

Could you have

Adult Growth

Hormone Deficiency

(AGHD)?



What is AGHD?

In adults, it is when your body produces less growth hormone (GH) than normal for your age and sex. AGHD may affect your body systems, including your heart and muscular system, and your mental well-being.

Why is GH important?

- Even after you stop growing in childhood, GH is important to support healthy tissue and organs in an adult
- GH may help keep your bones, fat, and muscles in a healthy state
- GH can also impact brain function

What causes AGHD?

People who have AGHD can include those who were GH deficient as children and become adults with AGHD, or adults who become GH deficient because of an injury to their hypothalamus or pituitary gland. Common causes are

- Pituitary tumor or treatment of the tumor with surgery or radiation
- A brain injury
- Certain inflammatory diseases
- Hypothalamic-pituitary disease
- Hemorrhage of the pituitary gland

These are the most common causes of AGHD, but there may be others.

What are some signs and symptoms of AGHD?

- Hair and skin issues
- Weight gain (especially around the stomach)
- Reduced muscle strength and ability to exercise
- Osteoporosis
- Low energy or fatigue
- Sleep issues
- An increase in bad cholesterol (LDL)
- A decrease in good cholesterol (HDL)
- Greater sensitivity to hot and cold temperatures
- Impaired concentration
- Loss of memory
- Mood changes such as depression, anxiety, and social isolation
- Difficulties with sexual relationships

How do you know if you have AGHD?

If your doctor suspects you have AGHD, they may screen you to measure the amount of insulin-like growth factor 1 you have in your blood. This type of testing is usually done by an endocrinologist. Because GH deficiency can be difficult to detect, it is important to stimulate the pituitary gland to release GH, which can be done through a GH stimulation test. A GH stimulation test is necessary to confirm a diagnosis of AGHD.

Your doctor may ask you questions about your medical history and your signs and symptoms.

How is AGHD treated?

If your doctor has confirmed that you have AGHD, they may prescribe daily doses of GH. It is important to talk to your doctor to help determine whether this is the right treatment for you. GH replacement has been shown to improve many of the signs and symptoms of AGHD.

Untreated AGHD can affect many aspects of your life, including relationships, employment, educational attainment, social engagement, work and financial status, health, and overall life satisfaction.

Answering the following questions can help prepare you for your appointment and explain to the doctor why you believe you may have AGHD.

Were you on the lower end of the growth chart, or were you treated with GH as a child?

Have you ever had a head injury, pituitary tumor, or brain surgery?

Have you ever been tested for AGHD?

Do you have other pituitary hormone deficiencies, or are you taking other pituitary hormone replacements?

What medications are you currently taking?
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Please list any medical conditions you may have.

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What symptoms have you noticed? (Check all that apply)

- Social isolation
- Mood changes or depression
- Weight gain (especially around the stomach)
- Low energy or fatigue
- Osteoporosis
- Reduced muscle strength
- Difficulty with sexual relationships
- Hair and skin issues
- Sleep issues
- Anxiety
- Increase in bad cholesterol (LDL)
- Decrease in good cholesterol (HDL)
- Loss of memory
- Reduced ability to exercise
- Impaired concentration
- Greater sensitivity to hot and cold temperatures

Other symptoms

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Some questions to ask your doctor



① Do you think I may have AGHD?

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② What tests are used to determine if I have AGHD?

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③ What are the treatment options for AGHD?

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Notes

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The following organizations provide patients with AGHD and their families and caregivers access to the information and support they need. Please visit the following organizations' websites for more information on AGHD.



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