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## Challenges in the management of short stature

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Human growth is regulated by genetic, hormonal, nutritional and environmental factors that interact to culminate in a complex process of cell replication in all tissues. Short stature is defined as height below 3<sup>rd</sup> centile or less than two Standard Deviations (SDs) below the median height for that age and sex according to the population standard or even if the height is within the normal percentiles but growth velocity is consistently below 25<sup>th</sup> percentile over 6-12 months of observation. It is estimated that short stature to be around 3-5%. The prevalence of Growth Hormone Deficiency (GHD) is around 1 in 4,000. Evidence-based procedures, relating specifically to height screening for identification of short stature, auxological criteria for patient referral from primary to secondary pediatric care and general and endocrine investigations and diagnosis should be followed. The Guidelines for Growth Hormone and Insulin-Like Growth Factor-1 Treatment in Children and Adolescents. The rationale for treating short stature in childhood includes increasing height and alleviating psychosocial disability while maintaining favorable risk, benefit and cost, benefit ratios. Selection among management options may therefore depend on the degree to which each one meets these goals.

## Biography

Nashwa Mohamed Baha Eddin has completed her MBBCh at Cairo University, Egypt in 1989 and Master's degree in Pediatrics from the same university in 1995. In 2005, she received her MD degree in Pediatric and Neonatal Medicine from Ain Shams University, Egypt. She worked as a Consultant Pediatric Endocrinology and Diabetes in Egyptian health insurance hospitals and in Cairo University Pediatric Hospital (CUPH-Abo El Rish). In 2006, she moved to UAE and continued her practice as Head of Pediatric Department in private hospitals in Abu Dhabi. She has participated in academic researches, in international and national conferences, and has gained clinical attachment with Wilford Hall Hospital, USA. Currently, she is a Member of the European Society for Pediatric Endocrinology, Egyptian Pediatric Association, Egyptian Society of Pediatric Endocrinology and Diabetes, Egyptian Obesity Association and Egyptian Society of Child Care Assistance to Young Diabetics.

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