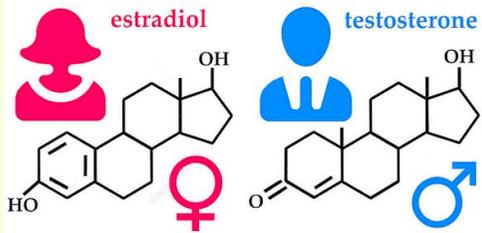


How?

How to treat?

In most children the treatment is with hormones (testosterone in boys and estrogen in girls). These hormones are given at a very low dose in the beginning with gradual increase over 2-3 years.



How long to treat?

In children with constitutional delay of puberty (with no disease) short course of treatment for 3-6 months often induces puberty spontaneously. In children with underlying diseases long term treatment is required.

Will our child be able to have baby?

The chance of fertility depends on the cause of delayed puberty. Advances in infertility management has ensured success in many conditions.



Contact

Center for Diabetes Endocrinology & Research,
14/122, Ratan Unique, Opp PPN Market, The Mall,
Kanpur-208001 Tel: 0512-3081818,
Online appointment- <https://www.practo.com>
Email- info.dranuragbajpai@gmail.com,
web- dranuragbajpai.com



GROW India
Growth & Obesity Workforce



Delayed Puberty



Anurag Bajpai
MD, FRACP, SCE
Paediatric & Adolescent Endocrinologist

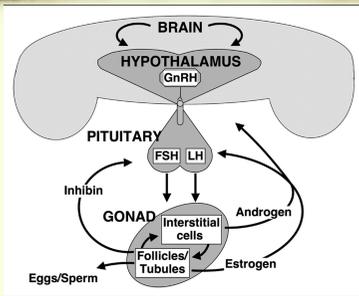
What?

What is puberty?

Puberty is the phase a life when a child becomes and adult. This is the time when 25% of growth, 40% of bone and full reproductive potential is achieved.

What controls puberty?

Hormones play an important role in control of puberty. Hormones produced by pituitary, a gland in the brain, stimulates testis and ovaries to produce hormones that induce puberty?



When?

Normal pubertal pattern

Pattern	Girl	Boy
Onset	8-12 years	10-14 years
Completion	14-16 years	16-18 years
Early	Before 8 yr	Before 10 yr
Delayed	After 14 yr	After 14 yr

When to think of delayed puberty?

No breast development by 13 years
 No periods by 16 years
 No physical development by 14 years in boys

Why worry about delayed puberty?

Delayed puberty may be the only sign of an underlying disease. Children with delayed puberty also have adverse psychological consequences.

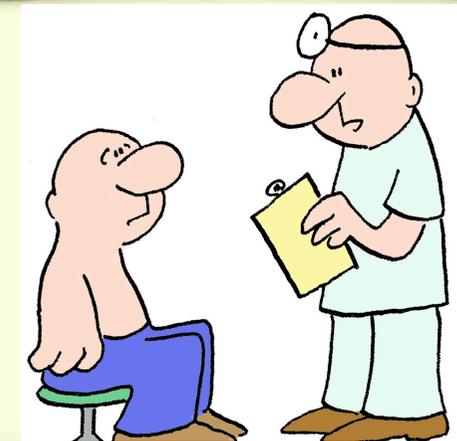
How?

What are the causes of delayed puberty?

In most children early puberty is not a result of disease. One out of three children with delayed puberty have a serious disease including hormonal disorders.

When to visit a doctor?

Visit a doctor if your child does not show signs of puberty by 13 (for girls) or 14 years of age (for boys).



What would the doctor do?

The doctors would do blood tests and X Ray to check pubertal status. Blood levels may also be measured after injection to confirm onset of puberty. MRI and ultrasound may also be done to find the cause.



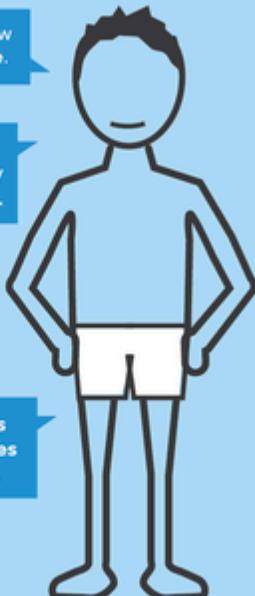
What happens in puberty?

Hair will grow on your face.

Your voice will get lower. It may crack sometimes.

You may grow hair on your chest.

Your penis and testicles will grow.

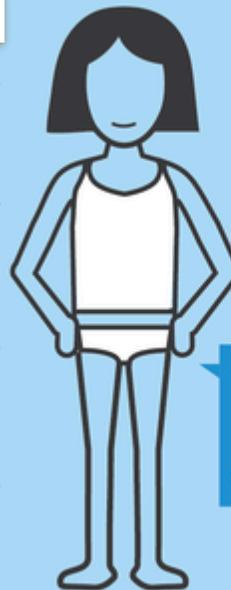


You may get pimples on your face or body.

You'll grow hair under your arms and your sweat may smell bad. You may want to shower more and use deodorant.

You will grow pubic hair.

You will grow hair on your arms and legs and may feel some pain there as you grow (growing pains).



You'll grow breasts. They may be big or small, and they may be two different sizes.

The inner lips of your labia may change color or grow larger. You'll also start getting your period.