



growing up

A VISIT TO THE
ENDOCRINOLOGY CLINIC





Hi! I am John. I went to a doctor called an Endocrinologist [en-do-crin-AHL-oh-gist] today.

An endocrinologist is a doctor who looks at the hormones in our body. Hormones are special chemicals our body makes to help our bodies do many things like grow.

Sometimes I wonder why I am the smallest kid in my class.

I want to know why I am growing differently than my friends, and I hope this doctor can help me find out why.



I get my height measured to see how tall I am.





The doctor said she needed to check my whole body, including my private parts, to make sure I was growing healthy and strong like I should. My mom was there the whole time, so I felt safe. It was over quickly!



I get my whole body checked to make sure I'm growing healthy and strong like I should.



The doctor came into our room and asked my mom a lot of questions about me.

She asked me about school and my friends. I could tell she wanted to help.



The doctor told us all the reasons why some kids may not grow as much as others. Here is what my mom wrote down.

1. People may not grow very tall if everyone in the family is very small.
2. Our bodies make hormones that help us grow. If we do not have enough of these hormones, we might not grow as well as we like.
3. Sometimes the food we eat doesn't give our bodies all the important nutrients we need to grow.
4. When someone's body is sick a lot, it can make it harder for them to grow well.
5. Some kids grow more slowly than others. If that is true for me, I will still have time to grow after my friends have stopped growing.
6. Some kids have changes in their genes that make it harder for them to grow. Genes are like the building blocks of our bodies.

Mom and I had a lot of questions! The doctor told us we would find out why I was growing differently than other kids my age after doing some special tests.



I need to get my blood taken and take a special picture of my hand called an x-ray.

We went to the lab so they could take a sample of my blood.

Everyone there was nice and helped me feel calm before they got the sample. It helped when the lab tech showed me all the special tools they would use to take the sample from my arm. The lab tech said my job was the most important. I needed to keep my body still so they could do their job correctly. I was able to do it!



The lab tech shows me the tools she will use to draw the blood sample.

Then my mom and I walked over so they could take a picture of my hand. They told me this was called a "bone age." This picture shows the doctor my bones and how they are growing.



The x-ray was fast and didn't hurt at all. I got to wear a special apron that was a little heavy, but the person who took the x-ray said it was a special shield.

I am glad I went to the endocrinologist today. Everyone was very nice, and even though I was a little nervous, it was not bad at all. Mom said now we wait for the nurse to call us and tell us what comes next.



My mom and I are ready to go home!

Parent information

The blood test the doctor orders after the first visit will help determine if there is a problem in the body that is making it harder for your child to grow.

The x-ray called “bone age x-ray” shows us how the bones in the body are growing compared to the age of your child. The doctor is looking at how much room your child has left to grow. The bone age could be normal, which means it is around the same age as your child, it could be delayed, which is younger than your child’s age, or it could be advanced, which is older than the age of your child. This will help us decide if your child might need medicine.

Your child might need more tests based on the results of the first ones. They will check for growth hormone deficiency (this is when the body is not making enough growth hormone to grow well).

Sometimes your insurance will want you to use another lab than our lab at Children’s HealthSM. We can send the order for the tests to the other lab, and the doctor will look at the results when they are ready.

We can also give you an order so you can have the x-ray done somewhere other than Children’s Health. This might save you money. If you choose to do this, please ask them to give you a copy of the x-ray on a disc and bring the disc to our clinic for the doctor to see.

Please give the office about two weeks to get back to you with the results. A few of the tests can take 10 to 12 days to come back to our office. Some doctors will wait until they have all the test results before they have the office contact you.

Thank you for choosing Children’s Health!



Children's Health Specialty Center Dallas

2350 N. Stemmons Fwy, F4400, Dallas, TX 75207

214-456-5959

Children's Health Specialty Center 1 Plano

7609 Preston Road Plano, P4400, Plano, Texas 75024

469-303-2400