ANASTROZOLE IMPROVES HEIGHT PREDICTION AND NEAR FINAL HEIGHT AS MONOTHERAPY OR IN COMBINATION WITH GROWTH HORMONE.

INTRODUCTION
The widespread aromatization of androgens during puberty is responsible for the rapid bone maturation at this age. In this context, the use of aromatase inhibitors (AIs) has been justified by the potential to slow down the advancement of bone age and thus improve growth. For more than two decades, studies have pointed out the validity of AIs to improve the predicted final height (PFH). However, data on near-adult height (NFH) of children treated with AIs are scarce.

OBJECTIVE
This study aimed to evaluate the PFH and NFH of boys treated with anastrozole (ANZ) either as monotherapy or in combination with Growth Hormone (GH).

RESULTS

1. Comparison of TH, PFH at different treatment time and NFH

2. Comparison of TH, basal PFH and height reached (in cm)

3. Comparison of TH, Basal PFH and NFH (all patients N=27)

4. Comparison of TH, baseline PFH and NFH in the sub-group that reached NFH (n=27)

5. Difference of Near Final Height (cm) compared to TH and basal PFH (Real Stature Gain)

CONCLUSION
Anastrozole therapy was safe and effective in improving the PFH and NFH in boys with poor height prediction, either as monotherapy or in combination with growth hormone.

Keywords: adolescents, aromatase inhibitors, anastrozole, short stature.

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