

Table 1. Growth hormone (GH) changes in aged subjects

Authors	N	Age	Method	Results
Carlson J et al 1972 ¹	1 M 3 F	52-73yrs	60-90min sampling during sleep	No sleep related peak of GH
Finkelstein et al 1972 ²	53	3F 2M 47-62yrs	Integrated 24hrs GH at 20 min sampling	In 2 women and 1 man secretion of GH approached zero. Calculation limited to episodes of $\geq 5\text{ng/ml}$
Rudman D et al 1981 ³	22	10 men 20-29yrs 12 men 60-70yrs	30min sampling for 4hrs after sleep and at 1hr intervals from 08.00 to 16.00	Average peak GH during sleep was 3 times greater than in the day in young men. SmC less than 0.38 was 0 in the 3 rd decade 11% in the 4 th , 42% in the 7 th and 55% in the 8 th
Zadikt Z et al 1985 ⁴	173 89 M 84 F	7-65yrs	24hrs integrated GH at 30min sampling	Decreased integrated GH after 2 nd decade
Vermeulin A 1987 ⁵	20	10 M 22-45yrs 10 M 65-85yrs	24hrs integrated GH at 20min sampling SmC at 11.00, 16.00, 21.00, 02.00hrs	45% decrease of integrated GH and of peak amplitude SmC significantly lower in old men
Ho KY et al 1987 ⁶	36 18F 18M	10F 18-33yrs 8F > 55yrs 10M 18-33yrs 8M > 55yrs	24hrs integrated GH and SmC at 20min sampling	Fraction of GH secreted in pulses reduced from 81% to 29%. No significant difference between the sexes. SmC declined significantly with age
Iranmanesh et al 1991 ⁷	21	21-71yrs	24hrs integrated GH at 10min sampling	70% decrease of GH
Corpas et al 1992 ⁸	19	9M 22-33yrs 10M 60-78yrs	24hrs integrated GH at 20min sampling	29% decrease of GH