Efficacy and Safety of Growth Hormone (GH) in the Treatment of Children with Hypochondroplasia (HCH): Comparison with a Historical Cohort of Untreated Children with HCH

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INTRODUCTION

- Hypochondroplasia (OMIM146000) is a skeletal dysplasia, inherited as an autosomal dominant trait, mainly caused by mutations in the Fibroblast Growth Factor Receptor 3 (FGFR3) gene, expressed in the growth plates of long bones during endochondral ossification and characterized by disproportionate short stature (fig 1).
- The importance of growth defect is variable and due in part to an inadequate pubertal growth spurt. A height gain was observed between the first and the fifth year (r=0.78, p<0.05) (fig 2).
- Treatment of HCH with growth hormone (GH) has been reported with study limitations due to short treatment period.

AIMS

- To determine the efficacy of GH therapy on the height (SDS) in children with HCH treated during at least 5 years in comparison with a historical cohort of 40 non-treated HCH subjects.
- To study the baseline to 5-year changes on the height, growth velocity, body proportions (upper segment, head circumference, body mass index (BMI), body composition (percent total fat mass, lean body mass, bone mineral density).
- To assess the correlation of genotype at baseline with phenotype of treated patients.

METHODS

Historical cohort

- An historical cohort was identified from patients followed by pediatricians at the Bone Dysplasia Center at Necker Enfants-Malades Hospital. It was composed of 40 patients (22 boys, 18 girls) with HCH, and with height and weight data available from 3 years of age until final height. Growth charts were modeled after these data and height SDS were calculated. A model to predict the growth and final height of patients without growth hormone (GH) therapy was designed.

Study

- The HCH subjects were diagnosed on specific skeletal abnormalities and confirmed by 2 experienced physicians of the Bone Dysplasia Center at Necker Hospital. Inclusion criteria were: chronological age ≥3 yrs, bone age ≤11 yrs for girls and ≤13 yrs for boys, initial height -2SDS, analysis of FGFR3 gene known, written informed consent from parents.
- 19 patients (9 males, 10 females) were included in the study independently of FGFR3 gene results.
- 8 patients treated during at least 5 years allowed to make a longitudinal analysis. 4 males, 4 females at a mean age of 6.8 ± 2.6 years (range 3.3-10.9 yrs) were treated with r-GH (SaiZen®, Merck France) at an initial dose of 0.057 mg/kg/day (dose adjusted with IGF-I levels).

RESULTS

- After 5 years of treatment, height gain was +0.89 (± 0.60) SDS obtained essentially during the first year of treatment but it was +1.57 (± 0.8 SDS) i.e. 7.5 cm compared to a historical cohort of non-treated HCH (fig 3).
- Body proportions measured by sitting height to standing height ratio SDS score shows initial high values that increased moderately and not significantly (Table 1).

<table>
<thead>
<tr>
<th>Table 1. Clinical, biological and radiological parameters at baseline and after 1,2,3 and 5 years of r-GH treatment</th>
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<tbody>
<tr>
<td><strong>Baseline</strong></td>
</tr>
<tr>
<td>Height velocity (cm)</td>
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<tr>
<td>Height (SDS)/Sempe</td>
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<tr>
<td>BMI (SDS)/Sempe</td>
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<td>Head circumference (SDS)</td>
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<td>Upper segment/height (SDS)</td>
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<td>Heart circumference (SDS)</td>
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<td>% Total fat mass (SDS)</td>
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<td>BMI2 (Z-score)</td>
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<td>IGF-1 (Z-score)</td>
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- BMI and % fat mass didn’t change significantly.
- There was a difference in response between patients with FGFR3 mutation (n=5) versus the others. Height gain was respectively + 0.6 (± 0.5) SDS vs +1.4 (± 0.2) SDS.
- Correlation in height gain was observed between the first and the fifth year (n=0.78, p<0.05) (fig 2). A height gain > +0.5 DS after 1 year of treatment is predictive of a good response after 5 years.
- No treatment related serious adverse events were reported.

CONCLUSIONS

- GH is effective in improving growth in some patients particularly HCH without FRFR3 mutation.
- Response during the first year is predictive of final response and could be used to decide to continue treatment until final height.
- GH therapy was well tolerated.

REFERENCES


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DISCLOSURES

GP, JCP, DSB, MP have received honoraria from Merck for their contribution to the study. YL and LF are employees of Merck France

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