

Delayed Puberty for Girls

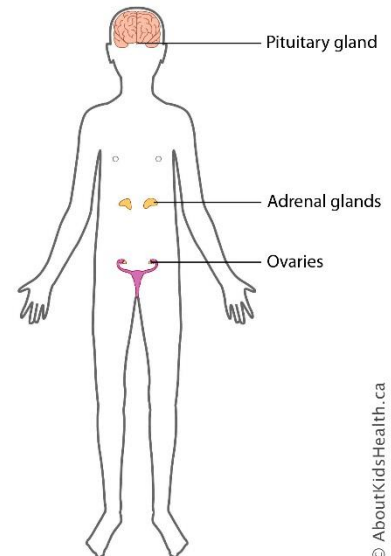
Girls generally begin puberty at 8 – 13 years of years of age. Hormones from the pituitary gland tell the ovaries to make Estrogen and Progesterone to begin puberty.

Puberty You Can See or Experience	Breast growth Grow taller Mood changes Periods start Sexual interest
Puberty You Can't See & Fertility	Eggs are released Pregnancy is possible
Other Hormones at Work from the Adrenal Glands	Hair growth (underarm, pubic) Acne Body odour
What is Delayed Puberty?	No signs of puberty (breast development) by the age of 14 years

How is Delayed Puberty Diagnosed?

Your healthcare team may do the following:

- Physical exam
- Family history (to see if anyone was a “late bloomer”)
- Review your growth
- X-ray of your wrist to determine bone age
- Blood tests
- MRI



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How is Delayed Puberty Treated?

- You may be a “late bloomer” and may enter puberty on your own
- Hormones

What Hormones are Used?	Estrogen	Progesterone
How do I take it?	Pill or Patch	Pill
What Happens to your Body?	Breast growth Grow taller Mood changes Sexual interest	Periods start
Fertility	Eggs may or may not be released You may need to see a fertility specialist in the future	

*** Always use protection when sexually active to prevent sexually transmitted infections and pregnancy**