

Discussion Guide

Adult Growth Hormone Deficiency is a rare hormone deficiency that can have serious consequences to your quality of life and cause symptoms which may be misinterpreted as natural aging or other common diseases.

This guide is intended for people who have experienced any of the conditions mentioned below, and have one or more of the symptoms presented on www.a-ghd.com and would like to discuss further with their doctor.

Use this guide to plan what you may want to discuss and take it to your appointment so you can refer to it if needed. You can also use it to take notes during your appointment and to keep track of any recommendations or next steps.

If you've had, or are currently experiencing any of the following conditions, it is important that you mention it during the conversation with your doctor.

Using the list below tick which, if any, apply to you.

If none of the below conditions apply to you, the likelihood of having Adult Growth Hormone Deficiency is very low.

Conditions

- ☐ Growth hormone deficiency (GHD) as a child
- ☐ Head trauma or brain injury (this could be from a car accident or a fall, or a significant blow to the head. There are also some sports which can be associated with head injury, such as boxing, football and rugby)
- ☐ Surgery or radiotherapy for a brain tumour
- ☐ Brain tumour
- ☐ Pituitary tumour
- ☐ Sheehan's syndrome (a condition caused by damage to the pituitary gland during or after childbirth)
- ☐ Inflammation of the pituitary gland (hypophysitis)
- ☐ Infiltration of the pituitary gland (histiocytosis X, Langerhans cell histiocytosis or lymphocytic hypophysitis)
- ☐ Tuberculosis
- ☐ Haemochromatosis (an inherited condition where iron levels in the body slowly build up over many years)
- ☐ Sarcoidosis (a rare condition that causes small patches of red and swollen tissue, called granulomas, to develop in the organs of the body. It usually affects the lungs and skin)

If you have experienced any of the conditions above and are currently affected by any of the following symptoms make sure to bring them up with your doctor.

Using the list below tick which, if any, apply to you. You can use the empty space at the bottom to list any symptoms not shown in the list.

Symptoms

- ☐ Weight gain, especially around the middle (stomach/belly area)
- ☐ Drier skin or hair
- ☐ Hair and/or nails not growing
- ☐ Muscles in arms or legs appear thinner
- ☐ Having less muscle strength in arms or legs (e.g. bending down and then finding it hard to get back up again, difficulty walking uphill)
- ☐ Having less energy to participate in any physical activities
- ☐ More difficulty remembering information or details (such as names, appointments)
- ☐ Finding it harder to concentrate
- ☐ Disturbed or disrupted sleep and no 'dream sleep' (REM)
- ☐ Feeling tired throughout the day and having difficulty doing everyday tasks
- ☐ Low mood
- ☐ Feeling more stressed and anxious
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Here are some practical questions you may want to ask the specialist. You can write in the answers you receive and take notes for future visits.

How can we check my hormones and make sure I don't have a hormone problem?

Could there be any other causes for the symptoms I am experiencing? And what may these be?

What are the next steps we can take to find the reasons for the symptoms I am experiencing?

What are the next steps we can take to try and improve the quality of my life?
