

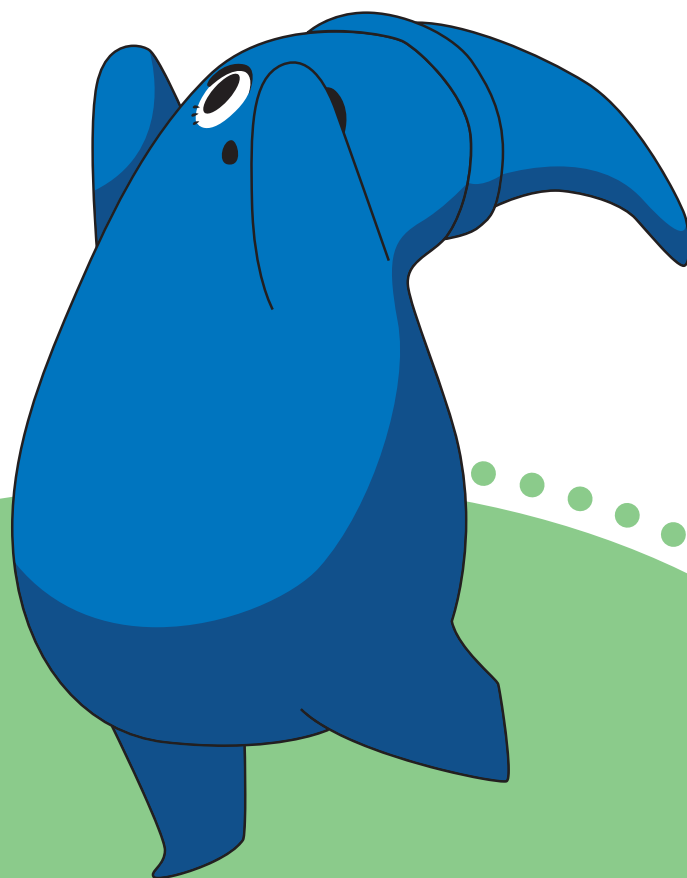


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AUSTRALIA AND NEW ZEALAND
SOCIETY FOR PAEDIATRIC
ENDOCRINOLOGY AND DIABETES

Want to know more about

Premature Thelarche



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What is Thelarche?

Thelarche is the start of breast development. It is often the first sign of puberty.

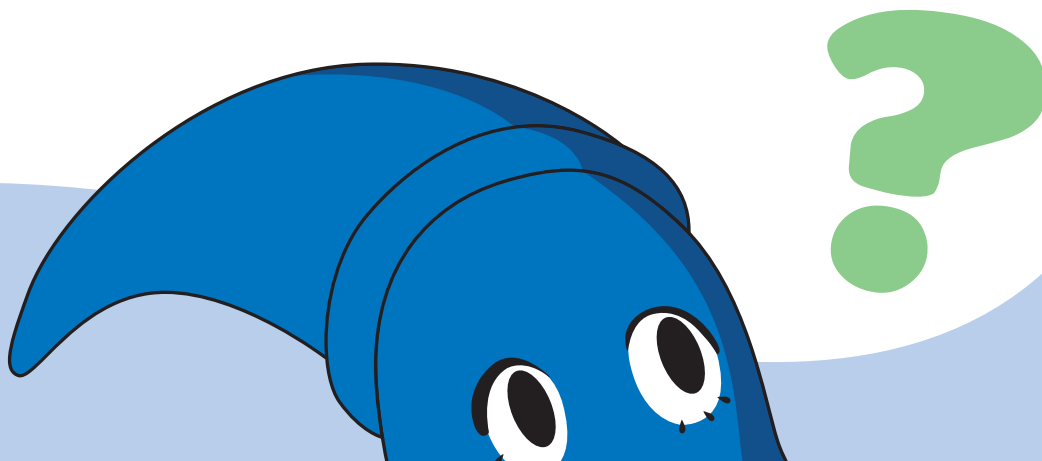
What is premature thelarche?

Premature or early thelarche is the development of breasts before the age of 8 years and occurs without other signs of puberty (such as acne, menstrual periods, pubic hair, or a growth spurt). Premature thelarche most frequently occurs in girls at less than 3 years of age.

One or both breasts may be affected. Usually, the breasts start to develop and then either stop developing, or decrease in size, until puberty begins at a normal age (between 8-13 years).

What causes premature thelarche?

Usually, premature thelarche is due to the temporary, natural production of the female hormone oestrogen within the body. The underlying reasons are not known.



How is premature thelarche diagnosed?

Your doctor will ask questions including:



When was breast development first noticed?



When did parents and siblings go through puberty?



Has there been any exposure to hormone medications, lavender or tea tree oil?

The doctor will then



Measure your child and review their growth rate over time



Complete a physical examination, including breast and pubic hair development

Further investigations are often not required.

When would further testing be recommended?

1

The presence of other signs of puberty

2

Presenting at a less common age (between ages 3-6 years)

3

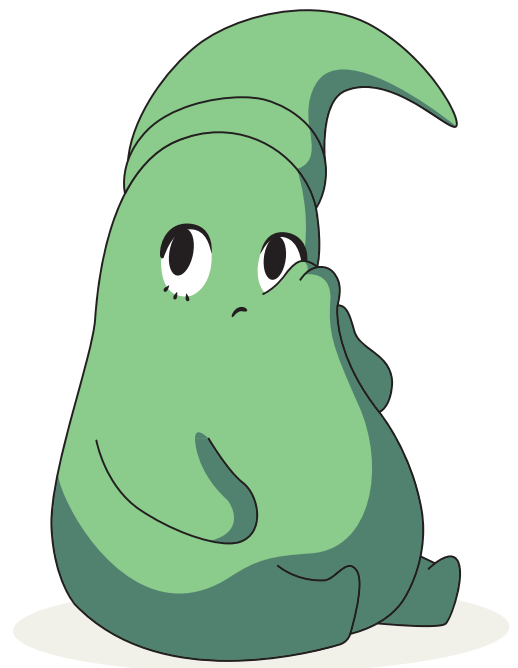
Breast development affecting one side alone

4

Rapid breast growth

5

Rapid growth spurt



What treatment is required?

No treatment is required for premature thelarche.

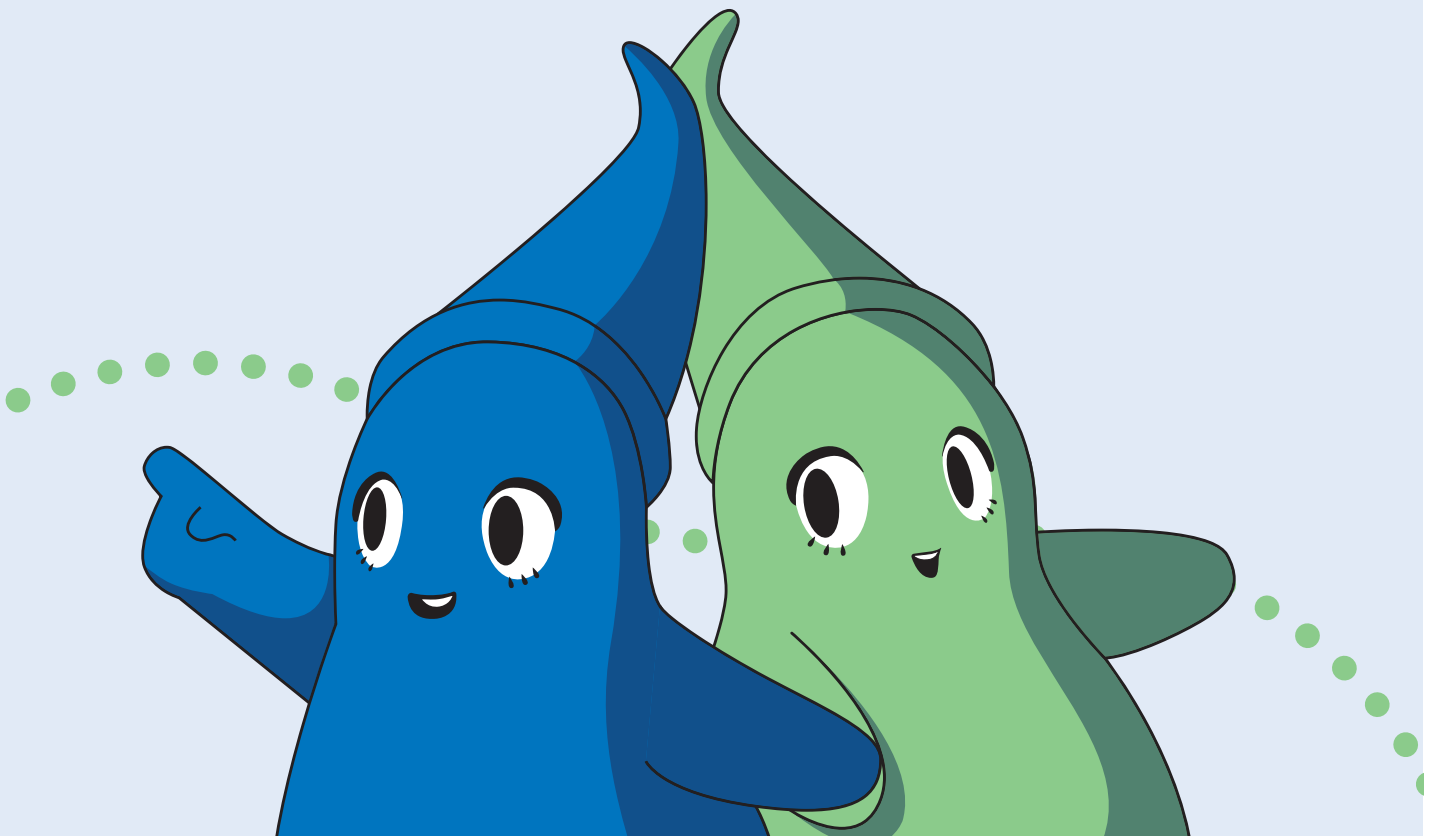
Close medical follow-up is recommended to monitor for progression of further breast development, puberty and growth. If you notice your child is showing other signs of puberty, such as a rapid growth spurt or rapid breast development, please contact your doctor for an early review.

What are the effects of premature thelarche?

Usually the premature breast tissue stops developing within months to years without any treatment.

Girls with premature thelarche should go through puberty at the normal age.

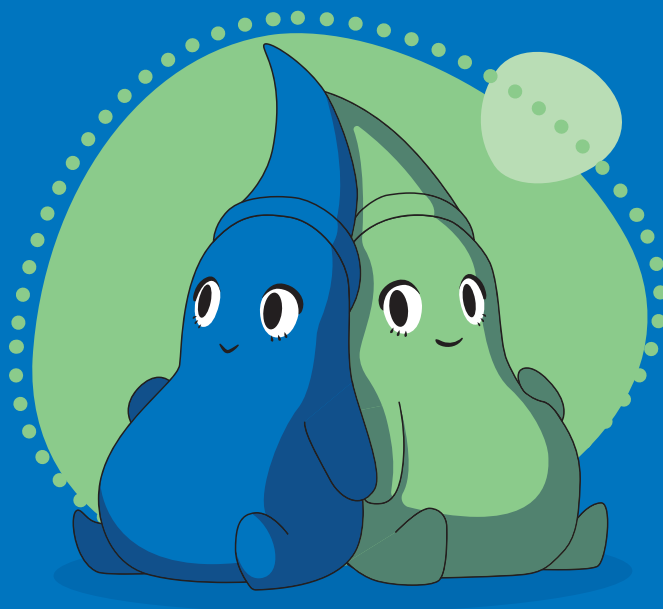
There are no long-term health problems, nor any effects on fertility, identified for girls with premature thelarche. Growth and final height are not affected.





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Remember

**Premature thelarche often requires no medical treatment,
but ongoing review by your medical team is important.**

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