



## The 2023 Digital Learning Journey on Growth Disorders

### OVERVIEW

Growth is a complex phenomenon affecting the life of individuals from intrauterine life to adulthood. If normal growth process is disrupted, growth disorder (GD) and short stature (ShS) can severely affect patients' quality of life. Among the most common causes of ShS and GD there is the condition of being born small for gestational age (SGA) and growth hormone deficiency (GHD). The 2023 Digital Learning Journey activities will examine the pitfalls in GHD and SGA identification and management, to better elucidate the possibilities of treatment with rhGH and the critical phases of transition to/and adulthood. One of the most challenging aspects about the diagnosis of GHD is the discrimination between GHD itself and constitutional delay of growth and puberty (CDGP). The 2023 Digital Learning Journey on Growth Disorders will try to elucidate how to properly discriminate between these two similar yet very different conditions. Puberty is a dominant aspect of normal growth, yet no standardized protocols are evidence based accepted hitherto. The 2023 Digital Learning Journey for Growth Disorders' activities will try to elucidate the possibilities which health care providers can employ to provide a normal progression through puberty. The planned educational activities of the 2023 Digital Learning Journey for Growth Disorders examine various aspect of GD and puberty, with focuses on diagnostic, clinical and therapeutic challenges to the healthcare professional in everyday practice. Telemedicine will be used to connect medical professionals around the globe with renown experts in the field of growth disorders to spread knowledge and best practice.

### LEARNING OBJECTIVES

- Recognize and diagnose growth hormone deficiency
- Describe the clinical scenarios associated with growth hormone deficiency
- Address the challenges of transitioning from paediatric to adult care of patients with growth hormone deficiency
- Outline other clinical conditions and co-morbidities that can impact growth hormone deficiency and its management (e.g. obesity)
- List genetic and epi-genetic factors that contribute GH disorders
- Discuss best practice for managing growth hormone deficiency in pubertal and post-pubertal patients
- Identify opportunities to provide individualize personalized treatment strategies during the transition years between childhood and adulthood

### TARGET AUDIENCE

Endocrinologists, Paediatric endocrinologists, Paediatricians, health care providers involved in management of growth disorders

### E-LEARNING ACTIVITIES

#### Virtual Animated Conversations:

**Episode 1.** Transition of care from pediatric to adult practitioners and Establishment of International registries providing phenotype and genotype data on rare endocrine conditions

**LAUNCH: 31 March 2013**

**Episode 2.** Delayed puberty: update on causes of pubertal delay, DP treatment, issues on pubertal induction protocols

**LAUNCH: 2 May 2023**

**Episode 3.** Standardization issues within GH practice and Collaborative care

**LAUNCH: 1 June 2023**

**Live webinar:** Challenges and developments in growth and metabolic disorders

**LAUNCH: 5 October 2023**

### LANGUAGE

English. The Live Webinar will have simultaneous translation into Spanish  
The Virtual Animated Conversation, Episode 3, will have voice over in Spanish

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