

# GROWTH CAMP

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FREE MONITORING DISCUSSION WITH ENDOCRINOLOGIST , DIETITICIAN HEALTH EDUCATOR  
GROWTH

## WHAT IS GROWTH ?

A child's physical growth refers to the increase in height and weight and other body changes that occur as a child matures.

## WHAT'S NORMAL GROWTH ?

The first year of an infant's life a baby will grow rapidly. On average, babies grow 10 inches (25 centimeters) in length while tripling their birth weights by their first birthday. After age 1, a baby's growth in length slows considerably, and by 2 years, growth in height usually continues at a fairly steady rate of approximately two and half inches (6 centimeter) per year until adolescence.

It is interesting to know No child grows at a perfectly steady rate throughout this period of childhood, however, weeks or months of slightly slower growth alternate with mini "growth spurts" in normal children. Kids actually tend to grow a bit faster in the spring than during others times of the year ! A major growth spurt occurs at the time of puberty between age 8 to 13 years in girls and 10 to 15 years in boys. Puberty lasts about 2 to 3 years. This growth spurt is associated with sexual development, which includes the appearance of pubic and underarm hair, the growth and development of sex organs, and in girls, the onset of menstruation.

## MONITORING OF GROWTH:

- Are clothes getting shorter ?
- Where the child stands in class row ?
- During height / weight record taken in Doctor's clinic ?

## If you suspect a problem ?

You have concern, the first step is to consult your pediatric endocrinologist a doctor specializing in growth disorders for further evaluations. Generally, girls hit puberty earlier than boys, although some girls might lag behind their peers in breast development and the onset of menstruation.

Variations of Normal Growth Patterns are not growth disorders.

**1) Constitutional Growth Delay :** This condition describes children who are small for their ages, but who are growing at a normal rate have usually a delayed "bone age, which means that their skeletal maturation is younger than their age in years.

## 2) Familial (or genetic) short stature :

Condition in which shorter parents tend to have shorter kids, children with familial short stature have growth spurts and enter puberty at normal ages, but they usually will only reach a height similar to that of their parents.

With both constitutional growth delay and familial short stature, Kids and families need to be reassured that the child does not have a disease or medical condition that poses a threat to health or that requires treatment. In a few normal children who are very short or very late entering puberty, hormone treatment may be helpful.

## Growth Disorders

**1) General systematic cause :** Disease of the kidneys, heart, gastrointestinal tract, lungs, bones, or other body system may affect growth. Failure to thrive, which isn't a specific growth disorder itself, but can be a sign of an underlying condition causing growth problems. Usually caused by inadequate nutrition or a feeding problem, most common in kids younger than age 3.

**2) Hormonal cause :** **Endocrine diseases** involve a deficiency or excess of hormones and can be responsible for growth failure during childhood and adolescence. **Growth hormone deficiency** is a disorder that involves the pituitary gland. A damaged or mal functioning pituitary gland may not produce enough hormones for normal growth. **Hypothyroidism** is a condition in which the thyroid Gland fails to make enough thyroid hormone, which is essential for normal bone growth.

**3) Genetic abnormalities :** **Turner** syndrome, genetic growth disorders, occurs in girls and is a Syndrome in which there's a missing or abnormal x chromosome in addition to short stature. Girls with Turner syndrome usually don't undergo normal sexual development.

**The pediatric endocrinologist** will look for signs of the various possible causes of short stature and growth failure. Blood tests may be done to look for hormone and chromosome. Abnormalities and Measure the ability of the pituitary gland to produce growth hormone, we may do a growth Hormone stimulation test.

**Treating a Growth Disorder** The Treatment of a growth problem usually isn't urgent, but earlier diagnosis and treatment can help some kids catch up peers and increase their final height.

## WHAT PARENTS CAN DO ?

Parents can ensure that their child grows and develop normally by following tips :

- Enough rest.
- Proper nutrition.
- Adequate exercise.



If You Have Any Problem Related To Above Mentioned Disorders Kindly

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