



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 deficiency¹



The deficiency is **2 to 3 times more common in boys** than in girls²

Growth hormone deficiency

may occur during childhood¹





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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.

