



Teenage Menstrual Health Study

Part of the Demystifying a Girl's First Period Study

What's a normal period and what's not? Researchers will evaluate the menstrual cycles and reproductive health of teenagers compared to adult women.

Who can participate?

- Girls 11-17 years old.
- Have had their period for more than two years and less than five years.
- Have no family history of polycystic ovary syndrome (PCOS) or other reproductive disorders.



What is required?

- An initial visit at the Clinical Research Unit, with a follow-up visit every six months until 18 years old.
- Parents or guardians must consent for the study, and a parent or guardian must be present at all study visits.
- Oral glucose tolerance test to measure how well the body can break down sugars.
- Finger prick and urine tests to measure hormones.
- Ultrasounds of the abdomen to look at the ovaries and uterus.
- Some test results will be provided.
- Study participants will be paid \$200 for the initial visit. Additional compensation will be paid for follow-up 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.

For information about this study, parents may:

- Call 1-855-MYNIEHS (1-855-696-4347).
- Email myniehs@niehs.nih.gov.
- Visit our website at joinastudy.niehs.nih.gov/studies/teenage-health.



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