



GrowInform -

a campaign for early diagnosis and treatment of growth disorders

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INTRODUCTION:

In 2014 Varna Pediatric Endocrine Society (VAPES) started a program for timely diagnosis and treatment of stature deviations.

- GPs with 23 058 children under their care were trained and provided with specialized auxological software to warn them for any stature deviations. Further evaluation was facilitated.

- From the expected 692 children with short stature (3% of the total), only 33 (0.14%) were sent for further evaluation.

This result lead to a new VAPES campaign - "GrowInform", with the main purpose to raise awareness of growth.

Our secondary goal was to identify and if necessary, refer for further evaluation children with growth deviations in areas with no easy access to paediatric endocrinologists.

METHODS

We targeted 10 regional towns in the Eastern part of the country. In each region media and leaflets were used to raise awareness of our campaign. Lectures and screening examinations were organized during the visits. Online consultations were freely available at our Facebook page and Internet site (www.growinform.org).

RESULTS

The first part of the campaign started in March, 2017, by visiting 6 towns with population of 117 706 children (2-18 years of age).

For 1 year, a total of **146** children were evaluated (107 on place and 39 through the electronic means of communication).

Out of the short stature children (52 children, 35.6% of all), **44 (30.0%)** needed further evaluation at a tertiary clinic.

Until March 2018, **12 (23.1%)** children at a mean age of 8.7±3.5 years have been fully assessed and received definitive diagnosis:

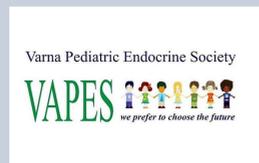
- combined or isolated GH deficiency (**25.0%**)
- celiac disease (**25.0%**)
- Noonan syndrome (**16.7%**)
- familial and syndromic short stature (**25%**)
- Turner syndrome (**8.3%**)

Further **22(42.3%)** children remained under follow-up.

CONCLUSIONS

The informational approach proved to be much more successful for the year of operation of GrowInform than all previously taken approaches.

During the 2nd year GrowInform goes nationally with the help of tertiary paediatric endocrinology clinics in the country.



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www.growinform.org



www.facebook.com/growinform

