

From the Chair of the Medical Advisory Committee – Carmelo Caputo (Endocrinologist)

Growth Hormone has been listed on the PBS as of December 2018. This is great news for those patients needing growth hormone replacement as the cost will be that of a monthly prescription.

To obtain government subsidised growth hormone there is a...

- 1) List of criteria that must be met to **commence** treatment and then
- 2) Criteria to **continue** with treatment after 6 months

If these criteria are not met, then growth hormone treatment is still available on private prescription.

1. For **initial application** for growth hormone, your endocrinologist needs to fill in an application form with the following...
 - Reason for the growth hormone deficiency
 - Proof of growth hormone deficiency (this requires a specialised blood test which can only be done at certain hospitals, so needs to be arranged by your endocrinologist)
 - Completion of a quality of life questionnaire which demonstrates that your quality of life is affected by this deficiency. A copy of this questionnaire can be found at <https://endocrinesociety.org.au/documents/QoL-AGHDAEnglishESAJan19.pdf>
2. If the application is successful (can take 2 weeks to obtain approval), then your endocrinologist will send you your approved prescription so you can start treatment. You will then be given a prescription to cover 6 months of treatment
3. Just prior to 6 months of treatment, in order to **continue** with PBS subsidised growth hormone, you must demonstrate that you **have improved in your quality of life**, using the same questionnaire used at initiation.
4. The best way forward is to speak to your endocrinologist who will be able to guide you on the process.
5. For people already on growth hormone treatment (from childhood or privately funded) still have to go through this process. Your endocrinologist will need to guide you on the process.