## **Growth Disorders... Too Tall Too Small**

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### Introduction

Dwarfism, gigantism, and acromegaly are three rare but devastating growth disorders

This presentation will outline the main etiologies, manifestations, diagnostic modalities, and treatment options for these three conditions

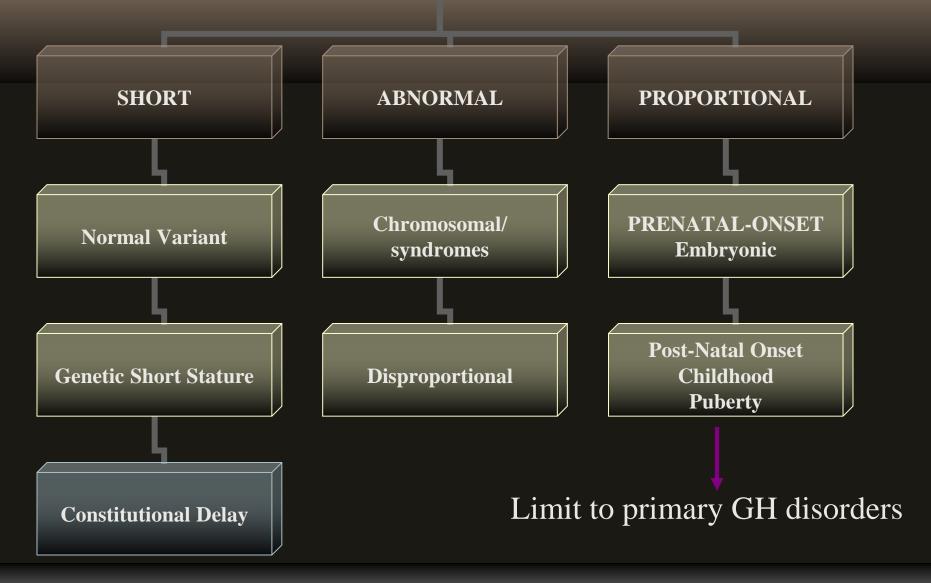
Interlaced within the discussion are short bios of historical figures afflicted with one of these growth aberrancies

## **Normal Growth**

Results from the absence of chronic disease Proper interaction of:

- Genetic
- Nutritional
- Metabolic
- Endocrine factors

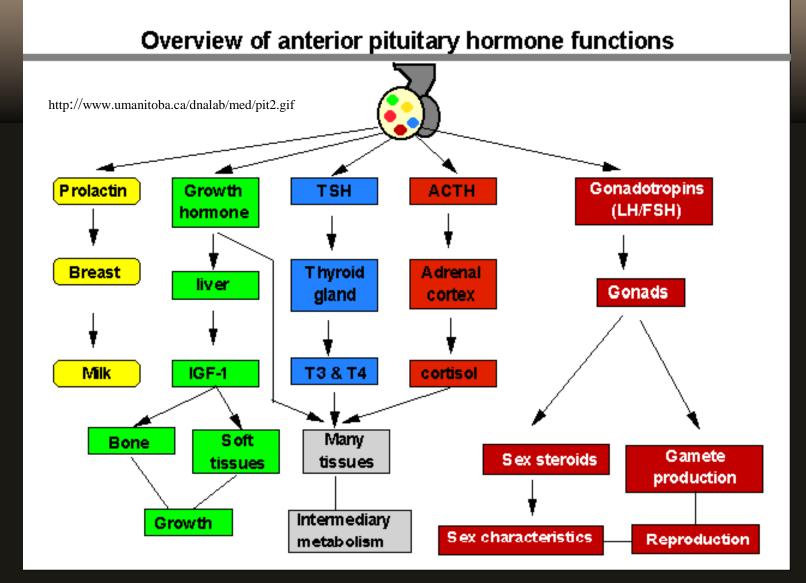
## **GROWTHEVALUATION**



## How Tall Will My Child Grow? Height calculations for your child.

- Add the mother's height and the father's height in either inches.
- Add 5 inches for boys or subtract 5 inches for girls.
- Divide by two.

Another way to estimate a child's adult height is to double a boy's height at age 2 or a girl's height at age 18 months.



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## **History of Growth Disorders**

- 1921 Growth promoting factor in the pituitary was first discovered
- ⇒ 1944 Bovine GH isolated
- ⇒ 1960s Children 1<sup>st</sup> Rx with cadaveric hGH
- 1985 rhGH therapy becomes available

# **#1.** An adult patient is measured at a height of 4 feet tall. The appropriate term for this patient is which of the following?

- A. Midget
- B. Small-fry
- c. Little person or little people
- D. Munchkin
- E. Muggle

## **Short Statue**

- ➡ Little People of America (LPA)
- Define: Dwarfism
  - Medical or genetic condition
  - Adult height
  - Disproportional
    - Achondroplasia autosomal dominant 1:15000-30,000
      - The FGFR3 gene mutation: provides instructions for making a protein called fibroblast growth factor receptor 3.
    - Spondyloepiphyseal dyplasia 1:95,000
    - Diastropic dyplasia 1:110,000
    - Osteogenesis imperfecta (bone fractures and blue sclera)
  - Proportional
    - Growth hormone deficiency (absolute or functional)



### Short Statue Dwarfism – acceptable term ➡ What is a midget? Unacceptable term Term dating to times of "freak shows" Little People – acceptable term LPAonline.org

The "Foos" family Achondroplasia



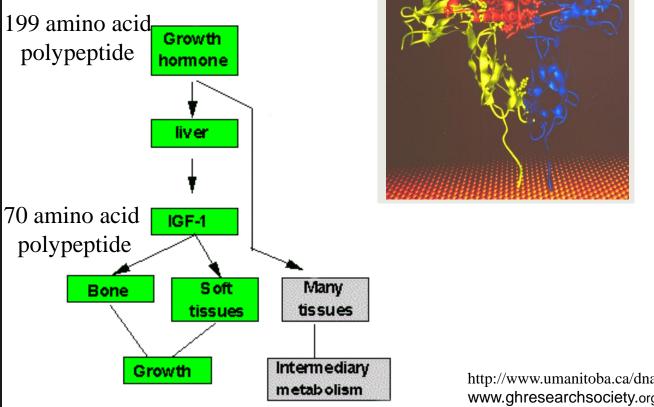
Peter Dinklage was born in Morristown, NJ in 1969 of two normal sized parents. Which of the following characters has he portrayed?



- ⇒ 1. Tyrion Lannister
- 2. Theon Grayjoy
- 3. Jorah Mormont
- ➡ 4. Samwell Tary
- 5. Stannis Baratheon

All people with achondroplasia have short stature. The average height of an adult male with achondroplasia is 131 centimeters (4 feet, 4 inches), and the average height for adult females is 124 centimeters (4 feet, 1 inch). Characteristic features Of achondroplasia include an average-size trunk, short arms and legs with particularly short upper arms and thighs, limited range of motion at the elbows, and an enlarged head (macrocephaly) with a prominent forehead. Fingers are typically short and the ring finger and middle finger may diverge, giving the hand a three-pronged (trident) appearance. People with achondroplasia are generally of normal intelligence.

### Polypeptide hormones must be given by injection



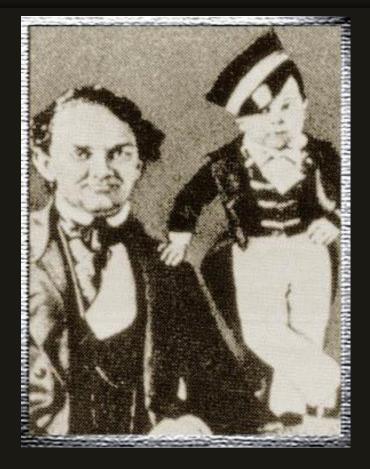
http://www.umanitoba.ca/dnalab/med/pit2.gif www.ghresearchsociety.org/

### **# 2. Which of the following statements regarding Tom Thumb is <u>NOT</u> true?**

- A. He was born in Bridgeport, Connecticut
- B. He married a "normal" height woman
- c. He had a low IGF-1 concentration
- D. He had a low growth hormone concentration
- E. He worked in the circus

### General Tom Thumb (1838-1883)

- Born Charles Sherwood Stratton
- Stood 3 feet, 4 inches tall
- Discovered by P.T. Barnum
- Toured the world
- Performed for many world leaders, including Abraham Lincoln, Queen Victoria of England, and Queen Isabella of Spain
- Became very wealthy through his years in show business



Drimmer, Very Special People, 1973

## Dwarfism

### **Causes of Growth Hormone Deficiency**

Congenital (5-30% familial)

Several genetic mutations affecting gene transcription or affecting the GH molecule

Pituitary/midline developmental anomalies

- Postnatally: acquired causes
  - Tumors
  - Radiation
  - Infiltrative
  - Autoimmune

Trauma Granulomatous Infectious Idiopathic

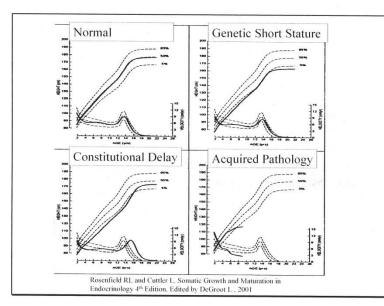
### **Dwarfism** Growth Hormone Deficiency

### Manifestations:

- Growth retardation proportionate dwarfism
- Hypoglycemia
- Micropenis
- Craniofacial abnormalities
- "Chubby"
- Retarded bone age
- Delayed puberty



GEN TOM THUMB AND LADY. Syracuse Univ. Library, Special Collections Tom Thumb married Livinia Warren in Feb 63. She was 32" tall Weight=29 pounds



#### Evaluation

- · Accurate height
- · Height / weight / proportions
- · Height velocity
- · Screening labs
  - CBC, ESR
  - Tissue trans-glutaminase
  - Chem Profiles
  - UA, urine Culture
  - Bone age
  - TFT (fT4 + TSH)
  - IGF1



## Dwarfism: Growth Hormone Deficiency

### Importance of Growth Charts Objective Data

### Additional labs/tests: IGFBP-3 Karyotype: Down's, Turner's

### **Dwarfism: Growth Hormone Deficiency**

Diagnosis

- Low IGF-1 and low IGFBP-3
  - Integrated concentration of secreted GH
- Assess stimulated GH response (2 tests)
  - Arginine
  - Clonidine
  - Glucagon
  - Insulin tolerance test
- Image the pituitary

### **Dwarfism** Growth Hormone Deficiency

- Treatment: Growth Hormone (Somatropin)
  - Recombinant DNA technology
  - Subcutaneous injection
  - Several commercial brands available
  - Indications: GH deficiency in children GH deficiency in adults Turner's syndrome Prader-Willi syndrome Idiopathic short statue
     Cost: \$200 per week (based on 40 pound child)

## **# 3. Which of the following statements is true regarding Laron Syndrome?**

- A. People with the disorder have low GH levels
- B. People with the disorder have GH receptor defects
- c. People with the disorder have disproportionate growth
- D. People with this disorder paradoxically have elevated IGF-1 concentrations
- E. Many people in the villages of Honduras have this syndrome.

### **Dwarfism** Growth Hormone Resistance

Laron Syndrome: Growth hormone receptor defect

- Due to growth hormone receptor mutation
- Approximately 30 mutations have been isolated
- Mountains of Ecuador 1/3 world's population of Laron Syndrome
- No diabetes, no cancer

Localization to receptor is supported:

Clinical improvement with IGF-I administration

No effect from GH administration

Resistance can be partial, with variance in clinical presentation

Hull, 1999

### **Dwarfism** Growth Hormone Resistance

### Increased GH but decreased IGF-I

- Growth retardation
- Acromicria
- Micro-orchidism and pubertal delay
- Obesity
- Neurologic underdevelopment
- Laryngeal narrowing
- Disproportionately long torso
- Cholesterol abnormalities
- Osteoporosis
- Small heart



10 year old Laron Dwarf Normal Intelligence

Laron, 1999

### **Dwarfism** Growth Hormone Resistance

### **Treatment: Injectable IGF-1**

Decreases

Increases

Adiposity Cholesterol

Glucose intolerance

Morbidity

Linear velocity Head circumference Sexual development

**Renal function** 

Laron, 1999

### Lucia Zarate (1864-1890)



At birth, weighed 8 oz; length of 7 inches As an adult, weighed less than five pounds; height of < 20 inches World's Shortest Woman

In United States, made \$20/hr !!



### Important to identify dwarfism early

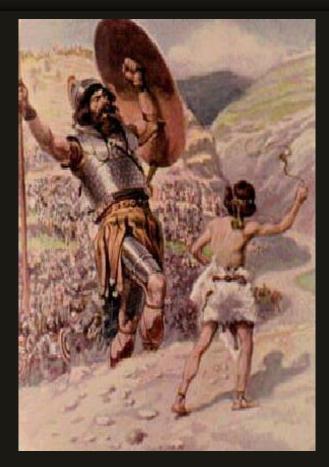
### Define etiology: GH deficiency GH resistance

Effective treatments available which promote growth and decrease morbidity

### **Goliath** The Philistine Giant

Height of six cubits and a span
Translates to roughly three meters, or over nine feet
Armor weighed 125 lbs
The iron point of his spear weighed 15 lbs

> Story of David and Goliath I Samuel 17:4-7, Holy Bible, NIV



www.orura.com/cards/p35.jpg

## **Gigantism and Acromegaly**

Gigantism denotes an environment of excessive growth hormone prior to closure of epiphyseal growth plates (before puberty)

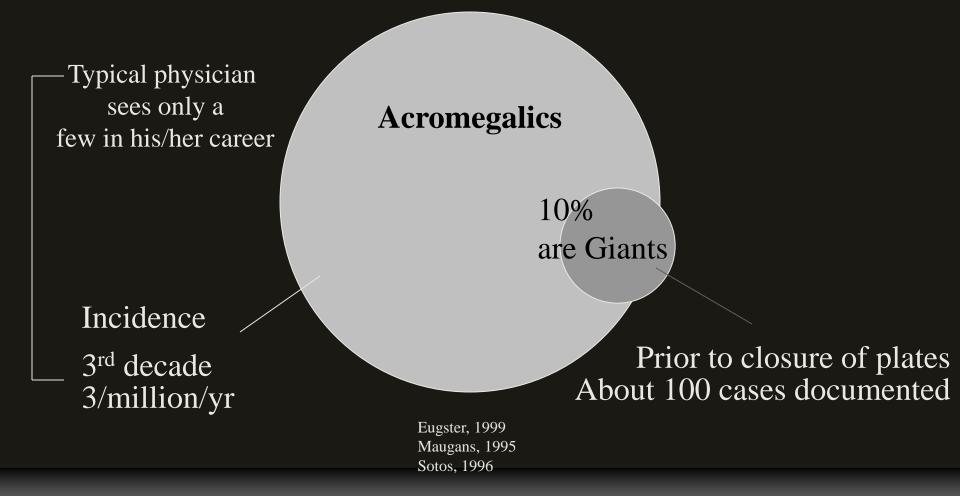
Proportionate growth

Probable etiology in patients >7'4"

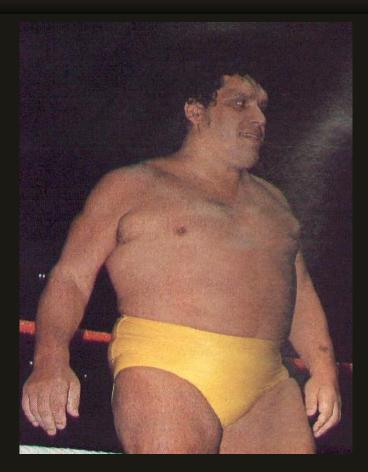
Acromegaly excessive growth hormone after closure of epiphyseal growth plates Disproportionate growth

> Eugster, 1999 Sotos, 1996

## **Gigantism and Acromegaly**



### Andre the Giant (1946-1993)



Born Andre Rousimoff in Grenoble, France 1988 – briefly the WWF champion 1989 – WWF tag team champion with Haku (as part of the Colossal Connection) Final height of 7'4" Top weight of 520 lbs

> http://www.puroresu.com/wrestlers/andre/ http://www.angelfire.com/al/andrethegiant/bio.html

members.tripod.co.uk/Bryvoski/Bryvoski-net/Gallery/andre.jp

## **Andre the Giant**

### Fezzik in The Princess Bride (1987)



http://www.geocities.com/Hollywood/Makeup/6353/andre.html



http://www.puroresu.com/wrestlers/andre/

### #4. Which of the following is the most common source of ectopic GHRH associated with acromegaly or gigantism?

- A. Pheochromocytoma
- B. Germ cell tumors
- c. Pancreatic islet cell tumors
- D. Carcinoid
- E. Teratomas

### **Gigantism and Acromegaly**

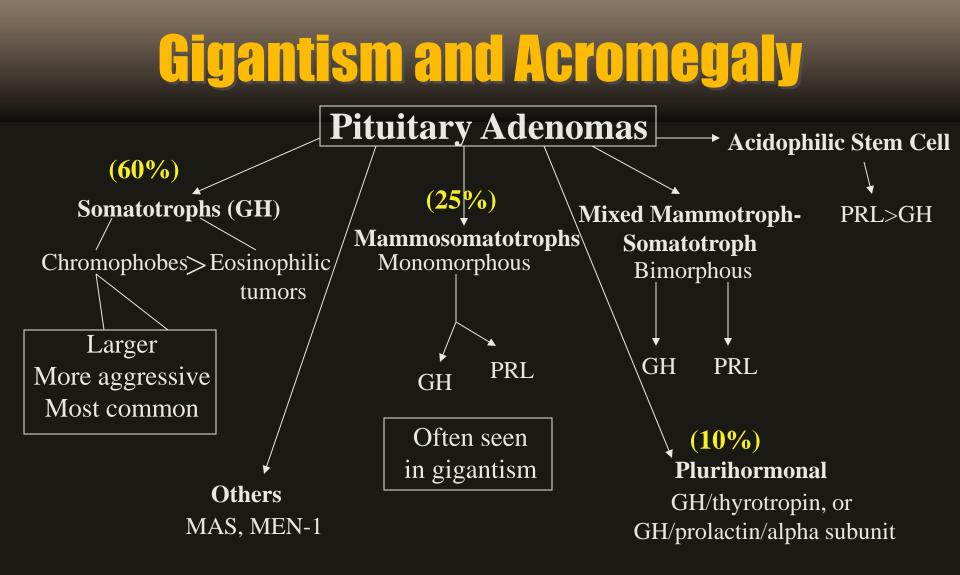
Hypersecretion of Growth Hormone

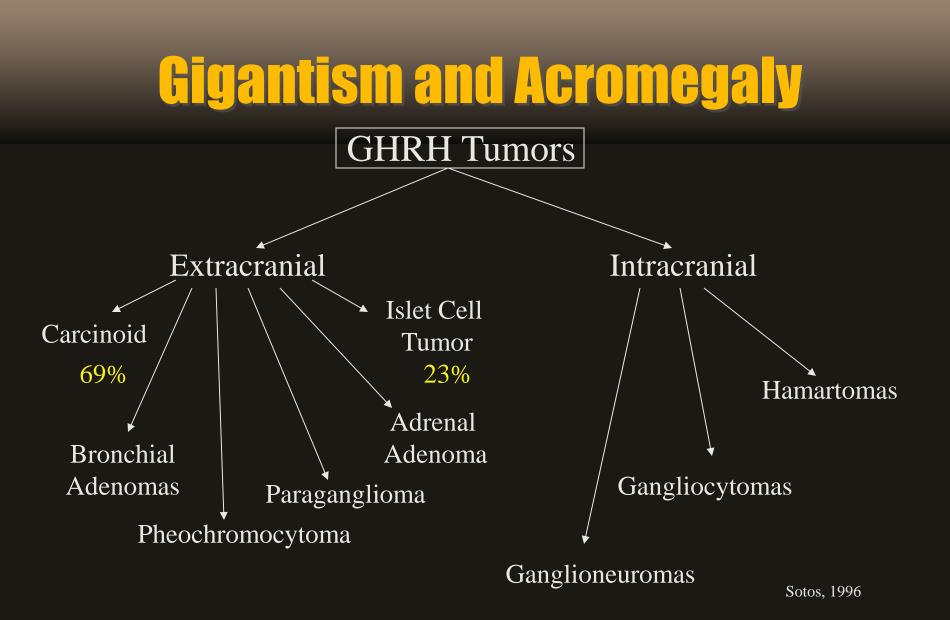
Pituitary Source (Primary) **Pituitary adenoma** (98%)

**Extra-pituitary Source** 

Hypothalamic GHRH hypersecretion with resulting pituitary hyperplasia
Intracranial GHRH secreting tumor
Ectopic sources GHRH (eg: carcinoid)
Ectopic GH secretion: pancreatic lesions

Eugster, 1999





## Chang Woo Gow (1841-1893) The Chinese Giant



Final height of nearly eight feet (recorded at 7'8  $\frac{1}{2}$ ") Reported that he had a taller sister ! Spoke six languages Art collector Displayed his collection at his home

http://www.ashleighhotel.co.uk/chang.html

## Chang Woo Gow (1841-1893) The Chinese Giant



http://www.ashleighhotel.co.uk/chang.html

### **Gigantism and Acromegaly Clinical Manifestations**

George Auger 1883-1922



#### The Welsh Giant

Most common: -Growth of soft tissue -Thickening of bones -Acral growth -Sinus enlargement -Cardiomegaly -Increases in height -Cholelithiasis -Headache

> Maugens, 1995 Sotos, 1996

### **Gigantism and Acromegaly Clinical Manifestations**

	Gigantism	Acromegaly	
Linear Acceleration Acral Growth	100% 40-100%	14-19% 100%	
Soft-tissue Enlargement	100%	100%	
Bone Thickening	100%	100%	
Headache	Common	75-87%	
Cardiomegaly	Frequent	Frequent	

Adapted from Sotos, 1996, Table 2. Pg 583

### **Gigantism and Acromegaly Clinical Manifestations** Thyroid

Diabetes/	gluco	ose into	lerance	Weight		Goiter	Nodules
	Hirs	utism	Polydipsia	Gain	Osteopor	osis	
DI		CHF	Sel	lar	Paresthesias	Chole	elithiasis
Visu Chang		HTN	Enlarg		Kyphosis	Alteration Libide	
			Hyperpigment	ation	Civith Nomio		
Skin tag	gs	Art	hralgias	OSA	Sixth Nerve Palsy A	Carpal T Syndro	
Increase Metaboli			Increased Perspiration		eakness	Enlarged Organs	Maugins, 1995
							Sotos, 1996

### Acromegaly







aged 18



Repair 23



400124



NY 8 10 11

ag., 1.27





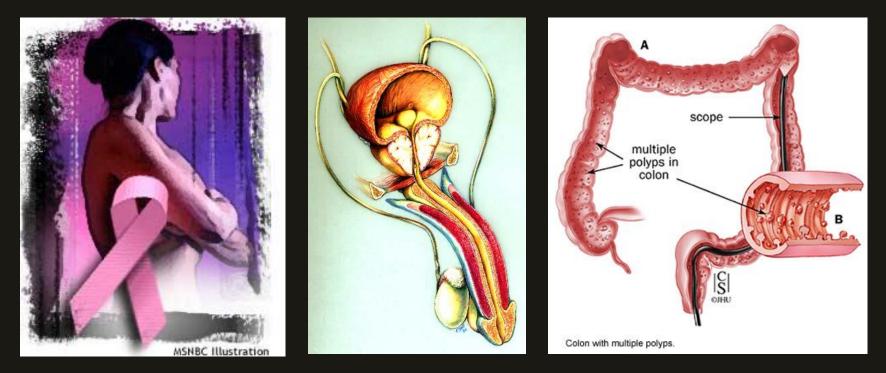








### **Gigantism and Acromegaly** Malignancy



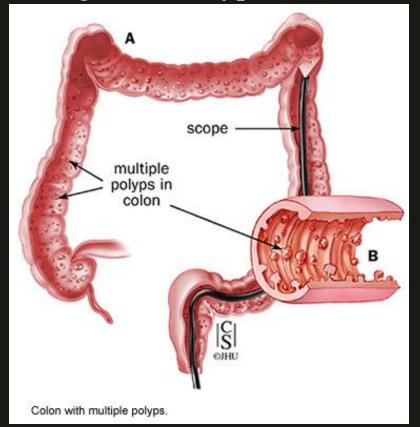
http://www.coloncancer.org/KF\_01.jpg

www.enteract.com/~rosa/ prostatedrawing.html

www.msnbc.com/news/602102.asp

### **Gigantism and Acromegaly** Malignancy

#### Skin Tags → Polyps



Conclusive evidence of correlation between acromegaly and increased colon cancer risk (RR of 13.4) Colonic polyps Right-sided predominance Increased prevalence, size Multiplicity Increased dysplasia Increased transformation IGF-I can trigger transcription of c-myc Screen acromegalic patients as high-risk First colonoscopy at age 40 If polyps found, polypectomy and increased surveillance

http://www.coloncancer.org/KF\_01.jpg

Jenkins, 2001

History and Physical !!!

History and Physical !!! History and Physical !!! History and Physical !!! History and Physical !!! History and Physical !!! History and Physical !!!

### **Gheorghe Muresan Tallest NBA Player**



7 foot 7 inches tall Born in Romania, 1971 Started playing basketball at age 14 On Romanian National Team by age 16 To NBA in 1994, played 6 years Professional highlight was staring in "My Giant" with **Billy Crystal** 

movieweb.com/movie/mygiant

www.guinnessworldrecords.com

### **Gheorghe Muresan Tallest NBA Player**



With Billy Crystal



#### My Giant

movieweb.com/movie/mygiant

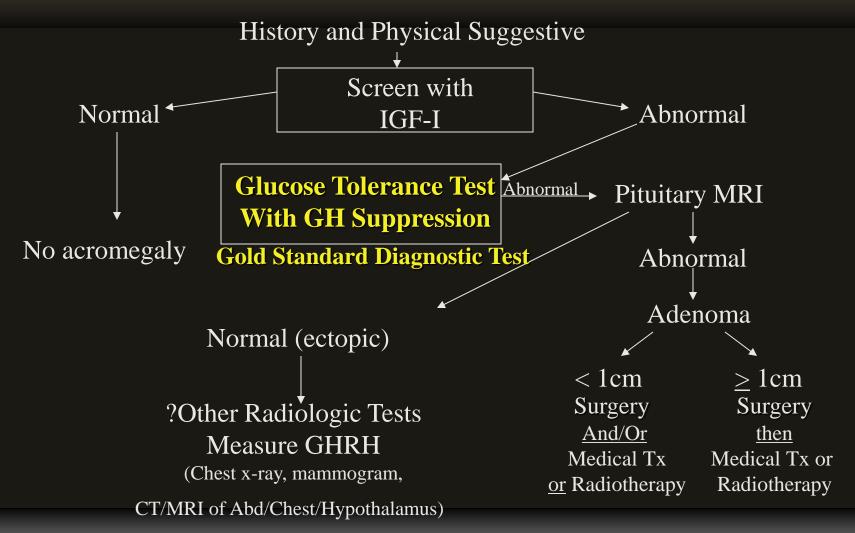
# # 5. The most appropriate screening test for a patient with suspected acromegaly is which of the following?

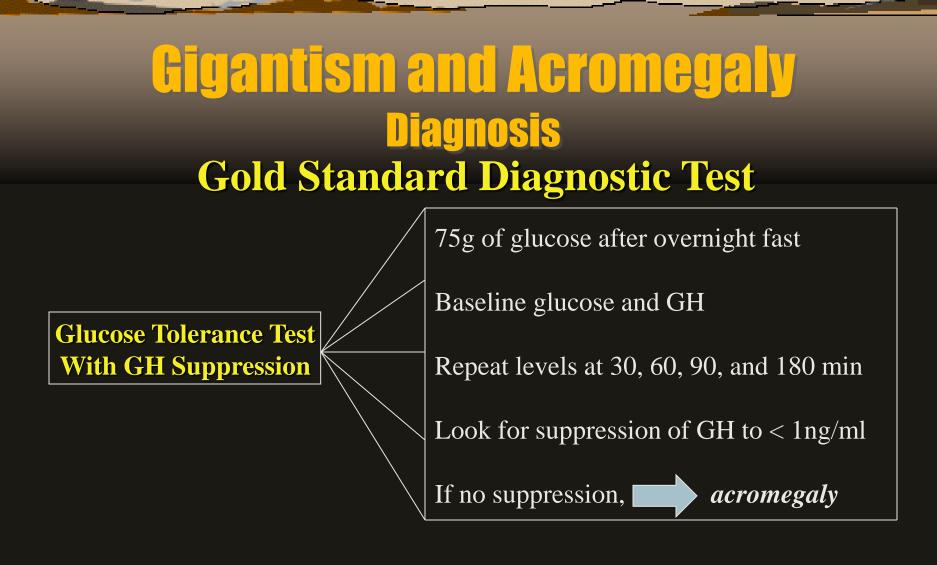
- A. Measurement of IGF-1 concentrations
- B. Oral glucose tolerance test with measurement of IGF-1 concentrations
- c. Measurement of an early morning GH concentration
- D. Measurement of a late night salivary GH concentration
- E. MRI sella



GH is pulsatile (random level inadequate, though GH is < 1ng/ml for half of the day in normal adult individuals) IGF-I (somatomedin C) is non-pulsatile -Must be compared with age/gender -Preferred over GH -High IGF-I is very specific for acromegaly (unless pubescent or pregnant) -IGF-1 is the screening test for acromegaly

> Maugens, 1995 Melmed, 1998

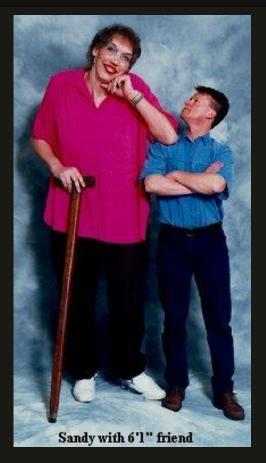








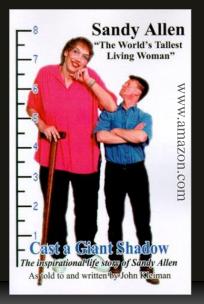
### Sandy Allen (1955-2008) Former Tallest Woman



www.globalmark.com/sandy/diff02.jpg

Height of 7' 7 ¼" Pituitary surgery in 1977 Lived in Indianapolis, IN

www.guinnessworldrecords.com



### **De-Fen Yao**



Tallest living woman Reported height of 7' 8 <sup>1</sup>/<sub>2</sub>" Lives in China Now recognized by Guinness Book of World Records

http://www.tallwomen.org/tallest/

**Goals of Therapy** 

Elimination of mass effect of tumor Normalization of GH and IGF-I levels GH<1 and normal IGF-1 for age/sex Improve morbidity and mortality -No control...3.5X mortality -Appropriate control...normal mortality Guistina, 2000 # 6. When surgical intervention fails to cure acromegaly, which of the following <u>WOULD NOT</u> be an appropriate adjuvant treatment?

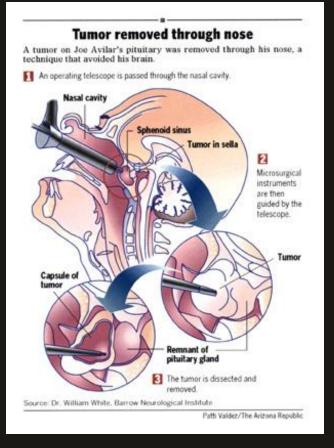
- A. Gamma knife surgery
- B. Sandostatin LAR
- c. Lanreotide
- D. Teraparatide
- E. Repeat surgical intervention

### Five Main Treatment Options

### Surgery Somatostatin Radiotherapy Analogs

DopamineGrowth Hormone Receptor BlockersAgonists

Melmed, 1998



#### Surgery

Preferred option if possible 70-90 % cure of disease in patients with microadenomas 20-50 % cure of disease in patients with macroadenomas GH decrease is rapid post-op IGF-1 decrease is delayed > 40% of all surgical cases, however, result in inadequate control (GH> 5ng/ml)

Giustina, 2000 Melmed, 1998

http://www.thebni.com/index.asp?catid=au&pg=au\_giant

#### **Gigantism and Acromegaly Treatment** Somatostatin Analogs: octreotide and lanreotide

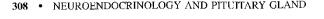
Longer lasting than somatostatin

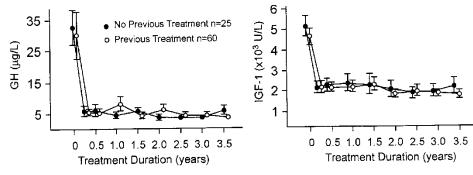
Octreotide half-life is 2 hours

Requires TID dosing subcutaneous injection

Effective

95% of acromegalics see reduction of GH secretion 60% of patients see normalization of IGF-I





**FIGURE 22–2.** Growth hormone (GH) and insulin-like growth factor-1 (IGF-1) concentrations with long-term octreotide treatment. (From Newman C, Melmed S, George A, et al: Octreotide as primary therapy for acromegaly. J Clin Endocrinol Metab 83:3034, 1998. © The Endocrine Society.) Melmed, 1998

Adverse Reactions to Octreotide

Cholesterol gallstones (25%) Usually Subclinical

Bradycardia (25%)

GI distress

Usually NOT Subclinical

Melmed, 1998

or

octreotide Sandostatin LAR<sup>®</sup> Depot Once-a-Month Dosing

Somatuline Depot Lanreotide

Slow Release Formulation Given I.M. Sustainable levels for a four week period Control in 70% of patients (who are sensitive to octreotide) Shrinks tumor mass

Giustina, 2000

http://www.acromegalyinfo.com/prof\_home/prof\_home.html

### Anna Swan and Martin Bates "The Nova Scotia Giantess and the Kentucky Giant"

Swan 7 feet 5.5 inches Bates 7 feet 2.5 inches...

#### Married = 14 feet 8 inches

2 babies, both died near birth: Giant Baby...
23 ¾ lbs, 30 inches long



http://bullseyedesigns.com/sideshow

#### Martin Bates



#### Anna Swan

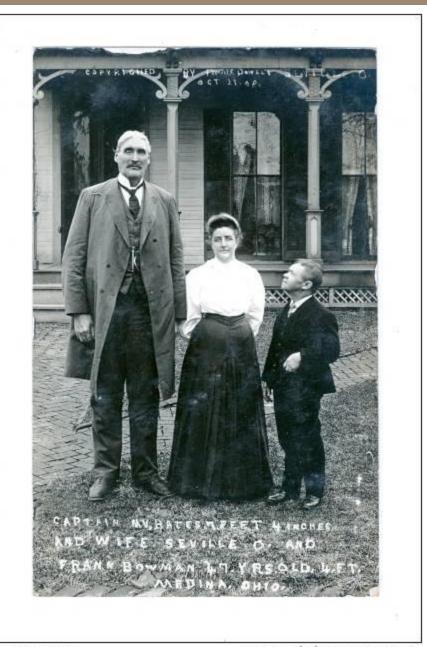


1846-1888

#### 1837-1919

### **Martin Bates**

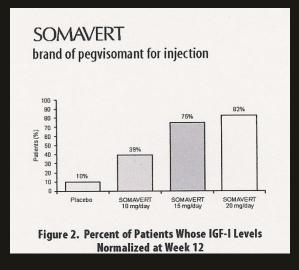




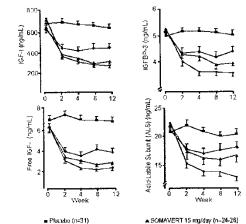
Luckpostcards

#### Growth Hormone Receptor Blocker

- Pegvisomant (Somavert®)
- Subcutaneous injection daily
- Effectively reduces IGF-1
- No effect on tumor mass
- Similar cost of Sandostatin LAR
- Can be added to Sandostatin tx or lanreotide



SOMAVERT brand of peqvisomant for injection



 Flacebo (n=31) · SOMAVERT 20 mg/day (n=27-28) ♦ SOMAVER I 10 mg/day (n=25-26)

Figure 1. Effects of SOMAVERT on Serum Markers (Mean ± Standard Error)

#### **Growth Hormone Receptor Blocker**

#### **Dopamine Agonists**

Pergolide, bromocriptine, cabergoline Inhibit secretion of GH in those with mammosomatotrophic tumor

Poor efficacy

IGF-I levels normalize in only 10% of patients Many side effects

Melmed, 1998

#### Radiotherapy

Delayed benefit (years) Only 50% controlled at 10 yr mark Potential for HP axis dysfunction Preliminary results of trials involving stereotactic radiosurgery are promising

> Melmed, 1998 Giustina, 2000

### **Gigantism and Acromegaly Treatment Follow-up**

Labs at 6-12 weeks S/P treatment GH : < 1 ng/ml IGF-I : normalized Assess other pituitary function

> MRI Visual Field exam

> > Giustina, 2000

### **Gigantism and Acromegaly** Treatment Follow-up

- Lifelong surveillance
  - Recurrence
  - Colonic polyps/cancer
  - Cardiovascular disease
    - Beta-blockers and ACE inhibitors/ARBs
  - Arthropathy

### Guiness Book of Records 2008 World's Tallest Living Man

- Fast Facts
- Full name: Leonid Ivanovych Stadnyk
- Born: 1971 2014
- Resides: Podoliantsi, <u>Ukraine</u>
- ➡ Height: 8' 5.5"
- Occupation: Farmer

Refused to be remeasured in 2009, so lost coveted title to: Sultan Kosen of Turkey; only 8'3' tall



### Sultan Kosen of Turkey; 8'3' tall





## **#7. Which of the following statements regarding the tallest man that ever lived is <u>FALSE</u>?**

- A. His recorded height was 8' 11' tall
- B. He worked in the same profession as AI Bundy ("Married with Children")
- c. He was born in Alton, Indiana
- D. He wore size 37 <sup>1</sup>/<sub>2</sub> shoes
- E. He died of septicemia

### Robert Wadlow (1918-1940) "The Alton Giant"

Normal size (8.5 lbs) at hirth



Age 22	8' 11.1" (439 lbs) prior to death
Age 19	8' 5" (joined Ringling Brothers)
Age 18	8' 3" (attempted to attend college)
Age 16	7' 10" (plagued by leg injuries)
Age 14	7' 5" (301 lbs, tallest Boy Scout)
Age 11	6' 7" (dx with pituitary gigantism)
Age 10	6' 5" (210 lbs)
Age 9	6' 2" (discovered by Time)
Age 5	5' 4"
Normal Siz	

The Tallest Man in History

### **Robert Wadlow "The Alton Giant"**



Born in Alton, Illinois in 1918 Diagnosed with pituitary abnormality at age 11 (surgery was deemed too dangerous) Earned income as a pitchman for a shoe company Had dreams of becoming a lawyer, but unable to function in college Joined Ringling Bros side show, but refused to have his height augmented Developed lower extremity cellulitis and died of sepsis in 1940

Robert Wadlow "The Alton Giant"

In 1936 With siblings



### Robert Wadlow "The Alton Giant"



8 Feet 11.1" Tall 490 pounds

### Summary

These growth disorders are rare but debilitating

- While dwarfism and gigantism are clinically obvious, acromegaly may be more subtle
- Identification of growth hormone excess early is amenable to treatment
- Screen with IGF-1
- Appropriate therapy can reverse morbidity and mortality
- Association of skin tags, colon polyps and risk of colon cancer

Drimmer, F. Very special people. New York, Amjon Publishers, Inc. 1973.

- Eugster, E. Commentary. Gigantism. <u>The Journal of Clinical Endocrinology and</u> <u>Metabolism</u>. Vol. 84, No. 12. 1999. Pgs. 4379-4384.
- Giustina, A. et al. Criteria for Cure of Acromegaly: A Consensus Statement.
  - <u>The Journal of Clinical Endocrinology and Metabolism</u>. 2000. Vol. 85, No. 2. Pgs. 526-529.
- Hull, K. and Harvey, S. Growth Hormone Resistance: Clinical States and Animal Models. <u>Journal of Endocrinology</u>. 1999. 163. Pgs 165-167 (article ends on pg. 172).
- Jenkins, P. Clinical Perspective. Acromegaly and Cancer: A Problem. The Journal of Clinical Endocrinology and Metabolism. 2001. Vol. 86. Vol 7. Pgs. 2935-2941
- Laron, Z. The Essential Role of IGF-I: Lessons from the Long-Term Study and Treatment of Children and Adults with Laron Syndrome. <u>The Journal of</u> <u>Endocrinology and Metabolism</u>. 1999. Vol. 84, No. 12. Pgs. 4397-4404.

Maugens and Coates, Diagnosis and Treatment of Acromegaly. <u>American Family</u> <u>Physician</u>. July, 1995. Pgs. 208-211 (article starts on pg 207 and ends on 213).

Melmed,S. et al. Current Treatment Guidelines for Acromegaly. <u>Journal of Clinical</u> <u>Endocrinology and Metabolism</u>. 1998. Vol 83, No. 8. Pgs. 2646-2652.

NPR's <u>All Things Considered</u>, The Jewish Giant, 1999

Sotos. Overgrowth. Section II Hormonal Causes. <u>Clinical Pediatrics</u>. 1996. Pgs. 579-584 (article ends at pg 590).

Web sites...

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lab/docs/course/pdf/slides.pdf http://us.imdb.com/Name?Petursson,+Johann members.tripod.co.uk/Bryvoski/ Bryvoski-net/Gallery/andre.jp www.acromegalyinfo.com/prof\_home/prof\_home.html www.altonweb.com/history/wadlow www.amazon.com www.angelfire.com/al/andrethegiant/bio.html www.ashleighhotel.co.uk/chang.html www.bullseyedesigns.com/sideshow/people/big\_little www.coloncancer.org/KF\_01.jpg www.denverbroncos.com/fanfare/ sesamest/davis3.html www.driesen.com/pituitary\_gland.htm www.buffaloneuro.com/pittumo/ ENDOPI.HTM www.enteract.com/~rosa/ prostatedrawing.html www.fotw.ca/flags/is.html (Iceland Flag)

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