

Growth hormone show to be effective in metabolic disorders

Researchers in Sweden have discovered that growth hormone treatment may improve symptoms of multiple metabolic disorders in postmenopausal women, suggesting a possible new treatment option for this patient group.

14 Mar 2005, 15:36 GMT - These findings, published in The Journal of Clinical Endocrinology & Metabolism, demonstrate the important role growth hormone (GH) treatment may play in reducing serious metabolic conditions, such as diabetes and heart disease.

Typically, GH is known for its importance in the growth of a child, but it also has powerful metabolic effects in adults.

Dr Gudmundur Johannsson and his research team at the Sahlgrenska University Hospital in Sweden investigated the effect of GH treatment for one year on insulin sensitivity in postmenopausal women with abdominal adiposity. They also studied the effects of the hormone on abdominal fat, hepatic fat content and size of the thigh muscle area.

The team discovered that the GH treatment in postmenopausal women significantly reduced their intra-abdominal fat, increased thigh muscle area, reduced low-density lipoprotein (LDL) cholesterol concentration, and improved insulin sensitivity. The placebo group did not experience these positive results.

"Previous research has shown that obesity is linked to metabolic syndrome, which has several known risk factors including high cholesterol, high blood pressure, increased levels of fasting glucose and an increase in waist circumference," Johannsson explained. "The results of our study suggest that growth hormone treatment has a favorable effect on multiple metabolic disorders associated with abdominal obesity in postmenopausal women."

This information may offer a treatment option for doctors who treat postmenopausal women and may reduce the metabolic consequences associated with intra-abdominal fat accumulation.

Source: Datamonitor Newswire