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[PubMed Central](#) 1: [Horm Res.](#) 1995;43(1-3):93-9.[Related Articles](#), [Links](#)**Consequences of growth hormone deficiency in adults and the benefits and risks of recombinant human growth hormone treatment. A review paper.**[Rosen T, Johannsson G, Johannsson JO, Bengtsson BA.](#)

Research Centre for Endocrinology and Metabolism, RCEM, Sahlgrenska University Hospital, Goteborg, Sweden.

Growth hormone deficiency (GHD) in adults is now recognized as a specific clinical syndrome with characteristic symptoms and signs. Thus, the patients are overweight, have an abnormal body composition (excess body fat and a decrease in the extracellular water volume) and a low bone mineral content compared to normals. Furthermore, the GHD patients have lipid abnormalities, decreased insulin sensitivity and a decreased fibrinolysis. Finally, the 'quality of life' is low in terms of energy and social life. Short- and long-term studies with recombinant human GH (rhGH) treatment have shown normalization of body composition, increase in the lipid pattern and marked improvement of the psychological well-being. The treatment seems safe with no serious side effects reported. In analogy with other hormonal replacement therapies, the rhGH dose should be individualized.

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