



The Turner Syndrome Support Society

Supported by Pfizer Ltd.
in the interest of children suffering
from growth disorders

*Every picture tells a story,
every story paints a picture*

A collection of drawings, poems and stories by children being treated with growth hormone



Introduction

In 2003, the Turner Syndrome Support Society offered children, currently being treated with growth hormone, the chance to have their drawings, poems or stories published.

This special book features a collection of their stories and pictures, compiled to inspire other children with Growth Hormone Deficiency, to help them feel more positive and confident about their treatment.

The contributions were split into three categories based on age; 6 years and below, 7 to 11 years, and over 11 years.

This book is the result.

we hope you enjoy it

Dedicated to **Francesca Green** whose drawing appears within this book

Growth hormone

by Ellie Summers

Growth hormone makes me proud
because other people think its
interesting.



Growth hormone does hurt
sometimes but you get
used to it.



Now I can do the Growth hormone
injections on my own I am very
confident with it.



Growth hormone has made me

grow!!!



I was once a tiny boy,
With tiny feet and hands,
The Doctors gave me medicine,
To make me grow big and tall,
Now I can reach my books up high,
From the shelf up on the wall.
I grow so fast, up up at last,
I use to be small but now I am tall,
I fly so high that I could reach the sky,
I would like to thank you all.

I stopped growing when I was seven. After loads of horrid tests the hospital discovered I had a cyst on my pituitary gland.

I have to inject myself everyday which is hard because I have a needle phobia. When I started secondary school it was even worse because I was small and my best friend beat me up.

The name calling started, Titch, Midget and Mini Me, that hurt more than the injection.

It doesn't bother me now, I've moved on. My new friends like me for who I am. My injections are making me grow, I'm as tall as some of my friends and the name calling stopped. It's not pleasant having to inject daily but there are a lot worse things out there.

There is always going to be someone taller and someone smaller and the injections are working for me!



Best things come in little packages

I have growth hormone and it's like being on a big roller coaster ride. One minute I think 'I am really small which makes me a nobody', and other times I feel like being small makes you different, and different is GREAT.

When I go for check ups at the hospital I realise that I'm not the only one with growth problems and there are plenty of others in the same boat.

Now I am older I understand that I have turners syndrome mosaic which makes me kind of different to people that have full blown turner's.

I believe the saying above is true because what I lack in height I gain in personality.

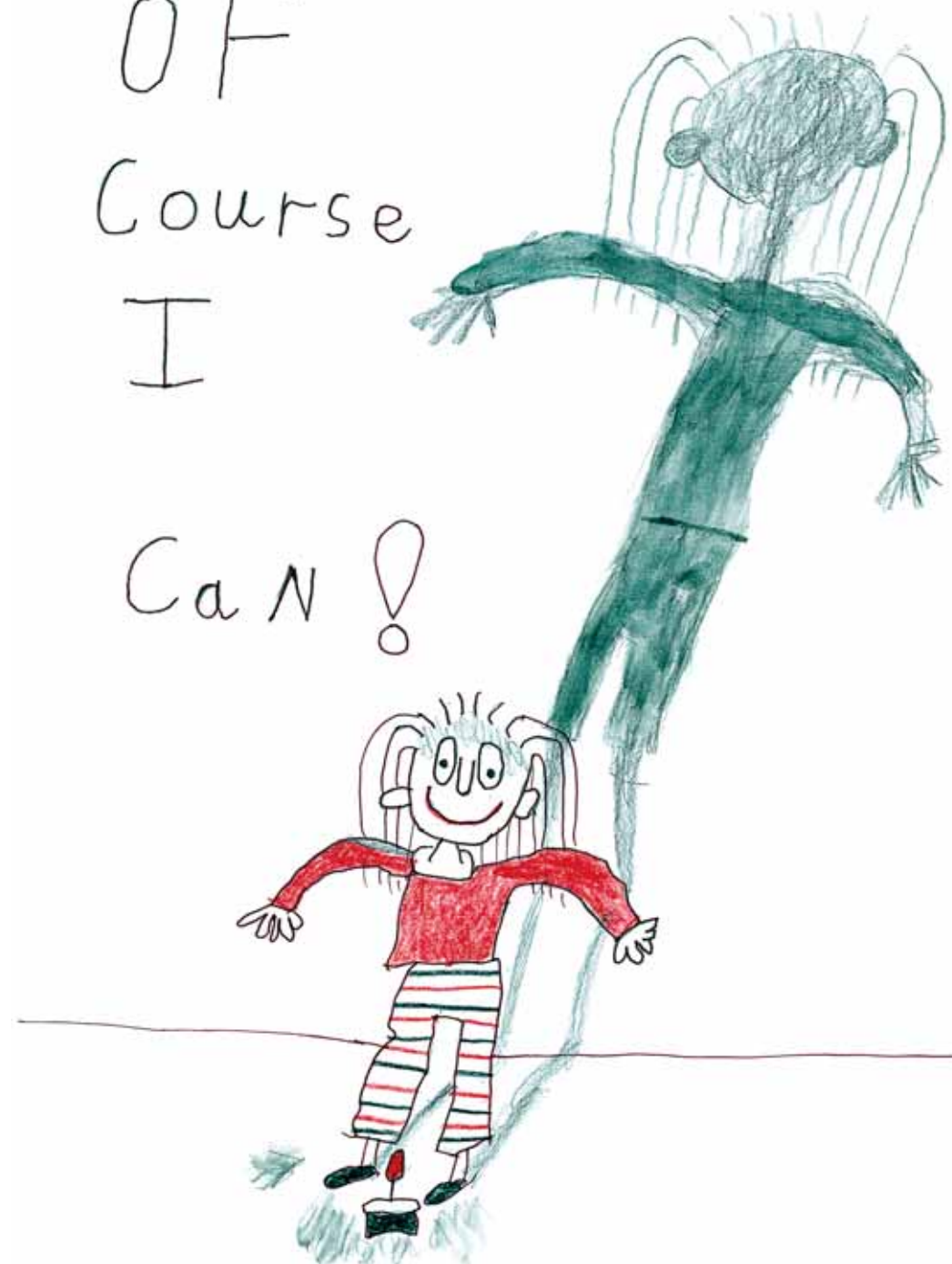
Life's not always about what people look like on the outside but it's what you are on the inside that counts.

I'm different because of my height, but I'm me.

And Me is special.

OF
Course
I

Can!



This is my sister
this is me
as soon as I take
my growth Hormone
I will be as big as she.





My Family

Caitlan drew and coloured her family
and asked her big sister Adele to
write everyone's name. We are all looking
quite tall in her pictures, Caitlan often says
"I'm getting taller mummy"
with a big fat grin!



Growing with Cherie



My name is Cherie, I take Growth Hormone
It's just an injection, all on my own

At first I was a little scared,
but the nurse had me well prepared.

I practised on my Pooh Bear, he wasn't afraid,
because I was there.

It does not hurt unlike a bite, so
I am happy to take it every night.

When I stay at friends they look and stare,
as I do my injection everywhere.

I don't mind going to hospital for a day,
because I miss school and have lots of play.

When people ask me my age they say 'ahh',
but I don't mind they think I'm a star.

Because I'm growing everyday,
my dad's wallet is shrinking with clothes to pay.

My injections have not changed me at all,
My mum & dad still think I'm a little rascal.

It does not interfere with me,
I'm still as happy as can be.



How My Life Changed.

Well, it all started when I was 11,
I came home after school,
The hospital had sent my mum a letter that contained the dreaded news,
She sat me down and told me,
I couldn't believe my ears,
Afterwards I thought why, why me?

Soon after I found out I had to do injections,
I started to do them in December,
Before I did them I had to practice first,
So I practised on a teddy bear so I knew what to do,
Finally that oh so dreaded moment came when I did my first injection,
But it didn't hurt that much no, no it didn't.

Now I'm used to them after doing them for over a year,
It's like they're part of my routine,
I still wish I didn't have to do them,
But I thought they would be much worse,
A permanent hassle I thought they would be,
In fact they turned out to be ok yes, yes they did.

Over time they have changed me in oh so many ways,
Here's a few so you know,
To start I'm not the smallest in my class anymore,
Roller coasters I enjoy, now that I'm tall enough I can enjoy more,
Throughout all this I've had support from many people,
Now I'm not that small anymore no, no I'm not.

Hollie Louise Jones, age 12

My Injection

Hi I'm Lisa and my life has changed since taking Growth Hormone for the last three years....people don't talk to me as if I was a 6 year old anymore and I am not sitting on the bottom row on the floor for class photos. When I first started these injections (1st July 2000), I was really frightened and unhappy feeling as though I had special needs or something. I have a little cry about these injections every now and again thinking that I am different to everyone else. When I went away with the school for 3 days, they were all wondering what I was doing but I didn't mind that much. And when I go to sleepovers their mum's are like "oooh you are a brave girl aren't you". I get a little bit annoyed with that but I don't show it.

I can now do a few more things:
I can go on a lot more rides at theme parks,
I can help my brother get his toys from the shelf and I can now be what I want to be when I grow up, an air-hostess, because you have to be a certain amount of height. The nurses and doctors have changed my life by giving me these injections and I am very grateful. If you feel upset about having it just remember

It's worth it!

Lisa Hodsall, age 9

How Growth Hormone changed my life.

When I started school I was taunted by all my friends but it wasn't serious. As I grew older I realised that I was desperately shorter than the people in school. I was on growth hormone when I realised this but I had only just started so it didn't make much difference not any you could notice. When I started year 7 I started to catch up to my friends height I became really happy and felt lucky to have the choice of using the injections at first I was pessimistic but I was really desperate. Over the holidays I had noticed I'd grown a bit by the time I got back to school people were complementing my height suddenly I had friends nobody made fun of me and I was really happy. I am really grateful for these injections they changed my life completely. Thanks very much Gosh.

Great I'm growing
Rely on Growth Hormone

One injection a day •

Worth having
Taller and taller

Helping me to cope with Prader
Willi
Syndrome

Hormones are excellent

One day I'll be taller than mummy.

Running fast with longer legs

Making me tall, like a man.

Oh, How you've grown

Now I'm the same size as my friends.

Excellent / excellent Growth
Hormone.

Jabs and Tabs

I take an injection every night
It helps me grow like a plant in light.
How many tablets should I take tonight 1,2,or maybe, 3?
Where should I insert my jab, how far above the knee?

I used to feel so very small
When all my friends were very tall
Now four inches bigger am I
And above some hedges I can spy

I was camping out the other day. but had to come home without
delay
The clock had struck there and then, it was chiming half past ten
Out the fridge came the cartridge, on the telly was Alan
Partridge
In my leg it was inserted, but of course it never hurted

Being small is not so bad
Now I shall find a little lad

I have always been the smallest boy in my class
because I was born very early. I could never run
as fast as my friends and so I never looked forward
to sports day. 2 years ago I came last in every race
and I felt very sad. I worried about this a lot
last year when sports day arrived but



was so happy because it rained and so the races
were cancelled. But guess what happened this year!
Because I have been growing since taking my injections
something so exciting happened - I came 3rd in the
running race. I came second in the relay race
and I came 1st in the sack race! I was so happy and
so was my mummy who cried a lot!



Natasha Drury, age 13

'I AM ME'

Taking Growth Hormone has turned my life upside down, because when I was younger I got called Shorty or people said I was younger than I really am. My mum still calls me Shorty for a pet name only at home, but I don't mind her saying it.

Sometimes I get fed up doing my jags, so I get my mum to do them for me, but I know they are doing good even if they hurt, so I put up with them.

Since I started doing my jags things have changed a lot. Because I am catching up with my friends in height, my confidence is also boosting up. This has helped me to go to my Dance classes and Violin lessons.

My mum says it's a pity the Growth Hormone doesn't help me calm down as I can be very impulsive and rather hyperactive.

Seonagh Lamont

Seonagh Lamont, age 8

Growth

I'm growing bigger by the day,
My feet they know it in every way,
They go one way I go another,
Think I'm clumsier than my brother.

I'm now as big as all my mates,
I'm growing up at a steady rate,
My brain tumors not slowed me down,
I'm going to be tall not small and round!

The liquid in the magic pen,
I rely on every night,
I take it from the fridge with half hour to wait,
It gets to room temperature and is ready to use,
Now I know why I have big shoes!

The magic pen makes me grow through the night,
I must look an awesome sight,
When I wake up in the morning my hair stuck up in fright,
That's a extra few cms to add to my height
And all from the sleep I had last night.

But its not just the sleep my mum explains,
Its the magic pen

working

again!!

By

Matthew Moran

Matthew Moran, age 12



Stephen Cook, age 10

' BEING SMALL THINKING TALL '

You must be positive...

I just want to get out of this, the hospital...everything...

Have a normal life.

Why me?

I was put on growth hormone – I inject myself everynight.

Sometimes it gets in the way...

Visiting friends – you always have to remember...

You have to plan ahead.

Life changing? You're kidding!

A little needle in the leg is easy compared with what I've been through!

At first I was scared. The injections would hurt, but then the nurse let me try it...

See what it would be like...I couldn't feel a thing!

Being able to inject myself makes me feel...

I could walk through fire...

I have overcome something...it makes me feel...A bigger person...

Even though I'm small on the outside, I know I am bigger inside myself.

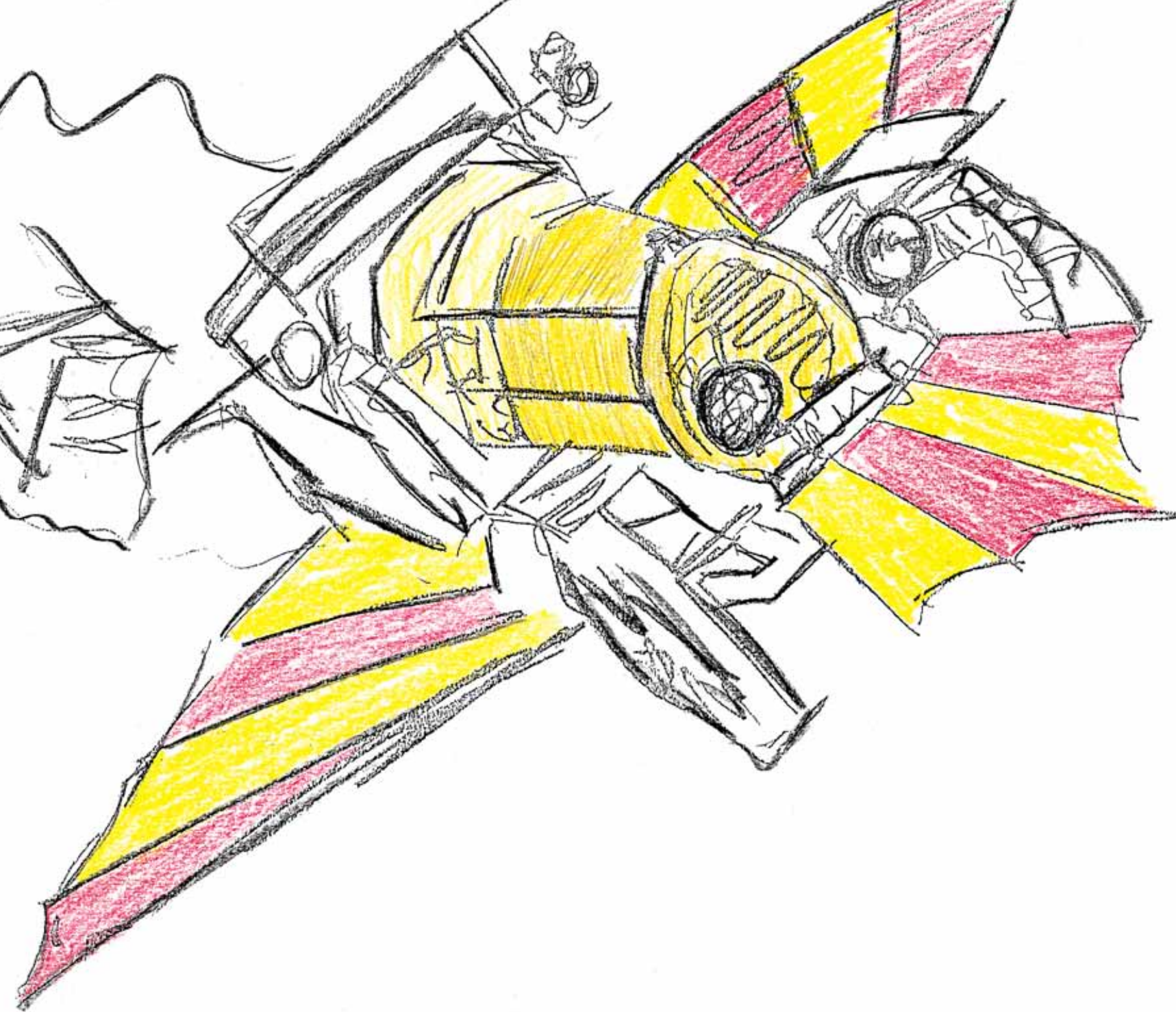
I am not going to let anything get in my way.

BY ELE ALBA ERSKINE.

Ele Alba Erskine, age 12



Stephanie Laura Nobs, age 10



REACH FOR THE SKY

by Naomi Bruce

Growth Hormone, yes it's great
It has changed me in every sense
The taller & slimmer I become
So grows my confidence

Top Shop, Mk One, Monsoon and Next
The stores I longed to see
Now all the clothes that hang there
Can all be worn by me

I have more energy for my dancing
I go four times a week
So meeting the cast at Chitty
Would make it all complete !!

GROWTH HORMONE POEM

Growth Hormone is held in a pen,
It makes you grow as tall as Big Ben,
You have to mix it until it's done,
Mix it up 'till the bubbles have gone.

To set the pen to the right amount,
You have to turn the dial about,
Turn it round like the Albert Hall,
That way you won't be small.

It feels like a jab or a small prick,
It doesn't make you feel ill or make you sick,
It also feels strange - like Madame Tussauds,
Looking at faces of Kings and Lords.

The time it takes is not that long,
Just enough time to sing a song,
So then it's off to the West End,
To see Chitty Chitty Bang Bang with a friend.

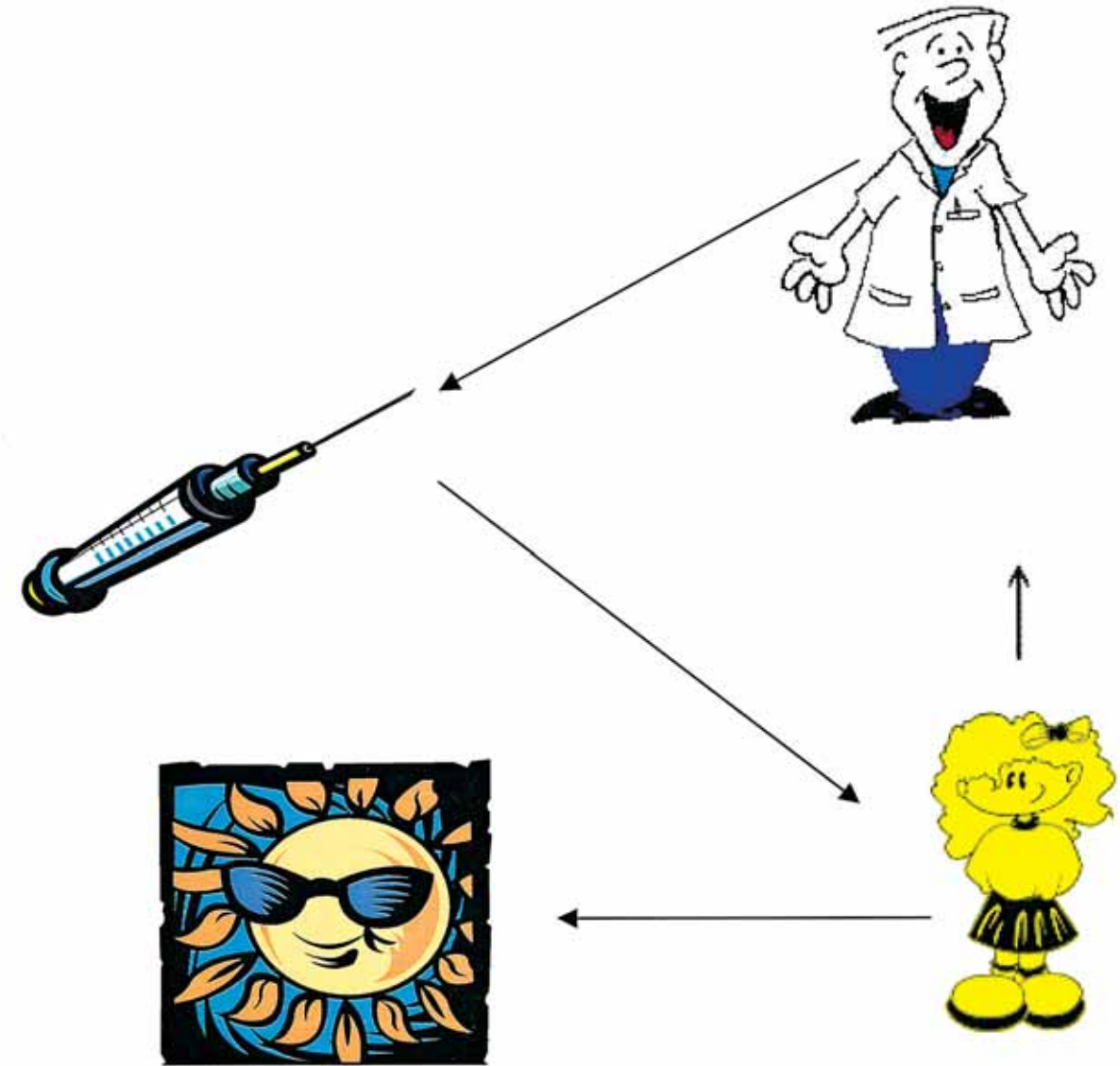
I feel the same height as all my friends,
Like a bridge, towering over the River Thames,
I feel like I could touch the sky,
Like when you're on the London Eye.

Without my pen I would be small,
Not able to reach my coat on the wall,
Instead I am able to reach the heights,
To see many of London's famous sights.

It changed my life in a major way,
I'm lucky to have it to take each day,
Without it I don't know what I would do,
So for all of this I'd like to say...
THANK-YOU!!!

My Poem About Growth Hormone

Hi, my name is Kimberley Lott and I never really grew a lot.
I used to think I'd always be the smallest; I'd be picked on by the biggest and tallest
I wouldn't be able to reach things high
I'd be really upset and want to cry
I used to think I'd be disowned by a friend, because she'd get fed up of always having to bend
Then, one day my dad and I went to the hospital, they weighed and measured me and said I was very small
The doctor came up with a brilliant idea; it was an injection, but no need to fear
It would help me to grow to an average height, but I'd have to inject it every night
I could have it in my belly, leg or arm; I decided to have it in my leg because it didn't hurt as much as it did in my belly or arm
Now 4 years on from being ten I've grown about 7 inches and my friends no longer have to bend
I've got more confident and made more friends
So, I'd like to say, thank you to my growth hormone pen.





Turner Syndrome Support Society

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