

Efficacy of Growth Hormone in Chronic Kidney Disease

Vishakha¹, Pragya Sinha², Bandhu Sharma³, S P Subashini⁴

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Abstract

Children with chronic kidney disease (CKD) have difficulty achieving normal growth due to severe alterations in the growth hormone (GH) and insulin-like growth factor (IGF-1) axis. Recombinant human growth hormone (rhGH) therapy (GH). It encourages long-term growth and allows children with CKD to reach normal height. It has been demonstrated to be both safe and effective. After a kidney transplant, growth retardation may remain. Multiple variables, such as steroid use, impaired renal function, and an aberrant GH axis, have contributed to this condition.

Keywords: Growth hormone; Insulin-like growth factor; Chronic kidney failure; Growth factor; Treatment.

Introductions

Growth impairment or failure is a typical complication linked with chronic renal disease (CKD). Over one-third of children with CKD have small stature, according to current estimates. Growth failure in chronic kidney disease is caused by intrauterine growth restriction (IUGR), inherited factors such as parental height and primary renal sickness, preterm birth, and malnutrition, which impacts growth in children with congenital CKD. Growth impairment has been connected to higher mortality, reduced psychosocial functioning, and shorter timelines to poor post-transplant outcomes.

Normal growth patterns are altered in CKD: Linear growth is specific to childhood. The maintenance of normal growth is the result of complex biological

processes. Infancy is the fastest growing phase of childhood; one-third of a child's overall growth occurs in the first two years of life, and it is entirely dependent on nutrition.

Growth is affected by congenital CKD, with the greatest height deficit happening in the child's initial years of life, particularly during the first four months. As a result, the sooner kidney illness manifests itself, the more severe the growth disruption.

The growth hormone or insulin-like growth factor (GH/IGF 1) axis is activated in both girls and boys during the commencement of puberty by a slight rise in estrogen and testosterone. In CKD, the effects of delayed puberty are mediated by a reduction in the normal pulsatile hypothalamic release of testosterone. The hormone that causes gonadotropins to release (GnRH).

Growth Hormone Regulation

GH plays a role in controlling somatic growth, body composition, and muscle and bone metabolism in the intermediate stages. Growth hormone releasing hormone (GHRH), Ghrelin (Growth Hormone Secretagogue), and somatostatin all play a role in its

Author's Affiliation: ^{1,2,3}rd year BS.c. Nursing Student, ³Tutor, ⁴Dean, School of Nursing, Galgotias University, Greater Noida 201306, Uttar Pradesh, India.

Corresponding Author: Bandhu Sharma, Tutor, School of Nursing, Galgotias University, Greater Noida 201306, Uttar Pradesh, India.

E-mail: bandhu.sharma@galgotiasuniversity.edu.in

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secretion from the anterior pituitary. In the Indian subcontinent, a mutation in the GHRH receptor has been identified as a unique cause of growth retardation. Ghrelin, which was isolated from the stomach, is a recently recognized regulator of GH secretion. It binds to the GH secretagogue receptor as an endogenous ligand (GHS-R). The insulin-like growth factor 1 (IGF1)/IGF system mediates the majority of GH's actions in both the fetus and the child/adult.

Chronic kidney Disease is Further Regulated by

- **Glucocorticoid:** Enhances GH secretion acutely in 3 hours and inhibits it chronically in 12 hours.
- **Neuropeptide:** Y-is a neuropeptide that inhibits GH secretion.
- **Glucose:** Hypoglycemia promotes GH secretion by inhibiting somatostatin via alpha 2 adrenergic receptors or by GHRH agonism. (GH secretion is inhibited by hyperglycemia.)

Nutritional

Nutrition is important at all stages of human development, but especially during infancy, when growth is fastest and the IGF/growth hormone

system is least active. Because the GH/IGF system is influenced in part by calorie and protein intake, poor nutrition can lead to stunted growth.

Conclusion

Even after kidney transplantation, short height is a common consequence in children with chronic kidney disease. If a child has persistent growth loss, GH therapy is usually recommended for children with stage 3 to 5 CKD. After 2 to 5 years of GH treatment, the predicted rise in final height is about. Prior to starting GH treatment, patients and their families should be informed.

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