

## — Metabolic & Endocrine Health

The endocrine system is the collection of glands, each of which secretes different types of hormones that regulate metabolism, growth and development, tissue function, sexual function, reproduction, ... [See more](#)

### Metabolic Hormones

Hormones formed in the endocrine system that are involved in controlling the rate and direction of metabolism.

— GROWTH HORMO...

0.1

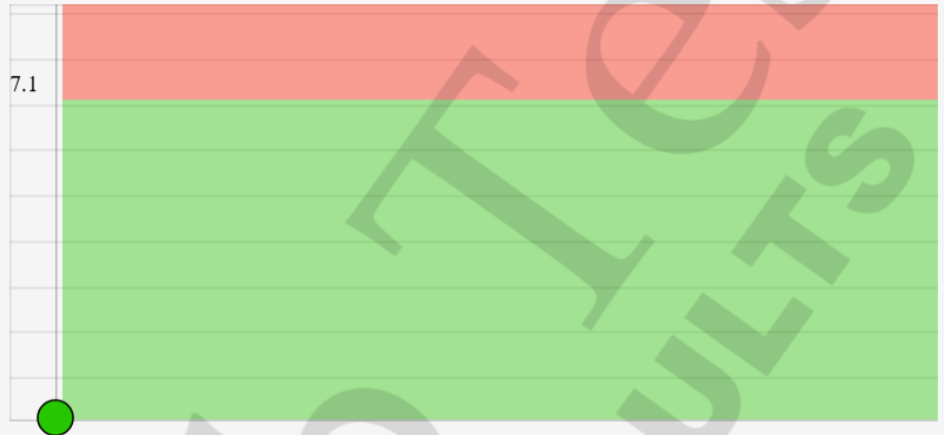
(ng/mL)

Range:  $\leq 7.1$

#### GROWTH HORMONE (GH)

(ng/mL)

This test measures the amount of growth hormone (GH) in the blood. GH is a hormone produced by the pituitary gland. Growth hormone is essential for a child's normal growth and development and promotes ... [See more](#)



#### Result Comments

Because of a pulsatile secretion pattern, random (unstimulated) growth hormone (GH) levels are frequently undetectable in normal children and adults and are not reliable for diagnosing GH deficiency. Regarding suppression tests, failure to suppress GH is diagnostic of acromegaly.

Typical GH response in healthy subjects:  
Using the glucose tolerance (GH Suppression) test, acromegaly is ruled out if the patient's GH level is  $< 1.0$  ng/mL at any point in the timed sequence. [Katznelson L, Laws Jr ER, Melmed S, et al. Acromegaly: an Endocrine Society Clinical Practice Guideline. J Clin Endocrinol Metab 2014; 99: 3933-3951].

Using GH stimulation testing, the following results at any point in the timed sequence makes GH deficiency unlikely:

Adults ( $>$  or  $=$  20 Years):

Insulin Hypoglycemia	$>$ or $=$ 5.1 ng/mL
Arginine/GHRH	$>$ or $=$ 4.1 ng/mL
Glucagon	$>$ or $=$ 3.0 ng/mL

Children ( $<$  20 Years):

All Stimulation Tests	$>$ or $=$ 10.0 ng/mL
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