

PUBERTY
Hacker, et al. 4th Ed: Chapter 32

A 17 year-old girl is brought to clinic by her father. He is a single parent and is concerned that his daughter has not yet started menstruating. On examination, the patient is 58 inches, has breast budding, but minimal pubic hair and axillary hair.

He and his daughter would like reassurance as well as information as to what to expect for sexual maturation over the next few years. Please discuss the normal and abnormal maturation sequence of event.

Questions to Consider:

1. What if this patient had normal breast development and pubic hair development, but no menses?
2. What if this patient was 14?
3. Would it matter if this patient were 58 inches vs. 65 inches?
4. What are you looking for on this patient's examination?
5. Be familiar with the Tanner stages of breast and pubic hair development.

APGO Educational Topic 42: Puberty

- a. Describe the physiologic events that take place in the hypothalamic-pituitary-ovarian axis and their target organs at puberty.
- b. Describe the normal sequence of pubertal stages and expected ages at which these changes occur.
- c. Describe the psychological aspects of puberty.
- d. Describe the types, causes, characteristics, and diagnostic and management approaches to early or delayed puberty.