IMPROVED QUALITY OF LIFE AND DECREASED USE OF HEALTHCARE RESOURCES ARE MAINTAINED DURING 3 YEARS OF GROWTH HORMONE (GH) SUBSTITUTION IN HYPOPITUITARY ADULTS WITH GH DEFICIENCY

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OBJECTIVES: To investigate whether the improved wellbeing and quality of life (QoL) and decreased use of healthcare resources seen during the first year of GH substitution therapy in GH-deficient adults are maintained over subsequent years of treatment.

METHODS: Data were analysed from 237 Swedish hypopituitary adults with GH deficiency (GHD) who had received 2 (n = 196) or 3 (n = 130) years of GH replacement therapy (mean dose, 0.43 mg/day). All patients (117 men, 120 women; mean age at baseline, 51.5 years; range, 35–69 years; 141 (60%) with at least three additional hormone deficiencies, and 16 with isolated GHD) were included in KIMS (Pharmacia International Metabolic Database)—a pharmacoepidemiological survey of adults with GHD. None had previously received GH replacement in childhood. Eighty-five (36%) had had <10 years of formal education; 142 (60%) were in full or part-time work, and 39 (17%) had taken early retirement or were receiving a disability pension. QoL was assessed using AGHDA—a disease-specific questionnaire—and the generic PGWB index. Information on the patients’ social situation and well-being was obtained from a patient life situation form. Statistical analysis was by repeated measurements regression.

RESULTS: A significant subjective improvement in wellbeing was noted by 78% of patients after 1 year and by 86% after 3 years. QoL (both AGHDA and PGWB) showed statistically significant improvements after 1 year, which were sustained for up to 3 years. The VAS score for leisure-time activity also increased significantly during the whole follow-up period, as did patients’ satisfaction with their level of physical activity. Use of healthcare resources (days of reported sick-leave and doctor visits) decreased significantly during the first year of treatment.

CONCLUSIONS: Three years of GH treatment in adults with GHD has a sustained positive effect on well-being, QoL and physical activity, and decreases the consumption of healthcare resources.