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
• Have had no more than four periods

What is required?
• A parent or guardian must give permission and attend all study visits with their daughter
• An initial screening visit at the Clinical Research Unit, with follow-up home visits every six months for two years
• 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 semiannual 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 www.niehs.nih.gov/firstperiod