

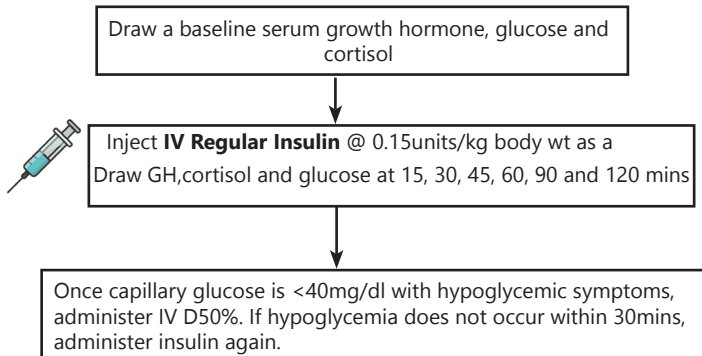
# INSULIN TOLERANCE TEST (ITT)



This dynamic test is used for the evaluation of suspected **growth hormone deficiency**. It is a gold standard test for evaluating suspected **secondary adrenal insufficiency**.

## Limitations of this test

- Multiple contraindications (cardiac arrhythmias, seizure disorder, elderly patients, coronary artery disease and primary adrenal insufficiency)
- Labor intensive (close monitoring by a nurse). Reserved for experienced centers.



## Interpretation

In adults, failure of peak cortisol hormone levels to rise above 18mcg/dL is diagnostic of Adrenal insufficiency. Serum GH < 3mcg/mL. \*\*\*

\*\*\* Suggestive of growth hormone deficiency

## REGULATION OF GROWTH HORMONE

