

the cause of growth retardation in a short child.

Project target height: The height of a child can be judged inappropriately short only in the context of his or her genetic potential. Determine the target height of the child with the formula:

$$[\text{Father's height (cm)} + \text{Mother's height (cm)} + 13]/2$$
 for boys
or

$$[\text{Father's height (cm)} + \text{Mother's height (cm)} - 13]/2$$
 for girls

Most children achieve an adult stature within approximately 10 cm (4 inches) of the target height.

Modified from Vogiatzi MG, Copeland KC: The short child, *Pediatr Rev* 19(3):92–99, 1998.

Box 28-3

Bone Age for Evaluating Growth Disorders

Bone age refers to a method of assessing skeletal maturity by comparing the appearance of representative epiphyseal centers obtained on x-ray examination with age-appropriate published standards.

Most conditions that cause poor linear growth also cause a delay in skeletal maturation and a retarded bone age. Observation of even a profoundly delayed bone age is never diagnostic or even indicative of a specific diagnosis. A delayed bone age merely indicates that the associated short stature is to some extent “partially reversible,” because linear growth will continue until epiphyseal fusion is complete. In comparison, a bone age that is not delayed in a short child is of much greater concern and may, in fact, be of some diagnostic value under certain circumstances.

Modified from Vogiatzi MG, Copeland KC: The short child, *Pediatr Rev* 19(3):92–99, 1998.