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Date of Collection: 7-Feb-2015
Sample Received: 09-Jun-2015
Reported Date: 15-Jun-2015
Sample Type: Urine

Growth Hormone - Overnight Urine

Accession # | FFFFF

Healthcare Professional:

Patient:

Gender : M

Date of Birth :

Age: 40

Phone:
 Fax:

Relevant Medications

Last Used

Biometrics

Height (in) : 72
Weight (lb) : 155
Waist (in) : n/a

Creatinine (g/L) :1.65

Growth Hormone (Creatinine Normalized)

Analyte	Result	Range	0%	20%	40%	60%	80%	100%	Percentile	Range Applied
GH Overnight collection Creatinine normalized	1,800	200 - 2,200							79%	Male GH (pg/g Cr)

OVERNIGHT GROWTH HORMONE IN UPPER TERTILE

The patient's result is in the upper tertile or upper 1/3 of results for our reference population. This is a healthy finding.

In the absence of supplemented injectable growth hormone, factors which have a major positive influence on Growth Hormone levels in an overnight collection include:

- Adequate amount of sleep (7 to 9 hours/night)
- Good quality sleep (uninterrupted sleep, dreaming on a regular basis)
- Avoidance of excessive alcohol, carbohydrate or fat intake before retiring
- Regular exercise such as High Intensity Interval Training (HIIT) and/or resistance training, exercise which induces significant sweating
- Eating when hungry as opposed to eating "by the clock"
- Intermittent fasting (14 to 20 hour fasting one or more times per week)
- Adequate testosterone production (males)
- Adequate estrogen production (females)

Retesting might be appropriate in the face of significant changes to the daily routine, loss of muscle mass, increase in central adiposity, new onset of depression, as these may be consistent with declining Growth Hormone production.



George Gillson, MD PhD
Medical Director

Note: The College of Physicians and Surgeons of Alberta considers some laboratory tests to be non-standard, or a form of complementary and alternative medicine. . These interpretation comments have not been evaluated or approved by any regulatory body. Commentary is provided to clinicians for educational purposes and should not be interpreted as diagnostic or treatment recommendations.