definition
Classification
Etiology
Evaluation / Diagnostic Approach
Treatment
Short Stature
height < 3rd percentile

Growth Retardation
growth velocity < 3rd percentile
SHORT STATURE
Definitions

- Short Stature
  height < 3rd percentile
- Growth Retardation
  growth velocity < 3rd percentile

Etiology

Normal Variant ↔ Pathological
SHORT STATURE

Normal Variant

Familial / Genetic

final ht appropriate for parental ht
normal size at birth
GV may be ↓ in 0-3 yrs of age
BA = CA

Constitutional Delay of Growth & Puberty
"Late Bloomer"

family history
normal size at birth
normal GV
delayed puberty
BA < CA

BA = bone age
CA = chronological age
14 yr old boy
h/o “shortest in his class”
h/o “always a small boy”
h/o father did not “grow” till he entered college

Prepubertal
GV = 5.0 cm/yr
Normal BUN / ESR
Normal Free T₄ & TSH
Low-normal IGF-1
Normal IGFBP3 (for Tanner stage)
Bone age = 11.5 yrs

MRI
Normal

Testosterone 50 mg / q 4wks x 3 doses

Source: Undetermined
SHORT STATURE

Definitions

- Short Stature
  - height < 3rd percentile
- Growth Retardation
  - growth velocity < 3rd percentile

Etiology

Normal Variant

Pathological

Proportionate

Disproportionate
Hypothyroidism
GH deficiency
Cushing’s syndrome

Endocrinopathies

Malabsorption
Inflammatory bowel disease
Celiac disease

GI

Chronic renal failure
Renal tubular acidosis

Renal

Cardiac
Pulmonary
Liver
Infection

Chronic Systemic Illness

IUGR
Malnutrition

Psychosocial Dwarfism
Emotional Deprivation Syndrome

Pathological Proportionate

SHORT STATURE
4 yr old boy
Voracious appetite / drinks urine - toilet bowl
Withdrawn / flat affect
No dysmorphic features
Chaotic home situation - abusive father
All lab tests normal

Ht age = 1 yr old
4 yr old boy
No dysmorphic features
Chaotic home situation - abusive father

Admitted to hospital for observation

Emotional deprivation syndrome
Psychosocial dwarfism

Source: Undetermined
6 yr old girl
GV = 3.0 cm/yr
No dysmorphic features
Chaotic home situation - parent incarcerated - shuttled through couple of foster homes
All lab tests normal

Emotional deprivation syndrome
Psychosocial dwarfism

Adopted by a family
Stable home environment

Source: Undetermined
SHORT STATURE

**Skeletal Abnormalities**
- Dysplasia
- Achondroplasia
- Rickets
- Vertebral anomalies

**Dysmorphic Syndromes**
- Turner
- Down
- Russell-Silver
- Prader-Willi
- Pseudo-hypoparathyroidism

Pathological Disproportionate
**SHORT STATURE**

**Evaluation**

**Clinical History**

- **Prenatal**
  - maternal infection, alcohol
- **Pattern of growth**
  - birth wt and length
- **Family History**
  - onset of puberty
- **Nutrition**
- **Systemic Disease**
- **Drugs**
  - steroids
- **Neurological**
  - headache, vision, enuresis
- **Psychosocial**
First sign of puberty on PE:
♀ breast dev / ♂ incr in testicular volume

Anthropometric
ht, wt, head circ., arm span, U/L ratio

Nutritional state

Tanner Staging for Pubertal Development

Dysmorphic Features

Neurological exam

Thyroid Gland
TARGET HEIGHT (in cms)

girl = \left[ \frac{\text{father's ht} + \text{mother's ht}}{2} \right] - 13

boy = \left[ \frac{\text{father's ht} + \text{mother's ht}}{2} \right] + 13

normal range is ± 8 cms
Key Parameter - Growth Velocity

Normal GV
- Familial
- Constitutional

Impaired GV
- Malnutrition
- Chronic systemic illness
- IUGR
- Psychosocial
- Chromosomal abnormalities
- Endocrine
- Malabsorption
- Bone dysplasias
**Screening Tests**

- CBC, ESR, BUN
- FT₄, TSH
- IGF-1, IGFBP3
- Tissue Transglutaminase ab

**KARYOTYPE**
- in girls to exclude TURNER
- dysmorphic features

**Evaluation Laboratory Tests**

**Radiological**
- bone age
- skeletal survey
SHORT STATURE

Growth Hormone Deficiency (GHD)
- Neonatal - normal size / hypoglycemia / jaundice / micropenis / midline defect
- Decreased growth velocity
- Delayed dentition / mid-facial hypoplasia
- Increase in adiposity
- Tumor - craniopharyngioma
- Trauma - surgery / irradiation
- Idiopathic
- Congenital Aplasia / Hypoplasia / Septic-optic dypslasia
- Genetic Defects -
  - Isolated Growth Hormone Deficiency (IGHD)
  - PROP1 / POU1F1 (Pit1)
Criteria for diagnosing GH deficiency

- Clinical (NOT laboratory) diagnosis
  - GV < 2 SD
  - Low IGF-1 & IGFBP-3
  - Provocative GH Level < 7-10 ng/ml

Corroborative evidence

- Delayed BA
- Related pathology
**Measurement of GH**

- Spontaneous pulsatility of GH precludes random measurement
- Provocative test after overnight fast
  - Insulin induced hypoglycemia is the “Gold standard”

**IGF-1 / IGFBP3**

- Altered by nutritional status
- Normal range related to age & pubertal status
- Growth hormone deficiency
- Turner syndrome
- Renal disease, before transplant
- Small for gestational age
- Prader-Willi syndrome
- Idiopathic short stature
**SHORT STATURE**

**Treatment**
GH Replacement Therapy

**s/c injection**
7days/wk

**Side Effects**
- Secondary/tertiary hypothyroidism
- Worsening of scoliosis
- Slipped capital femoral epiphysis
- Pseudotumor cerebri

**Monitor**
GV, Free T₄, IGF-1, IGFBP3
8½ yr old girl
h/o poor growth x 12-18 months
recent h/o vague headaches
school performance has recently deteriorated
recent episodes of enuresis

Prepubertal
GV = 1.5 cm/yr
Low Free T₄, Normal TSH
Low IGF-1 & IGFBP3
Karyotype = 46 XX
Bone age = 6 yrs

MRI
craniopharyngioma

Source: Undetermined
8½ yr old girl
h/o poor growth x 12-18 months
h/o vague abdominal discomfort

Prepubertal
GV = 2.5 cm/yr
Normal Free T4 & TSH
Low IGF-1
Normal IGFBP3
Karyotype = 46 XX
Bone age = 7.5 yrs

Decreased serum albumin, microcytic anemia
ESR - 30

Tissue transglutaminase antibodies +ve
Small Intestine Biopsy - CELIAC DISEASE

Source: Undetermined
5 yr old girl

GV = 3.0 cm/yr
subtle dysmorphic features - clinodactyly, webbing of neck ±, ↑ carrying angle

GV = 3.0 cm/yr
Normal Free T₄ & TSH
Normal IGF-1
Normal IGFBP3
Bone age = 5.0 yrs

Karyotype = 45,X
TURNER SYNDROME

Source: Undetermined
Described in 1938 by Dr. Henry Turner

- Most common sex chromosomal abnormality in females -- X chromosome
- Frequency 1:1500 to 1:2500 in live born infant girls
- 15% of spontaneous abortions = TS
Turner Syndrome

Karyotype 45, X

Image of Turner Syndrome
Karyotype removed
Turner Syndrome

Clinical Features - Postnatal

- Growth Failure 80-100%
- Gonadal Dysgenesis 80-100%
- Inverted/ widespaced nipples 60%
- Nail dysplasia 60-80%
- High narrow palate 60-80%
- Cardiac malformation 40-60%
- Renal dysplasia 40-60%
- Low hairline/webbing 30-40%
- Pigmented nevi common
Turner Syndrome
Turner Syndrome

Lymphedema

- Lymphedema at birth is highly correlated with 45,X karyotype and congenital heart abn

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BY: Johannes Nielsen, et al.
Growth velocity (and NOT height) is the key anthropometric parameter.

Normal growth velocity virtually excludes a pathological cause for short stature.

Always exclude Turner’s synd in a girl with short stature.

Diagnosis of a child with growth problems is made more on CLINICAL and less on laboratory criteria.