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.