



Do overweight girls start puberty too soon?

Girls seem to be going through puberty a lot earlier these days. Doctors think it may be related to body weight. Are you concerned that your daughter is overweight and may start puberty too soon? Find out more when you enroll your daughter in the Body Weight & Puberty Study.

Who can participate?

- Girls ages 8-14
- Have not had their first period
- Overweight

What is required?

- Physical exam, blood and urine tests, an ultrasound, and a hand X-ray
- 2-4 visits to Wake Radiology or the NIEHS Clinical Research Unit in Research Triangle Park, N.C.
- A parent must give permission and come with daughter to all visits
- Study participants will be paid



Who is running the study?

- The Body Weight & Puberty Study is conducted by the National Institute of Environmental Health Sciences (NIEHS), U.S. Department of Health and Human Services
- Natalie Shaw, M.D., pediatrician and researcher doctor

For more information:

- Call 1-855-MYNIEHS (1-855-696-4347)
- Email puberty@nih.gov
- Visit our website at <https://www.bodyweightandpuberty.niehs.nih.gov>