



# MAPPING MILESTONES

A caregiver's journey guide to the treatment  
of growth hormone deficiency



# A CAREGIVER'S JOURNEY

## 1 Regular Visits With Your Child's Pediatrician

- During your office visit, the pediatrician will measure your child's growth and record it on a **growth chart**
- You should expect your pediatrician to discuss your child's growth milestones

### 1a About Growth Chart Milestones and Percentiles

A growth chart is a tool that **compares your child's growth (height) to the growth of other boys or girls the same age**. Normal variations are measured in "percentiles." For example, if your child is in the 5th percentile in height, that means that 95% of children are taller than your child, but **your child's height may still be in the normal range and not considered abnormal**.

- If your child is shorter than most children his or her age, the pediatrician should discuss the possibility of a growth disorder, including growth hormone deficiency (GHD)

### 1b Growth Hormone Deficiency

GHD is a condition in which **your child's body doesn't make enough growth hormone on its own** and his or her height is considered shorter than the normal height for other boys or girls

- The pediatrician may recommend a **"watch and wait"** period that can last as long as 2 to 3 years to track your child's growth and see if there is any change
- The pediatrician may refer you to a physician who specializes in growth disorders

## 2 Referral to a Specialist

- A pediatric endocrinologist, also called a specialist, is a physician who specializes in the diagnosis and treatment of growth disorders in children. The specialist will review **many factors that may contribute to growth disorders, such as nutrition, genetics, and various hormones**

### 2a Scheduling Specialist Appointments

Be proactive about scheduling your child's appointment as soon as possible

- The pediatric endocrinologist will review your child's and your family's medical history. He or she will also review your child's growth chart and complete a full physical examination
- **The pediatric endocrinologist may also recommend a "watch and wait" period** to track your child's growth, and he or she may then ask for additional testing

### 2b Additional Testing May Include

**Blood and lab work**—confirm or rule out any possible medical conditions that can cause poor growth

**Bone age X-ray scan**—takes an image of your child's hand and wrist to see if his or her bone growth is delayed or advanced compared with other children

**Magnetic resonance imaging (MRI) scan**—shows an image of the pituitary gland, a tiny organ at the base of the brain that produces growth hormone

**Genetic testing**—helps identify any hereditary disease that may affect growth

**Growth hormone stimulation test (stim test)**—a type of blood test that shows whether the body is producing the expected level of growth hormone

## 3 Before Starting Therapy

- Review your insurance coverage; insurance providers require prescription approval before beginning treatment
- Your child's doctor should be able to let you know which products are covered under your insurance
- You should review your insurance coverage to find out what co-pay or out-of-pocket costs may be required

### 3a There Is Support

**The Pfizer Bridge Program®** is there to work directly with you, your doctor, and your insurance provider. The program can help you understand the insurance process, costs of medicine, and/or provide you with financial assistance so that your child can get started on therapy as quickly as possible

- Most patients receive their medication through a specialty pharmacy that will deliver products directly to your home

## 4 Starting Therapy for GHD

- You may meet with the pediatric endocrinologist or a nurse to **review your child's treatment plan**

### 4a Training

A nurse will show you and your child **how to use the device** and give an injection in the office or at your own home. **The Pfizer Bridge Program®** also offers initial in-home training

### 4b Routine Therapy

Discuss with your child's doctor the importance of **creating a daily routine** for administration of therapy

- Most children become comfortable with the daily routine of taking their medication

## 5 Continuing Therapy

### 5a How Long Will My Child Need Therapy?

The length of therapy varies according to **your child's progress and his or her meeting the target growth range** and will be determined by the pediatric endocrinologist. It's important that your child **does not miss any doses**

### 5b Quarterly Appointments

Many children being treated for GHD visit the doctor and have testing done **3 to 4 times a year** to keep track of their progress. It is important to keep regular doctors visits for follow-up to make sure your child is getting the most out of treatment

- Staying on track with GHD treatment is important for your child's growth. Discuss with your doctor about **setting goals for your child's therapy**, such as reaching certain milestones
- Talk with your doctor about **when and how** your child can take a more active role in treatment as he or she gets older and encourage them to take ownership of their treatment
- Your child may also need to **continue therapy as he or she is becoming a young adult**; consult the pediatric endocrinologist about finding an adult endocrinologist and discuss when that process should begin



To learn more about Pfizer's patient support services, call 1-800-645-1280

Available weekdays from 9 AM to 7 PM ET.



# UNDERSTAND YOUR CHILD'S GROWTH

If you feel your child is shorter than other children his or her age, talk to your doctor.



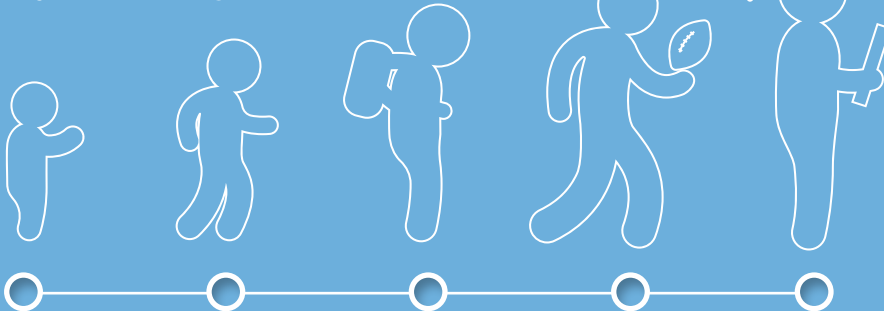
About **1 in 4,000** children worldwide have growth hormone deficiency<sup>1</sup>



The deficiency is **2 to 3 times more common in boys** than in girls<sup>2</sup>

## Growth hormone deficiency

may occur during childhood<sup>1</sup>





## Pfizer Bridge Program<sup>®</sup>

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### References

1. Growth hormone deficiency in children. Boston Children's Hospital website. Updated 2010. <http://www.childrenshospital.org/conditions-and-treatments/conditions/g/growth-hormone-deficiency/overview>. Accessed April 6, 2016.
2. Endocrine gland disorders. Child Growth Foundation website. Updated 2016. <http://www.childgrowthfoundation.org/Default.aspx?page=ConditionsGHD>. Accessed April 6, 2016.

