



Demystifying a Girl's First Period

Help your daughters prepare for puberty by enrolling them in a new study called A Girl's First Period — Why Is It So Unpredictable?

Who can participate?

- Girls 8-14 years old.
- Have some breast development.

What is required?

- Parents or guardians must consent for the study, and a parent or guardian must be present at all study visits.
- An initial screening visit at the Clinical Research Unit, with occasional visits every six months.
- Finger prick and urine tests to measure hormones.
- Ultrasounds of the abdomen to look at the ovaries and uterus.

What are the advantages for participants?

- Quick and easy tracking of menstrual cycles.
- Educational materials.
- Health assessment and consultation with a female pediatrician.
- Compensation for participants after completing each set of visits.

Who is running the study?

- A team, led by pediatrician and hormone specialist Natalie Shaw, M.D., at the National Institute of Environmental Health Sciences Clinical Research Unit in Research Triangle Park, North Carolina.

For information about this study, parents may:

- Call 1-855-MYNIEHS (1-855-696-4347).
- Email myniehs@niehs.nih.gov.
- Visit <https://niehs.nih.gov/firstperiod>.



May 2023