

## Taking somapacitan once a week works as well as daily growth hormone injections for children living with growth hormone deficiency: 1-year results from REAL4

### Plain language summary

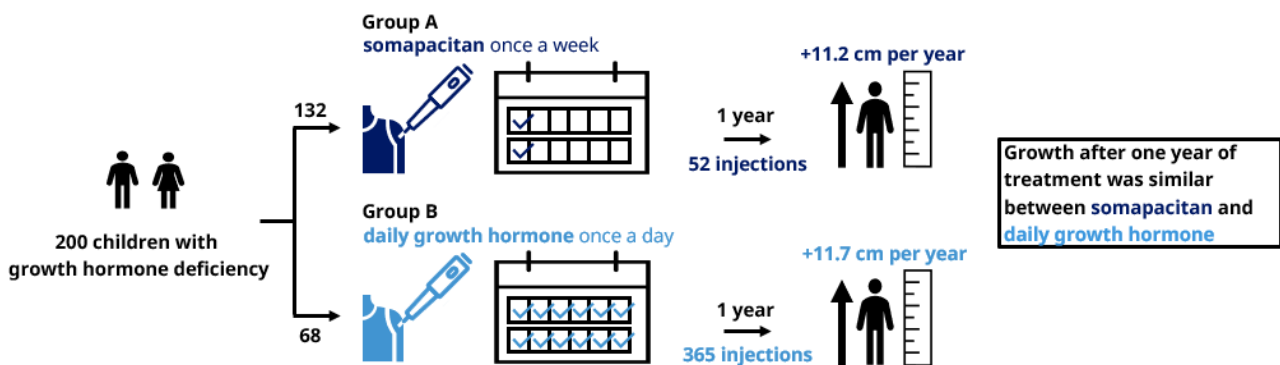
The body naturally makes a chemical signal called “growth hormone” to help children grow. Some children do not make enough growth hormone in their bodies. These children have a condition called “growth hormone deficiency” and grow very slowly compared with other children their age.

Doctors help children with this condition grow by prescribing a medicine that contains a growth hormone molecule. For nearly 40 years, this type of medicine needed to be injected under the skin every day. This is clearly a burden for patients and their families. The REAL4 study looks into a new growth hormone medicine called “somapacitan” that only needs to be injected once a week.

The purpose of this study was to learn how effective and safe somapacitan is compared with a growth hormone medicine that doctors can prescribe right now but needs to be taken by injection every day.

Researchers recruited 200 children with growth hormone deficiency from 20 countries across Europe, Asia, and the Americas. None of the children had gone through puberty or taken growth hormone medicines before the study started. The children were randomly divided into two groups. In Group A, the researchers treated 132 of the children with somapacitan (0.16 milligrams per kilogram of body weight once a week). This was compared to Group B, where the researchers treated 68 children with a growth hormone medicine that needs to be given every day (Norditropin®, Novo Nordisk). All medicine was given by injection under the skin.

After treating the children for one year, the researchers found that children taking somapacitan once a week grew just as well as children taking the daily growth hormone medicine.



The safety of somapacitan was similar to the daily growth hormone medicine. Side effects seen in this study were mostly mild and like those seen in other studies looking into growth hormone medicines in children with growth hormone deficiency.

In conclusion, somapacitan was effective and well-tolerated in this study. These results suggest somapacitan will be a valuable alternative for treating children with growth hormone deficiency.