

CT Children's CLASP Guideline Family Handout

Early Onset Pubic Hair

FAMILY HANDOUT: PREMATURE ADRENARCHE

What is premature adrenarche?

Adrenarche refers to the onset of activity in the adrenal glands, which are glands in the body that produce certain hormones. Adrenarche is not the same as puberty but usually begins around the same time as puberty, and leads to some changes including development of pubic hair, oily skin, and body odor.

Is premature adrenarche serious?

In most cases this condition is not something to worry about and just means that a child is experiencing the bodily changes associated with adrenarche a little sooner than most. However, if symptoms of premature adrenarche occur in girls younger than 8 or boys younger than 9, it is important for them to be evaluated by their healthcare provider. Their healthcare provider will consult with a specialist to determine if these changes are associated with any underlying conditions that require further treatment.

How is premature adrenarche treated?

The early appearance of pubic hair or other bodily changes in children does not require treatment. Your child's doctor will monitor them over time and check in on how your child is growing. They may also get regular bloodwork to monitor their hormone levels.

Remember that your child is experiencing these changes early and before many of his or her peers. Supporting your child and helping them adjust to these changes is important.