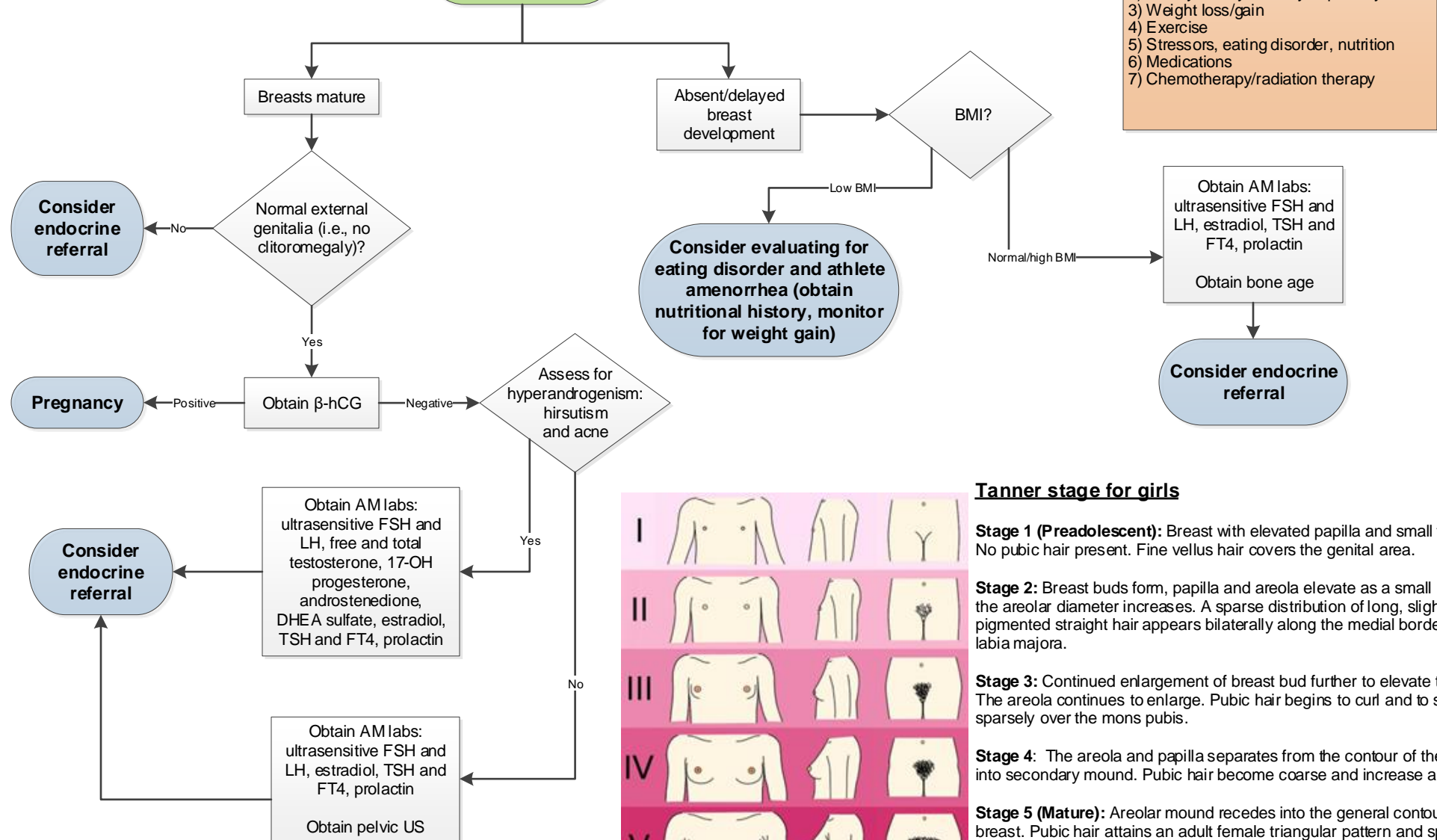


# Delayed Puberty In Girls

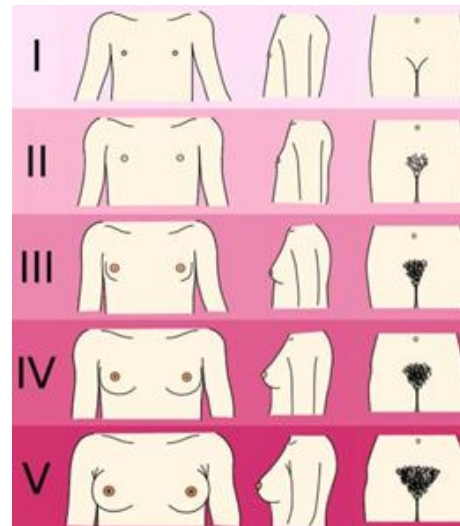
No signs of puberty by 13 years or thelarche present but absence of menarche by 15 years



## History Assessment

- 1) Chronic illness
- 2) Family history of delayed puberty
- 3) Weight loss/gain
- 4) Exercise
- 5) Stressors, eating disorder, nutrition
- 6) Medications
- 7) Chemotherapy/radiation therapy

## Tanner stage for girls



**Stage 1 (Preadolescent):** Breast with elevated papilla and small flat areola. No pubic hair present. Fine vellus hair covers the genital area.

**Stage 2:** Breast buds form, papilla and areola elevate as a small mound and the areolar diameter increases. A sparse distribution of long, slightly pigmented straight hair appears bilaterally along the medial border of the labia majora.

**Stage 3:** Continued enlargement of breast bud further to elevate the papilla. The areola continues to enlarge. Pubic hair begins to curl and to spread sparsely over the mons pubis.

**Stage 4:** The areola and papilla separates from the contour of the breast into secondary mound. Pubic hair become coarse and increase amount.

**Stage 5 (Mature):** Areolar mound recedes into the general contour of the breast. Pubic hair attains an adult female triangular pattern and spread to the surface of the medial thigh.