



Proceeding

Volume 3 Suppl 1 – March 2017
DOI: 10.19080/AJPN.2017.03.555629

Acad J Ped Neonatol

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Early/Precocious Puberty; Diagnosis and Approach to Management

RashaTarif Hamza*

Paediatric Endocrinology Department, Ain Shams University, Egypt

Submission: March 05, 2017; **Published:** March 28, 2017

***Corresponding author:** RashaTarif Hamza, Paediatric Endocrinology Department, Ain Shams University, Cairo, Egypt

Abstract

Precocious puberty is defined as the appearance of any secondary sexual characteristic before the age of 8 years in a girl and 9 years in a boy. It could be either central or peripheral precocious puberty or incomplete variants such as premature the larche or pub arche or menarche. The workup of a case of precocious puberty involves a full history, thorough clinical examination including accurate anthropometric assessment and laboratory assessment most important of which is the GnRH

stimulation test. In addition, radiologic investigations in the form of bone age and MRI brain (in central type) are also needed. The treatment varies according to the type of precocious puberty where long acting LHRH analogue is the first line of treatment in central causes; while in peripheral precocious puberty, treatment varies according to the cause. Following start of treatment, monitoring the response is also important in the form of: growth assessment, Tanner pubertal staging, GnRH stimulation test and bone age.



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