

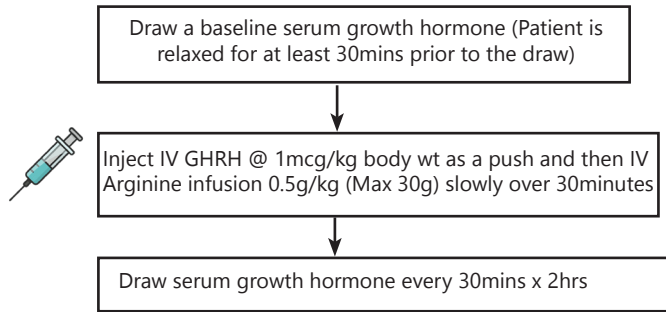
GHRH-ARGININE GH STIMULATION TEST



This dynamic test is used for the evaluation of suspected growth hormone deficiency. Alternatives include the **ITT** and **Glucagon stimulation tests**

Limitations of this test

- Responsiveness of GH to GHRH, hypoglycemia and Arginine is limited by obesity and visceral adiposity. Cutoffs for GH level is therefore BMI dependent!
- It can be normal in patients with a hypothalamic cause of GH deficiency.



Interpretation

In adults, failure of peak growth hormone levels to rise above 4.1 ng/mL is diagnostic of Adult Growth Hormone Deficiency.***

*** Level may vary, based on BMI (This cutoff is applicable to a BMI >30kg/m²)

REGULATION OF GROWTH HORMONE

