

Table 1. Main human clinical studies with rhGH treatment in healthy elderly subjects

Study	Initial daily GH dose ($\mu\text{g}/\text{kg}/\text{day}$)	Duration of treatment (months)	Positive effects	Adverse effects
Rudman 1990 ¹⁴	12.9	6	increase lean mass increase BMD	hypertension hyperglycemia
Holloway 1994 ²²	43	6	decrease fat mass increase lean mass	edema carpal tunnel syndrome
Papadakis 1996 ²³	12.9	6	decrease fat mass increase lean mass	edema arthralgias
Johannson 1997 ²⁴	9.5	9	decrease fat mass improve insulin sensitivity decrease cholesterol	edema carpal tunnel syndrome arthralgias
Lange 2002 ²⁶	12.9 (\pm exercise)	3	decrease fat mass increase lean mass	edema carpal tunnel syndrome
Franco 2005 ²⁵	7.8	12	decrease fat mass improve insulin sensitivity, decrease cholesterol	edema hyperglycemia