Effect of growth hormone on fatty liver in panhypopituitarism

Syoko Takano, Susumu Kanzaki, Masayoshi Sato, Toshihide Kubo, Yoshiki Seino

Abstract
A 17 year old boy was admitted because of short stature and hepatomegaly. He was diagnosed with panhypopituitarism and fatty liver. The fatty liver improved, not with hydrocortisone or levothyroxine treatment, but with growth hormone administration. The fatty liver in this patient was attributable to a growth hormone deficient state.

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Keywords: fatty liver; growth hormone; growth hormone deficiency; hypopituitarism

It has become evident that besides its growth promoting action, growth hormone has several metabolic actions on adipose tissue.

Chronic exposure to growth hormone induces a decrease in lipogenesis and an increase in lipolysis. As the lipolytic effect of growth hormone is more pronounced in the abdominal fat mass, patients with growth hormone deficiency usually present with truncal-type obesity. However, the massive deposition of fat in the liver, that is fatty liver, has not been reported in growth hormone deficient patients. We report a patient with panhypopituitarism who suffered from fatty liver that improved with growth hormone treatment.

Case report
A 17 year old boy was admitted to our hospital because of short stature and hepatomegaly. He was the product of a normal full term pregnancy with a breech presentation; his birth weight was 2690 g. At the age of 13 years he was diagnosed with tricuspid regurgitation, and a tricuspid valve repair operation was performed. At the same time he was noted to have hepatomegaly and hypothyroidism (serum triiodothyronine 1.31 nmol/l, serum thyroxine 37 nmol/l). A thyrotrophin releasing hormone (TRH) stimulation test demonstrated a delayed and prolonged rise in thyroid stimulating hormone, indicating hypothalamic TRH deficiency. Administration of gonadotrophin releasing hormone showed no gonadotrophin response. His plasma cortisol was below the detection level, and insulin induced hypoglycaemia failed to increase the plasma cortisol concentration. A growth hormone provocation test using insulin, clonidine, and growth hormone releasing factor also failed to increase the serum growth hormone concentration. His serum insulin-like growth factor (IGF)-I concentration was 2.9 nmol/l. Based on these findings we made a diagnosis of panhypopituitarism.

Hydrocortisone (0.3 mg/kg) replacement therapy was begun, and the dose of levothyro-
ine was increased to 100 µg. Though the serum thyroid hormone concentrations normalised and remained normal for five months, the liver enlargement did not improve and the liver enzymes remained raised (table 1). We then initiated growth hormone treatment using recombinant human growth hormone (0.5 U/kg/week divided into seven daily subcutaneous doses) in addition to continuing the hydrocortisone and levothyroxine treatment. After beginning the growth hormone a marked decrease in liver size was observed, and the liver enlargement resolved after four months of treatment. Within nine months of the start of growth hormone the liver dysfunction also had markedly improved (table 1), and ultrasonography of the liver showed almost normal echogenicity.

**Discussion**

Our case is particularly interesting as the fatty liver improved not with hydrocortisone or levothyroxine treatment, but with the administration of growth hormone. This fact strongly suggests that the fatty liver in this patient was attributable to the growth hormone deficient state. Although numerous metabolic and nutritional disorders have been known to cause fatty liver,1 the fatty liver associated with growth hormone deficiency has not been reported. As adipocytes lack functional IGF receptors,2 the lipolytic effect is a direct consequence of growth hormone rather than mediated through IGF-I given the evidence that IGF-I treatment in children with Laron’s syndrome produces lipolytic effects.3 Our case illustrates that growth hormone also plays an important part in lipid metabolism in the liver, which is a main target organ of growth hormone, and therefore has many growth hormone receptors.

It remains unclear why this represents the only reported case of the development of a fatty liver in a patient with growth hormone deficiency. A significant feature in this case is that the initiation of growth hormone treatment was extremely delayed. Fatty liver associated with a growth hormone deficient state may take a long time to manifest. Our case shows that a long term growth hormone deficient state increases fat accumulation in the liver as well as in adipose tissue, causing fatty liver and obesity.


<table>
<thead>
<tr>
<th>Supplementation</th>
<th>Before treatment</th>
<th>Levothyroxine and hydrocortisone (for 5 months)</th>
<th>Levothyroxine, hydrocortisone, and growth hormone (for 9 months)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aspartate aminotransferase (U/L)</strong></td>
<td>94 (11-32)*</td>
<td>53</td>
<td>32</td>
</tr>
<tr>
<td><strong>Alanine aminotransferase (U/L)</strong></td>
<td>86 (6-39)*</td>
<td>113</td>
<td>47</td>
</tr>
<tr>
<td><strong>γ-Glutamyltransferase (U/L)</strong></td>
<td>107 (3-40)*</td>
<td>162</td>
<td>65</td>
</tr>
<tr>
<td><strong>Lactate dehydrogenase (U/L)</strong></td>
<td>393 (236-455)*</td>
<td>503</td>
<td>335</td>
</tr>
<tr>
<td><strong>IGF-I (nmol/L)</strong></td>
<td>2.9 (37.4-82.0)*</td>
<td>2.1</td>
<td>19.3</td>
</tr>
</tbody>
</table>

*Normal range for the patient’s age.

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Table 1 Changes in serum liver enzymes and IGF-I concentrations before and during hormone replacement.

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