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[PubMed Central](#) 1: [Trends Endocrinol Metab.](#) 2000 Aug;11(6):231-8.[Related Articles, Links](#)**Growth hormone replacement in adults with growth hormone deficiency: assessment of current knowledge.**[Carroll PV](#), [Christ ER](#), [Sonksen PH](#).Department of Endocrinology, St Bartholomew's Hospital, London, UK EC1A 7BE.
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The recent availability of recombinant human growth hormone (GH) has led to intense investigation of the consequences of adult GH deficiency (GHD) and the effects of GH replacement. These studies have led to the identification of a characteristic syndrome of GHD consisting of decreased mood and well-being, with alterations in body composition and substrate metabolism. In both placebo-controlled and open studies, GH replacement therapy has consistently been shown to reverse or correct these features. Whether long-term GH replacement will result in a reduction of osteoporotic fractures, cardiovascular morbidity and mortality is not yet known. To date, no permanent serious adverse effects have been associated with GH replacement in GHD, and although currently expensive, it is anticipated that GH replacement will become routine in the treatment of the severely hypopituitary adult.

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