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The Seaver Autism Center for Research and Treatment at Mount Sinai is pleased to announce the start of a clinical trial examining the use of electrophysiological markers to detect nerve cell response to recombinant human growth hormone (rhGH) in children (aged 2 - 12) with autism spectrum disorder (ASD) where a specific genetic cause has not been identified. Pilot studies have shown that rhGH improves symptoms of social withdrawal in children with ASD.

rhGH induces the release of IGF-1, a growth factor that is essential for brain development. It is known to promote brain cell survival and the maturation and plasticity of the connections between brain cells.

The current study will follow a randomized, placebo-controlled, double-blind, crossover format, in which patients will receive 12 weeks of either rhGH or placebo, and 12 weeks of either rhGH or placebo which they did not receive initially. Every patient will receive rhGH at some point in the trial.

The study will include routine medical monitoring with frequent visits for safety. Numerous parent questionnaires and clinician-completed tools will be used to measure the effect of rhGH on social withdrawal, language, and repetitive behaviors.

**For additional information:**

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