

## What are the common concerns during puberty?

### 1. Acne / Pimples



8 in 10 teenagers have acne /pimples! Commonly, acne in teens appears over the face, neck, shoulders, upper back and chest. This is because the sebaceous

glands present in the hair follicles produce increased oil/sebum due to hormone changes. This blocks the pores, leading to whiteheads, blackheads or pimples.

To prevent acne, wash your face twice daily with plain water or a mild soap and do not rub vigorously or try to squeeze the pimple.

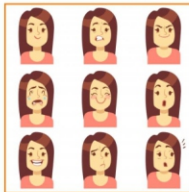
### 2. Body Odour

Sweat glands become more active and secrete more sweat. When sweat comes in contact with bacteria on the skin, it causes a distinct smell known as body odour.



Using a deodorant is a good start to keep body odour away.

### 3. Emotional



Mood swings, crying, self-consciousness because of the bodily changes & confusion may happen. Sexual feelings may arise at this time.

### 4. Irregular menses

Adolescence is the time when the ovulation cycle has not set in properly due to an immature Hypothalamic – Pituitary – Ovarian axis. So,



menses may occur at 2-3 months interval for the first 4-6 years of starting.

### 5. Puberty Menorrhagia

Excessive bleeding occurring between menarche & 19 years of age. It means heavy periods lasting for 7 days or more. This requires a consultation with a Gynaecologist.



### 6. Sexual feelings & urges



Puberty is a time of changing hormones. This may make the young adults develop sexual feelings for the same or opposite sex. It is important for them to know and understand about the use of contraception and the dangers of unprotected intercourse, like unplanned pregnancy & Sexually Transmitted Infections (STIs) such as Gonorrhoea, Chlamydia, or HIV/AIDS.

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**GYNAECOLOGY &  
OBSTETRICS**

(All About Puberty)

Growing Up To Be A Lady

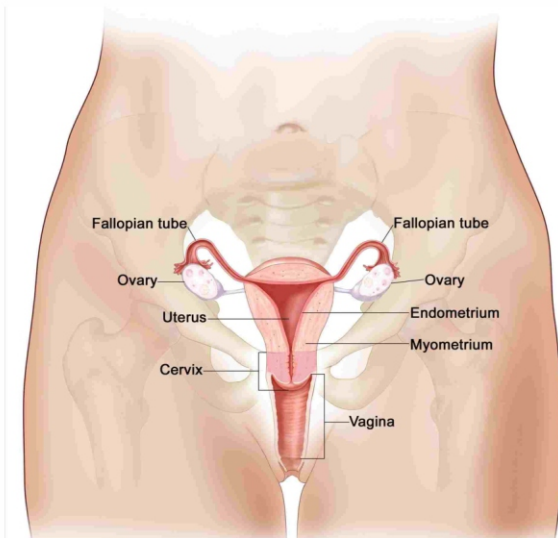
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## What is Puberty?

Puberty is the time in life when a boy or a girl becomes sexually mature. It causes physical & emotional changes. It occurs around the ages of 8-13 in girls.

## What are the reproductive organs in girls?



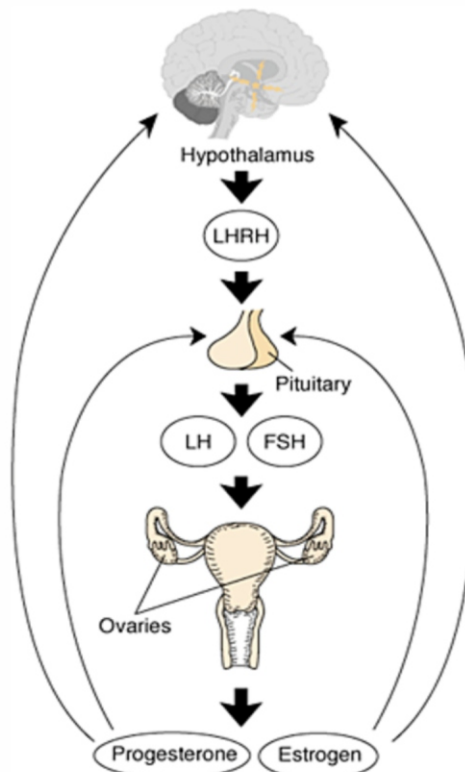
The main reproductive organs of a female are the ovaries, uterus, and vagina.

- Ovaries produce eggs & hormones
- Uterus causes menses & carries pregnancy
- Vagina provides passageway for menstrual blood flow to leave body and receives the penis and semen during sexual intercourse

## What physiologic changes take place during puberty?

At puberty, an area of the brain called Hypothalamus begins secreting Gonadotrophin Releasing Hormone (GnRH), which travels to &

stimulates the Pituitary gland (under the brain) to produce more puberty hormones – Luteinizing Hormone (LH) & Follicle-stimulating Hormone (FSH).



LH & FSH go to the ovaries & trigger maturation, release of eggs, and production of hormones - Oestrogen & Progesterone.

## What are the physical changes in puberty?

### 1. Breast growth

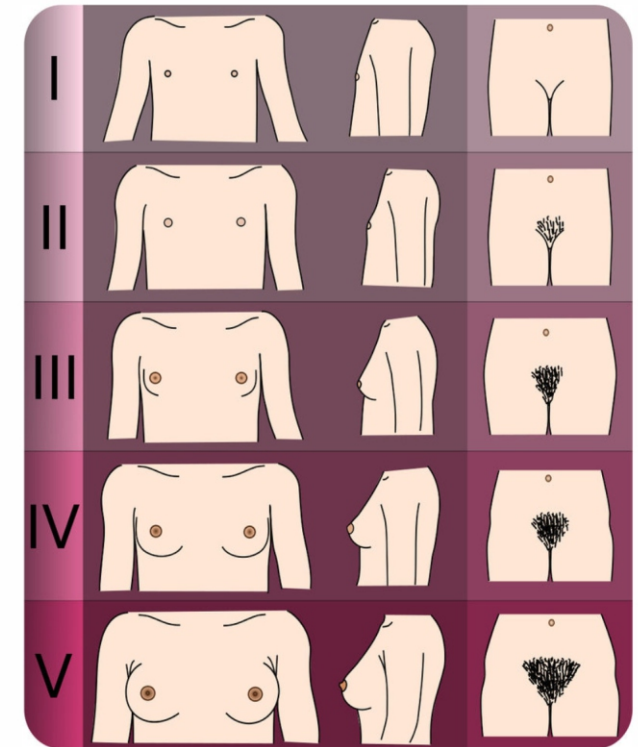
One of the first signs of puberty. Initially seen as small and firm buds, later develop into larger and less firm breasts in a few years.

### 2. Hair growth

Hair starts growing in places like pubic area & underarms.

### 3. Growth spurt

Increase in height and fat deposition in breasts, hips & thighs. The body starts taking contours of a woman.



### 4. Menarche

Final event of puberty is the first period (Menstruation) which may occur anytime between the ages of 9–16.

## What is Precocious Puberty?

Onset of signs of puberty before the age of 8 in girls is called Precocious Puberty.

## What is Delayed Puberty?

Absence of signs of puberty by the age of 13 in girls is called Delayed Puberty.