



GROWTH HORMONE - Test Code 1118



Turnaround Time: 3-5 business days



Specimen Type: 1x SST
Blood (Fasting)

Description

Growth hormone (GH) plays a crucial role in stimulating nearly every tissue within the body, exhibiting primarily anabolic functions that support growth and development. The secretion of GH occurs in a cyclic manner, with the highest levels typically observed between 12 and 1 a.m. in healthy adults (Aguiar-Oliveira & Bartke, 2019).

The effects of GH deficiency vary depending on the age of onset. In children, a deficiency often manifests as short stature, while adults may experience changes in muscle mass, fat distribution, bone density, and psychological well-being. Adult-onset growth hormone deficiency is relatively common; by the age of 60, many individuals possess only about 25% of the GH levels they had at age 20. Many individuals aged 80 and older have no detectable levels of growth hormone (Aguiar-Oliveira & Bartke, 2019).

Given this decline, it is unsurprising that the aging population often suffers from symptoms associated with GH deficiency, such as central obesity, memory decline, disrupted sleep patterns, reduced libido, osteoporosis, and increased cardiovascular risk (Aguiar-Oliveira & Bartke, 2019). Addressing GH deficiencies through appropriate therapeutic interventions can help alleviate these symptoms and enhance the quality of life in older adults.

Whats included?

- Growth Hormone (GH)

Conditions and Symptoms

- Poor memory
- Impaired sleep
- Reduced libido
- Central obesity
- Growth Disorders
- Thickened skin
- Joint pain and discomfort
- Metabolic Health

Complementary Testing

- Thyroid Profile Extensive (Test code 1114)
- Insulin Resistance Index (Test code 1109)

Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*



info@nutripath.com.au



1300 688 522



www.nutripath.com.au

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