

DOCTOR DISCUSSION GUIDE

CENTRAL PRECOCIOUS PUBERTY

If you suspect your child might be showing symptoms of central precocious puberty (CPP), schedule an appointment to speak with your child's pediatrician or pediatric endocrinologist. Prepare yourself with the right questions beforehand by filling out this doctor discussion guide to help you have a productive conversation.

Questions to be prepared to answer about your child

How old is your child? _____

What is your child's gender? Boy Girl

How much does your child weigh? _____

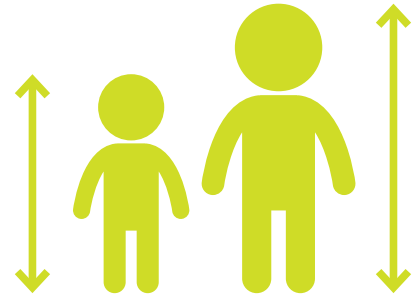
How much has your child grown in the past year? _____

List any medications, vitamins, or supplements your child is taking. _____

Approximately when did you first notice these symptoms? _____

Which of the following symptoms of CPP have you noticed in your child? (Check all that apply)¹⁻⁶

- | | |
|---|---|
| <input type="radio"/> Adult body odor | <input type="radio"/> Testicle & penis enlargement (Boys) |
| <input type="radio"/> Acne/oily skin | <input type="radio"/> Erections (Boys) |
| <input type="radio"/> Pubic hair or underarm hair | <input type="radio"/> Facial hair (Boys) |
| <input type="radio"/> Sudden growth spurt | <input type="radio"/> Voice change (Boys) |
| <input type="radio"/> Breast development (Girls) | <input type="radio"/> Muscle growth (Boys) |
| <input type="radio"/> Menstrual period (Girls) | |



Questions for your child's pediatrician or pediatric endocrinologist

Discovery

- Do you see signs of early puberty in my child?
- What is central precocious puberty (CPP) and its symptoms?
- What are the long-term issues associated with CPP?
- Can CPP go away on its own?
- Should we see a pediatric endocrinologist?
- How can I talk to my child about the condition?
- What can I do to help my child deal with having CPP?

Diagnosis

- Do you think my child may have CPP?
- What tests are used to determine if my child has CPP?
- What will the tests tell me about my child?
- Are there other possible causes for my child's symptoms?
- What are the potential long-term effects of CPP for my child?

Treatment⁷

- Does my child need treatment for CPP?
- What are the benefits of treatment?
- Will you monitor my child during treatment? How often?
- Will my child go through normal puberty once the treatment is done?
- What are the treatment options for CPP?

Notes

Talk to your child's pediatrician or pediatric endocrinologist about treatment options to determine which is best for your child.

References

1. Physical development in girls: what to expect. Healthychildren.org Web site. <https://www.healthychildren.org/English/ages-stages/gradeschool/puberty/Pages/Physical-Development-Girls-What-to-Expect.aspx>. Accessed May 4, 2023.
2. Cleveland Clinic Website. How to Talk to Your Adolescent Girl About her Body. <https://my.clevelandclinic.org/health/articles/adolescent-female-body-image>. Accessed May 4, 2023.
3. What causes acne? Healthychildren.org Web site. <https://www.healthychildren.org/English/health-issues/conditions/skin/Pages/What-Causes-Acne.aspx>. Accessed May 4, 2023.
4. Preventing body odor. WebMD Web site. <http://www.webmd.com/skin-problems-and-treatments/preventing-body-odor>. Accessed May 4, 2023.
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6. Physical development, ages 11 to 14 years—topic overview. WebMD Web site. <http://www.webmd.com/children/physical-development-ages-11-to-14-years-topic-overview>. Accessed May 4, 2023.
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