



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

