

ABNORMAL PUBERTY

DR AE AL-AGHA

MBBS, DCH, CABP, FRCPCH (UK)

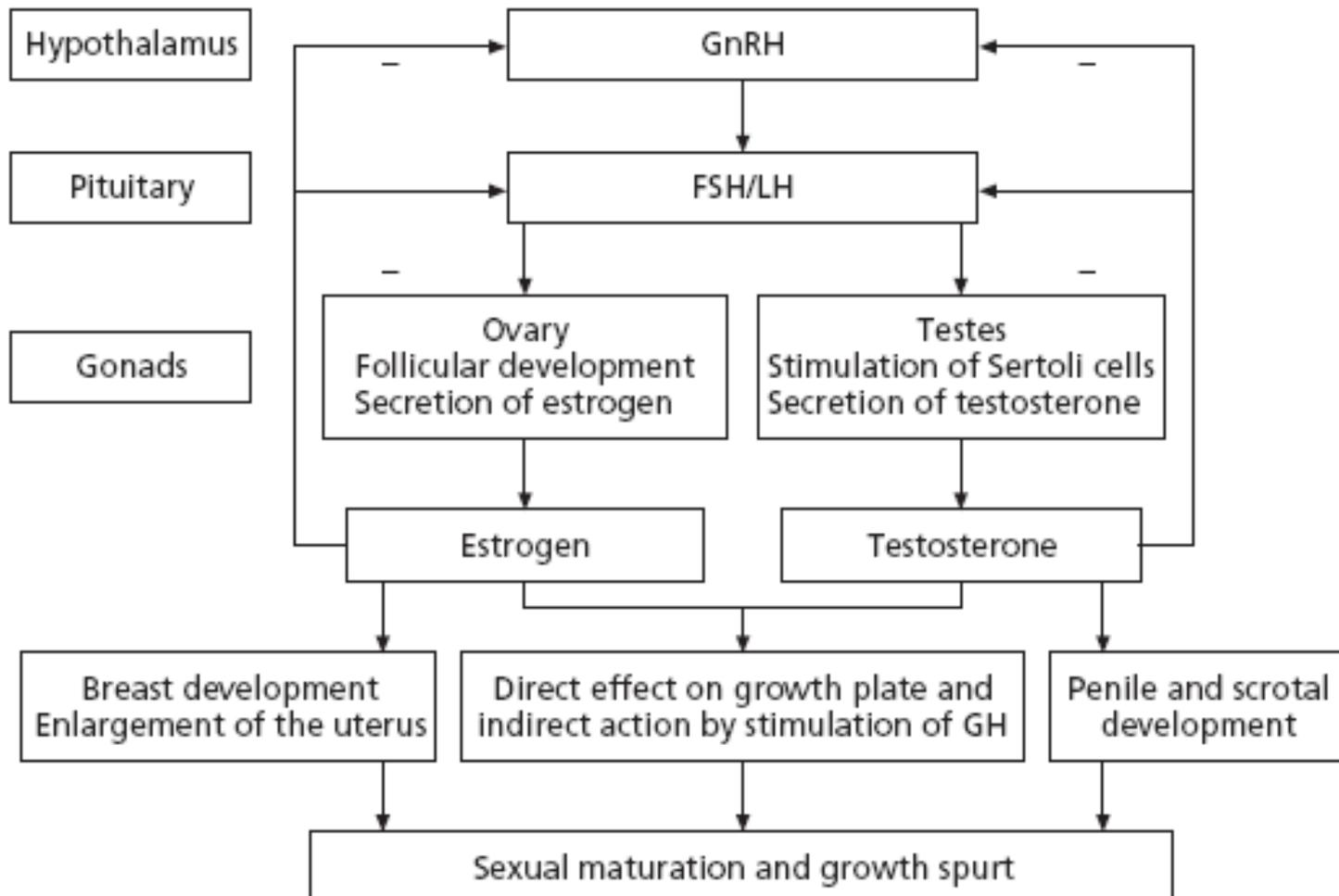
<http://aagha.kau.edu.sa>

Definition of puberty

- Puberty (Latin word, to be covered with hair)
- The stage between the onset of secondary sexual characteristics & completion of physical maturity
- The period in which reproductive capability is attained, manifested by spermatogenesis in males & ovulation in females

Endocrine changes in puberty

PROBLEMS OF PUBERTY AND ADULESC

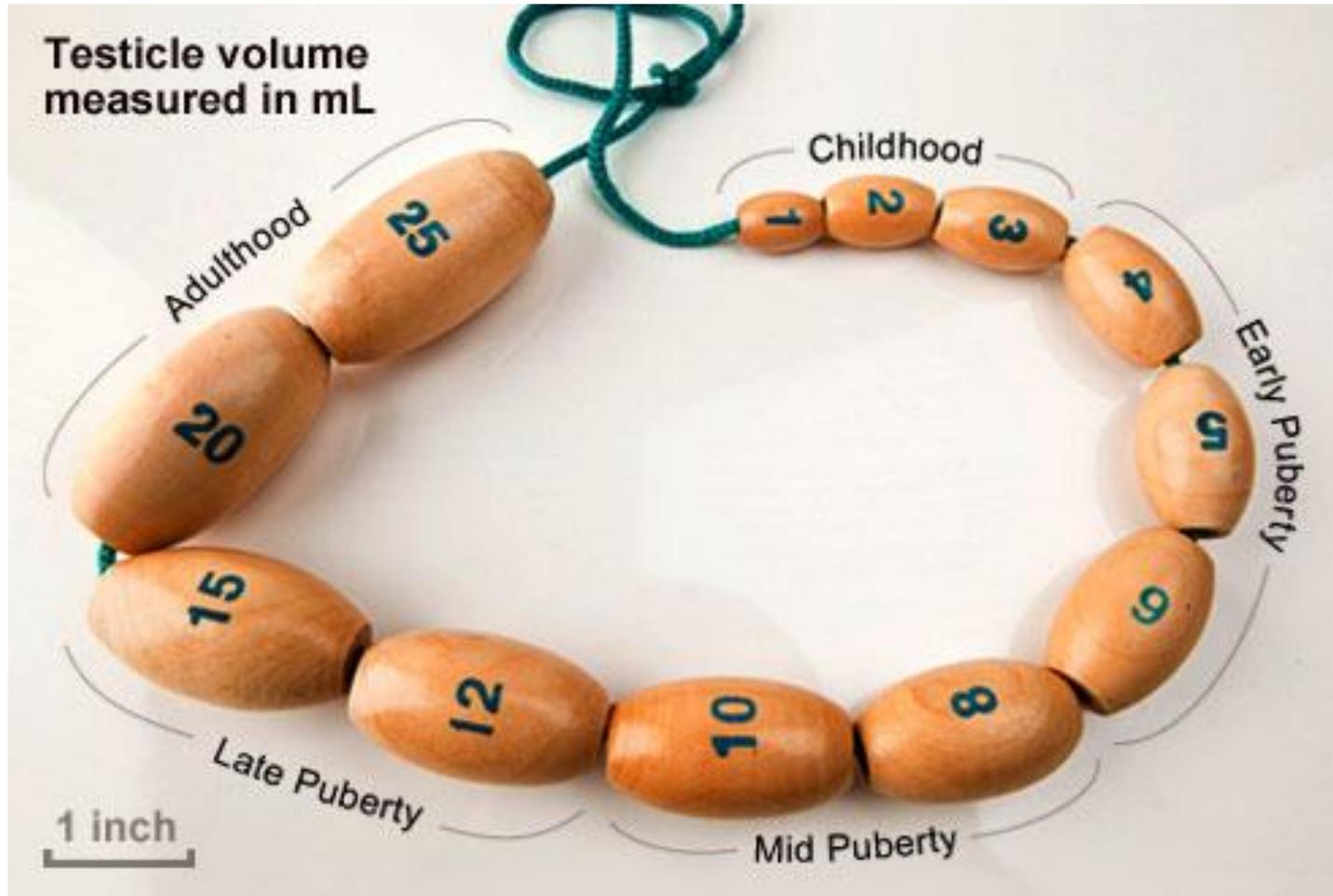


Manifestations of puberty

Puberty in boys

- First sign is testicular enlargement followed by pubic hair development and genital enlargement
- Puberty starts when the testes are 4 ml in size (measured by Orchidometer)
- Adult testes are 20-25 ml in size

Orchidometer



Somatic changes in boys

- Growth spurt is later than girls by 2 years
- Increased muscle mass
- Decreased adipose tissue
- Skeletal changes (\uparrow BMD)
- 60% have transient gynaecomastia
- Spermatogenesis average by 15 year

Pubertal stages in Boys

Genital development

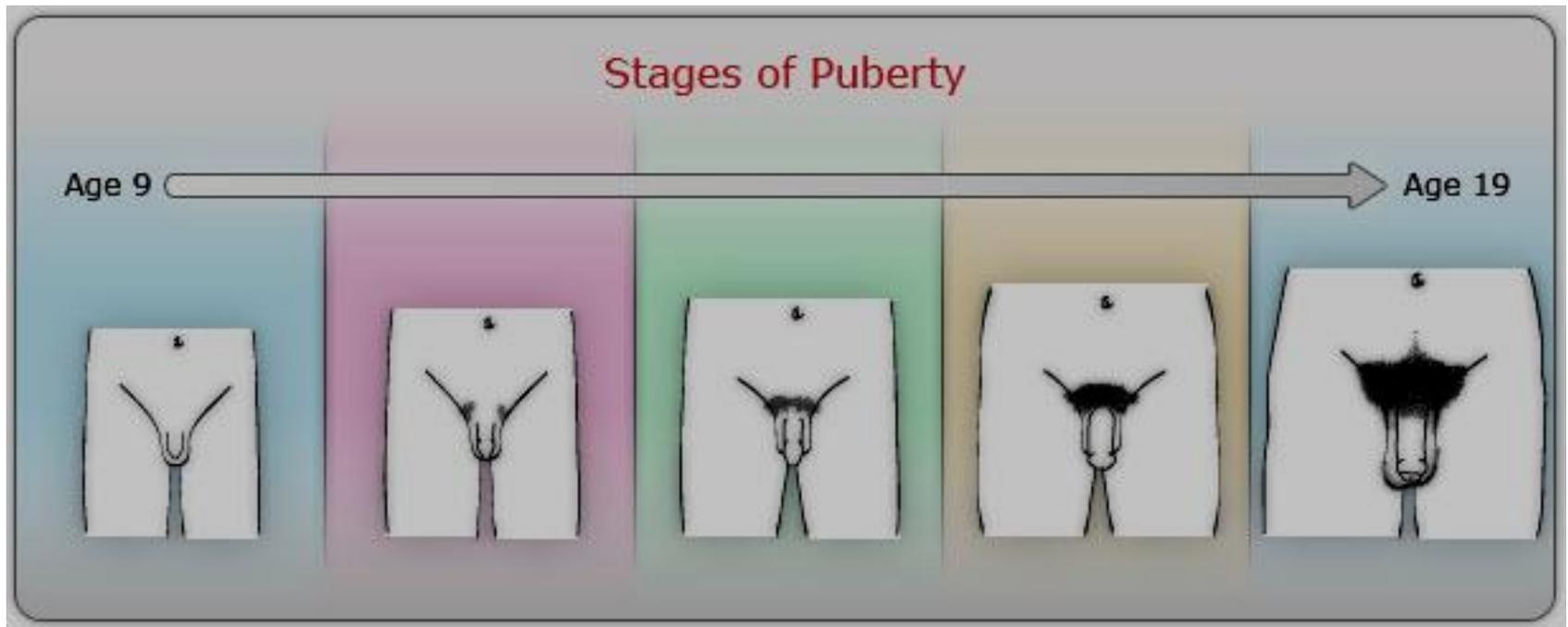
- *Stage 1:* Preadolescent
 - The testes, scrotum and penis are of about the same size and proportions as in early childhood
- *Stage 2:* Enlargement of the scrotum and testes
 - The skin of the scrotum reddens and changes in texture. Little or no enlargement of the penis
- *Stage 3:* Lengthening of the penis
- *Stage 4:* Increase in breadth of the penis and development of the glans.
 - The testes and scrotum are larger; the scrotum darkens.
- *Stage 5:* Adult

Pubertal stages in Boys

Pubic hair

- *Stage 1*: Preadolescent. No pubic hair.
- *Stage 2*: Sparse growth of slightly pigmented downy hair at the base of the penis.
- *Stage 3*: Hair darker, coarser and more curled, spreading sparsely over the junction of the pubes.
- *Stage 4*: Hair adult in type, but covering a considerably smaller area than in the adult. No spread to the medial surface of the thighs.
- *Stage 5*: Adult quantity and type and spread to the medial surface of the thighs.
 - Spread up linea alba occurs late, in about 80% of men, after adolescence is complete, and is rated Stage 6.

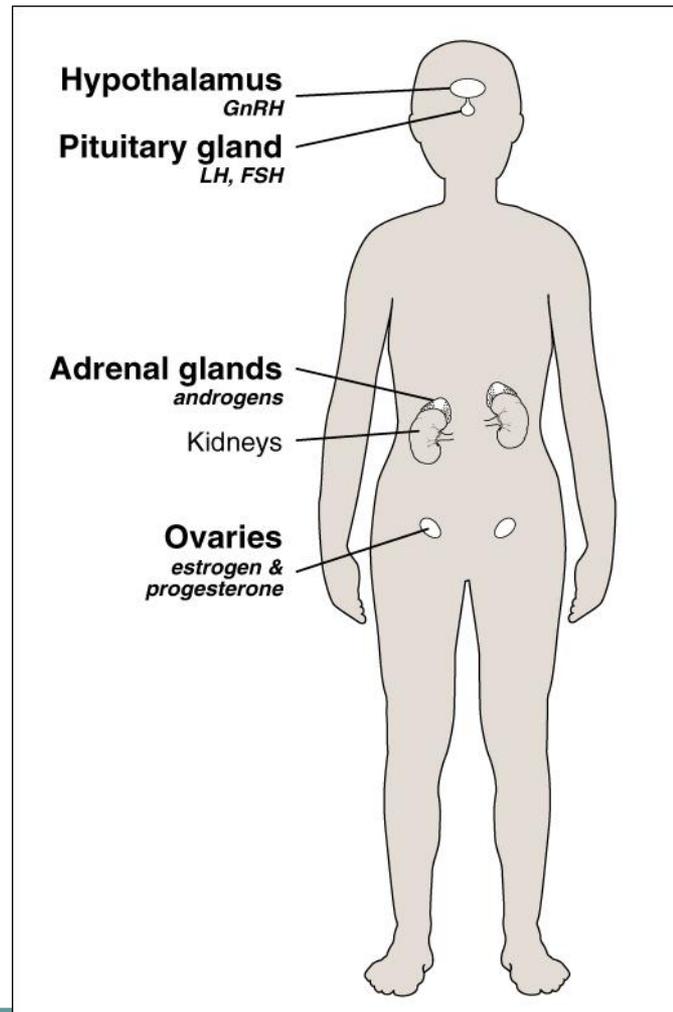
Pubertal changes in boys



Puberty in girls

- First sign is breast enlargement followed by pubic and axillary hair and lastly menstruation which is called menarche
- Pelvic U/S changes of puberty
 - ↑ovarian volume and follicular size
 - ↑uterus to cervix ratio
 - ↑endometrial echo

Normal puberty in girls



Skeletal changes in girls

- Widening of pelvis and carrying angle
- Major increase in BMD
- Increased adipose tissue with typical female distribution
- 95% of growth happened < menarche
- Menarche usually by age 11-14 year
- Increased in muscle bulk but not to same extent as males

Pubertal stages in Girls

Breast development

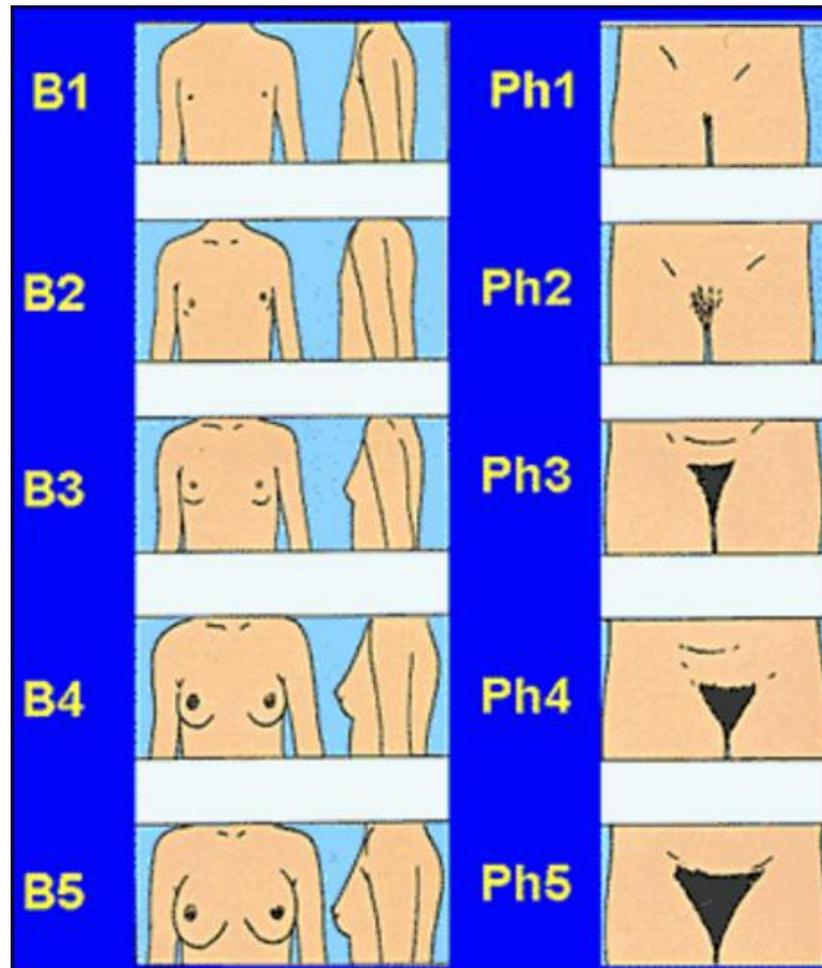
- *Stage 1:* Preadolescent.
- *Stage 2:* Breast bud stage. Elevation of the breast and papilla as a small mound.
 - Enlargement of the areola diameter.
- *Stage 3:* Further enlargement & elevation of the breast and areola, with no separation of their contours.
- *Stage 4:* Projection of the areola & papilla above the level of the breast.
- *Stage 5:* Mature stage, projection of the papilla alone due to recession of the areola.

Pubertal stages in Girls

Pubic hair

- *Stage 1:* Preadolescent. No pubic hair.
- *Stage 2:* Sparse growth of slightly pigmented downy hair along the labia.
- *Stage 3:* Hair darker, coarser and more curled, spreading sparsely over the junction of the pubes.
- *Stage 4:* Hair adult in type, but covering a considerably smaller area than in the adult. No spread to the medial surface of the thighs.
- *Stage 5:* Adult quantity and type with distribution of a horizontal pattern and spread to the medial surface of the thighs.
 - In about 10% of women, after adolescence is complete pubic hair spreads up the linea alba and is rated Stage 6.

Pubertal changes in girls



Precocious Puberty

Definition

- In girls, defined as onset of puberty “breast enlargement” before age of 8 years
- In boys, defined as onset of puberty testicular enlargement before age of 9 years

Girl, 4 years of age with precocious puberty



Types

- Central, True, GnRH dependent
 - 89-98% of cases (major type)
- Peripheral, Pseudo, GnRH Independent
 - 10 – 15 % of cases (not major type)
- Mixed type
 - Started with peripheral with 2ry. activation of central
- Isolated Forms
 - Thelarche
 - Adrenarche / Pubarche

Central Precocious Puberty

- Result from premature activation of Hypothalamus-Pituitary-Gonadal axis
- The pulsatile GnRH secretion leads to pulsatile secretions of LH and FSH with subsequent release of sex steroids
- Similar to normal mechanism but happened earlier than expected age

The difference between types of PP

	Central type	Peripheral type
H-P-G axis	Activated axis	suppressed
LH & FSH	Adult values	Pre-pubertal
Sex steroids	High	High
Gonads	Pubertal size	Small in size (unless tumor)

Central, True, GnRH dependent

Etiology

- Idiopathic
 - most girls (90 %)
- Secondary
 - most boys (70-80%)

Etiology of Central type

CNS disorders

- Hypothalamic Hamartoma
- Glioma (NF-1)
- Astrocytoma
- Craniopharyngioma
- Ependymoma, germinoma,
- CNS radiation therapy
- Post trauma (surgery)

Etiology of Central type

- Inflammation (Brain abscesses)
- Neurological & mental retardation
- Hydrocephalus
- Prolonged primary hypothyroidism

Etiology of peripheral type

- Gonadal: McCune-Albright, tumour, cyst
- Adrenal: Virilizing CAH, tumours
- Ectopic: hCG secreting tumours
 - Germinoma, Hepatoblastoma
- Exogenous source of hormone
- Familial male dependent (Testotoxicosis)

Exogenous source of estrogens



Delayed Puberty

Definition:

- girls:
 - lack of breast development by age 13
 - more than five years between breast growth and menstrual period
 - lack of pubic hair by age 14
 - failure to menstruate by age 16
- boys:
 - lack of testicular enlargement by age 14
 - lack of pubic hair by age 15
 - more than five years to complete genital enlargement

Types

- Two major types
 - Hypogonadotrophic hypogonadism
 - Hypothalamic -Pituitary defects
 - Hypergonadotrophic hypogonadism
 - Gonadal failure

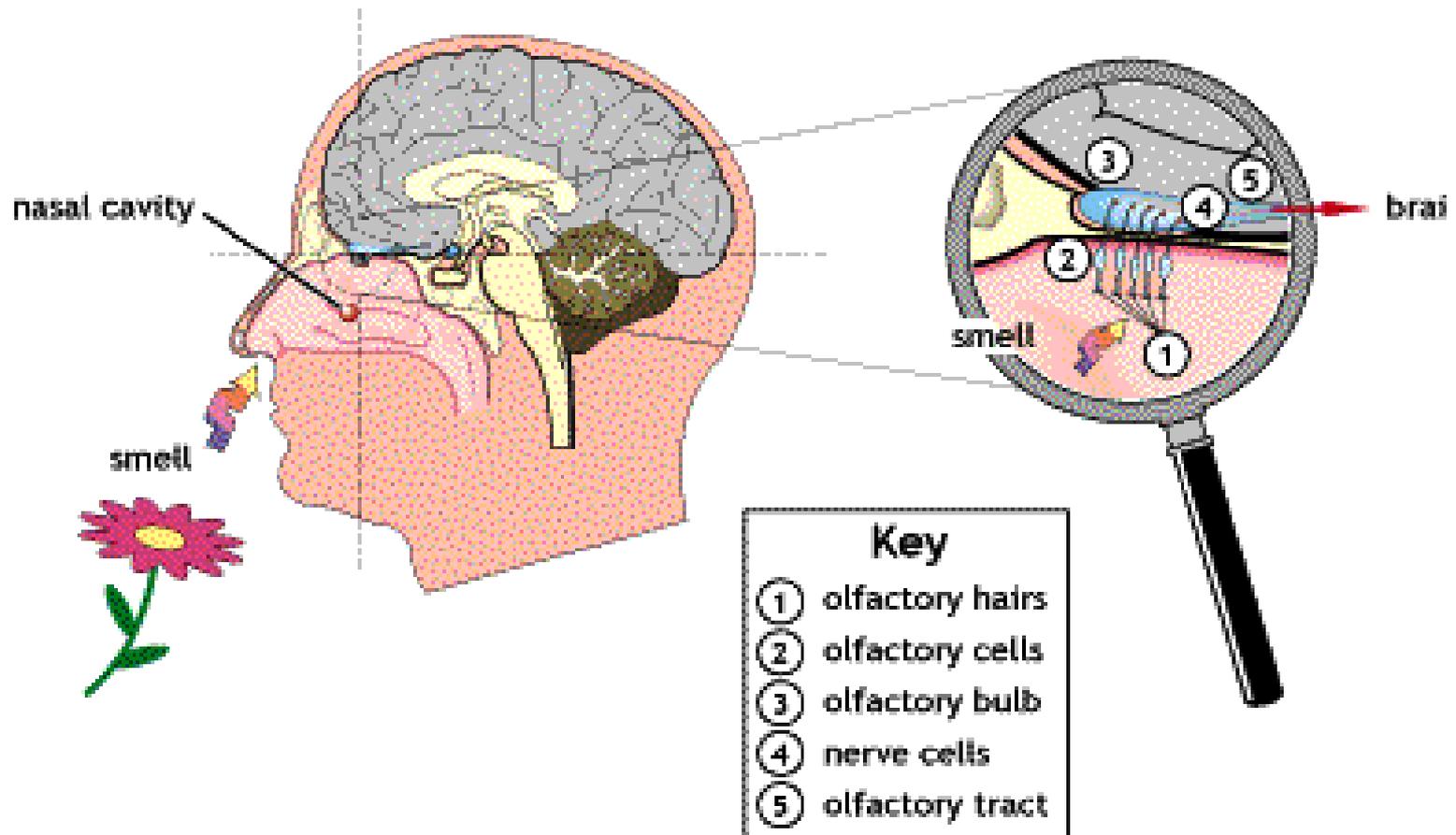
Causes

- Constitutional delay
 - Commonest cause (~90% of cases)
 - Affecting both growth and puberty
 - Much more common (~10 fold) in boys than girls and may be familial
 - All investigations are normal

Hypogonadotrophic hypogonadism

- Rare (~10%)
- Hypothalamic deficiency
 - GnRH deficiency - may be isolated or associated with other features e.g. anosmia (Kallman's syndrome), cognitive impairment and dysmorphic features (Prader-Willi syndrome)
- Pituitary deficiency
 - Gonadotrophin deficiency - may be isolated (LH deficiency) or more commonly associated with any form of hypopituitarism

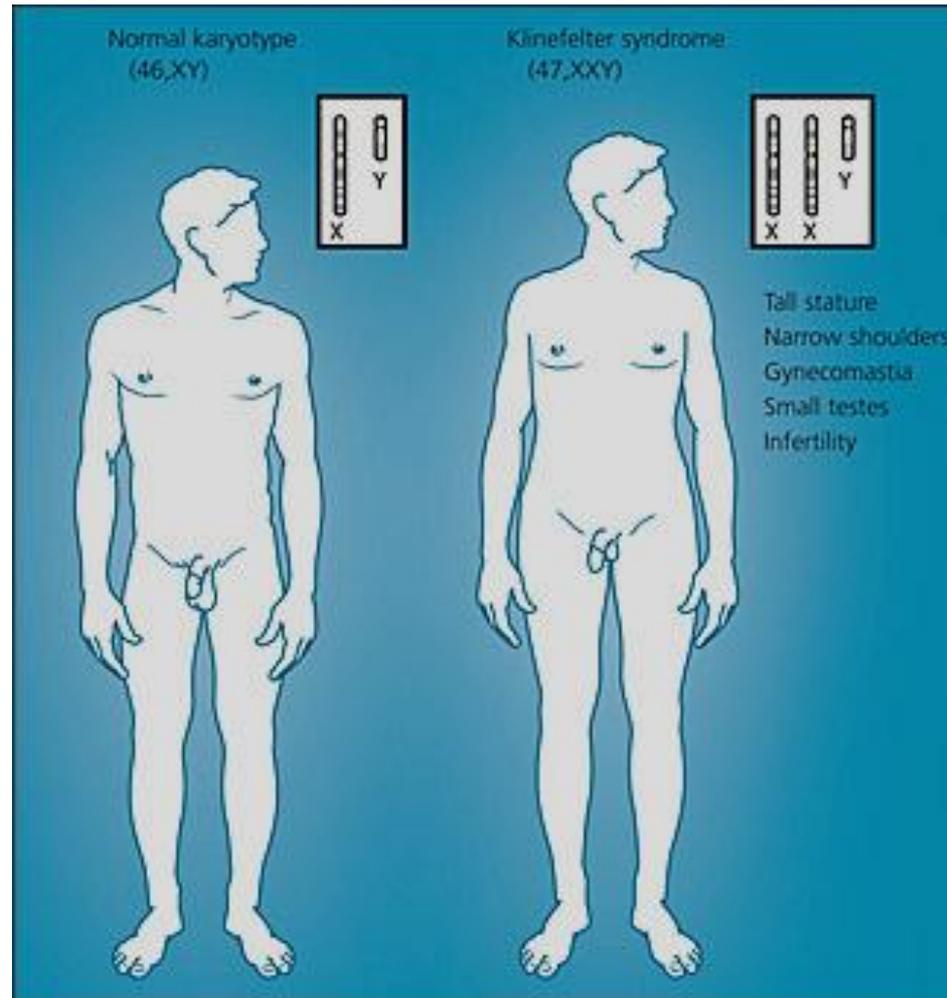
Kallmann syndrome



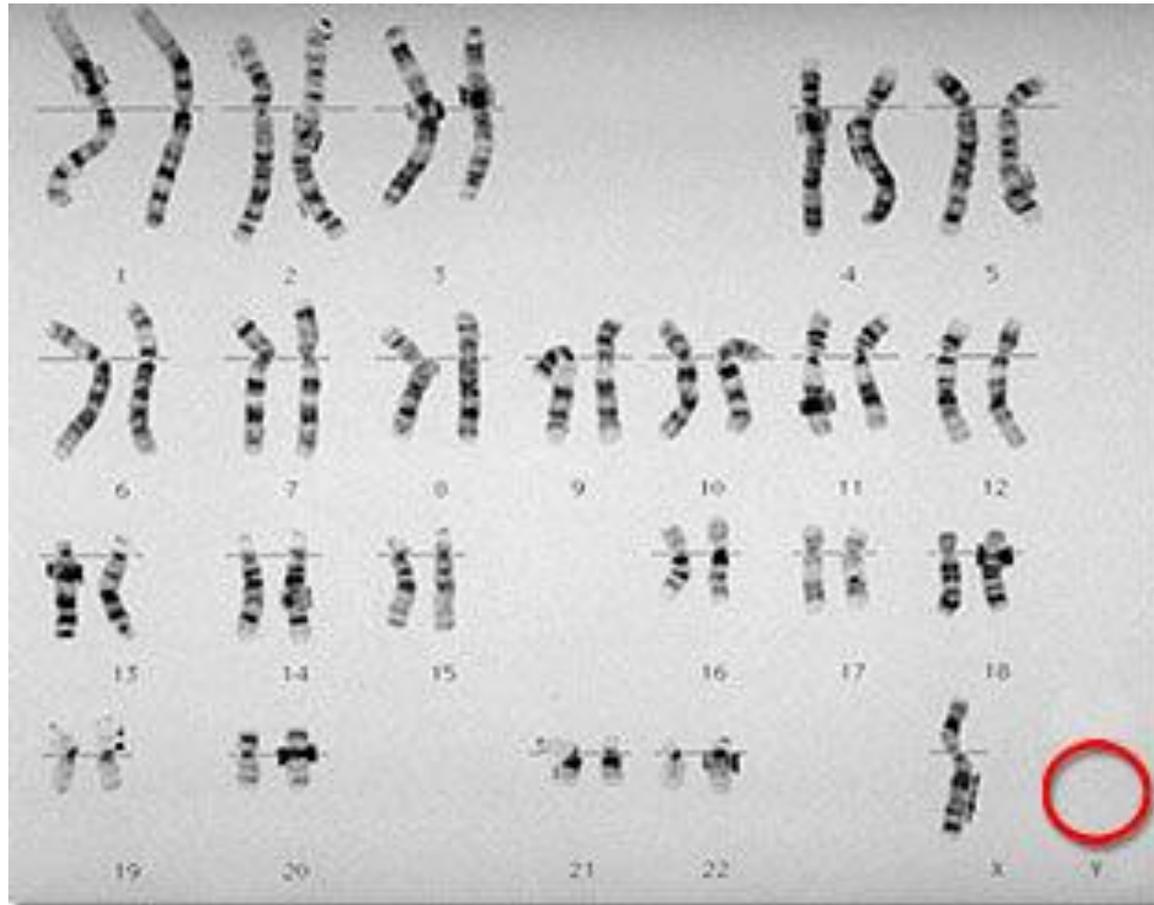
Hypergonadotrophic hypogonadism

- Sex chromosome abnormalities
 - Klinefelter's syndrome in boys (47XXY)
 - Turner's syndrome in girls (45XO)
- Gonadal dysgenesis with normal Karyotype
- Gonadal damage
 - viral (e.g. mumps Orchitis)
 - iatrogenic (surgical, chemotherapy or radiotherapy)
 - autoimmune destruction (often associated with other autoimmune disease).
 - Gametes generally more sensitive to damage than steroid secreting cells

Klinefelter syndrome



Turner syndrome



medgen.genetics.utah.edu

Chronic Systemic Diseases

- Delay in pubertal development is very common in the presence of any serious illness e.g. chronic renal failure, bowel or liver diseases
- Progress depends on the course of the underlying disease
- Endocrine causes of delay puberty include hypothyroidism, GH deficiency and excess glucocorticoid

Learning Points (1)

- Normal puberty starts in girls between 9 and 11 years, while in boys between 11 - 13 years
- Male puberty begins about 2 years later than girls
- Precocious puberty (before 8 years in girls, and before 9 years in boys)
- Precocious puberty is more common in girls than boys and is usually idiopathic

Learning Points (2)

- Idiopathic central precocious puberty in a boy is very unusual so early puberty in boys needs extensive investigation which is usually unnecessary in early puberty in a girl
- Delayed onset on puberty (more than 13 years in girls, 14 years in boys) is much commoner in boys than girls and is usually idiopathic

