



# Girls grow into women.

## Does body weight say when?

Calling all healthy girls, 8-14 years old, who live in Raleigh, Durham, or Chapel Hill, North Carolina, to join this important study. We want to find out if body weight affects when a girl starts puberty.

### Who is running the study?

- Pediatricians at the National Institute of Environmental Health Sciences (NIEHS), a part of the National Institutes of Health (NIH)

### What's required?

- A parent must give permission and come with his or her daughter to all study visits
- 2-4 study visits within a 6 month time frame to the NIEHS Clinical Research Unit in Research Triangle Park and a nearby Wake Radiology center
- Physical exam, blood and urine tests, an ultrasound, and X-ray of the hand
- All girls who join the study will be compensated for their time and travel costs



### Who can participate?

- Healthy girls aged 8-14
- Some breast development
- Have not had their first period

The definition of healthy for this study means that you feel well and can perform normal activities.

### For more information about this study, parents may:

- Call 1-855-MYNIIEHS
- Email [puberty@nih.gov](mailto:puberty@nih.gov)
- Visit us online at <http://www.bodyweightandpuberty.niehs.nih.gov/>

### Lead Researcher

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