



# 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](mailto:myniehs@niehs.nih.gov).
- Visit <https://www.niehs.nih.gov/firstperiod>.



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