THINK SPIGFD

Let’s talk SPIGFD

Severe primary IGF-1 deficiency

Discussion Guide: Checklist

Understanding SPIGFD is the first step towards making sure your child gets the appropriate care. If your child does not have any known conditions that directly affects their growth, use the checklist below to help you determine if they could have SPIGFD:

☐ **Is your child’s height noticeably shorter than their peers?**

☐ **Has your child ever been tested for their growth hormone levels?**

☐ **Has your child ever been tested for their IGF-1 levels?**

✓ **If your child’s IGF-1 levels have not been tested, it may be time for you to schedule an appointment with their doctor to discuss SPIGFD and additional testing.**

IGF-1 = insulin-like growth factor 1; SPIGFD = severe primary IGF-1 deficiency.

Conversation Starters

Below are some examples of questions you could use to start a conversation with your child's doctor about Severe primary IGF-1 deficiency (SPIGFD). You may use the space provided below to keep track of helpful information during the conversation.

Can you tell me more about SPIGFD?

How is SPIGFD diagnosed?

How does my child's height compare to their peers?

Could a child with short stature have SPIGFD?

Could my child's IGF-1 levels play a role in their symptoms?

Should I get my child's IGF-1 levels tested?

Should my child see a specialist for SPIGFD?

If my child is diagnosed with SPIGFD, what would be the next steps?

Additional Notes or Questions:

Print out this discussion guide and bring it to your child's next appointment.

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