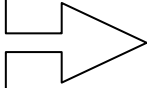
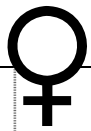


Precocious and Delayed puberty



Puberty takes place over a number of years. Puberty takes place differently among boys and girls of the same age. Puberty taking place earlier than normal age range is called precocious puberty whereas puberty taking place later than normal age range is called delayed puberty. Seek medical advice if you have queries.



Girls

	Usually	Signs of Precocious Puberty	Signs of Delayed Puberty
Breasts	At about age 8 to 12, elevation of papilla at the beginning and gradually enlargement of papilla, areola and breast	Breast development before the age of 7	Breast development has not occurred by the age of 13
Appearance of Pubic Hair	At about age 9 to 14, appearance of pubic hair after the beginning of breast development	Pubic hair appear before the age of 9	Absence of pubic hair after age of 14
Menarche	Menarche at about age 10 to 15	Menarche before age of 10	Not yet menarche at age of 15



Boys

	Usually	Signs of Precocious Puberty	Signs of Delayed Puberty
External Genitalia	At about age of 8 to 15, testicular enlargement and increase in penile length	Present of signs of puberty before the age of 8	No signs of puberty after the age of 15
Appearance of Pubic Hair	At about age 10 to 14	Appearance of pubic hair before age of 10	Absence of pubic hair after age of 15



Puberty

Students



Puberty is an important stage of life. During this period, you will face both physiological and psychological changes in order to mature into adulthood. When facing these changes, on one hand you will be excited; on the other hand, you may be troubled or even at a loss. However, if you have an understanding of these troubles and grasp the suitable methods to manage them, you may happily welcome your puberty.



Problems related to Puberty

1. What can I do if I have Body Odor?

During puberty, large quantities of sebum and sweat will be produced in both genders. As oil and sweat accumulate on their skin, together with the dust in the air, a layer of dirt will be formed and pores will be clogged, releasing an unpleasant odor. Therefore, pay particular attention to personal hygiene. Shower every day and change underwear, outer-clothes and socks often. Shower more frequently if necessary, especially after sports.

Offensive smell from the armpits or genital area is common in teenagers. It is hereditary and non-infectious, and will not affect health. The way to handle it is to keep your body clean and change your clothes often. You may also consider the use of a deodorant or antiperspirant. Consult a doctor if the case becomes severe.

2. I have acne on my face, how can I handle it?

Acne is usually called pimple. Sebaceous glands secrete oil to lubricate the skin and keep hair soft. At puberty, oil secretion increases. When this oil becomes trapped with dirt, they will clog the pore and form a hard dark spot, i.e. the “blackhead”. If the follicle is infected by bacteria, it will turn red, swollen, inflamed and become a pustule. Factors such as dirty skin, greasy diet, anxiety, insufficient sleep, etc. may possibly cause your pimples to increase. Some females may have acne before menstruation due to changes in their hormone secretion.

Handling Methods



• Clean your face

Wash your face often with mild soap and lukewarm water to help dilate the pores, so that you can clean away the excessive oil and dirt. Therefore, pores will not be easily clogged and acnes will be reduced.



• Healthy diet

Drink more water and eat more vegetables and fruits. Keep a good bowel habit. Avoid eating oily food such as fried food, chocolate, cakes or fat meat. Spicy food, smoking or drinking should also be stopped.

• Healthy lifestyle

Have adequate sleep and keep regular hours. Perform physical activities regularly and pay attention to personal hygiene afterwards.

• Emotional control

Acnes would increase if you are emotional, nervous or over-anxious. Try to be cheerful and relaxed.

• Other issues

Keep your hands clean. Never pop the acnes with hands. Never peel off the scab when the acne begins to heal. Let the scab come off naturally to avoid leaving a scar. Do not take any medication on your own. If the condition becomes severe, consult a doctor.



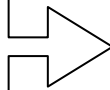
3. Is masturbation harmful to our health?

Masturbation is to self-stimulate one's own genitals with hand or other object to cause sexual sensations. Masturbation is common in teenagers and there is no need to feel ashamed or guilty about it. Although masturbation is not harmful to your health, you should still pay attention to personal hygiene. Do not use any masturbation approaches that may harm your body, and also do not indulge in it to the extent that it affects your normal social life and study. In order to avoid over-indulgence, you may consider the following methods:

- Avoid objects that may induce masturbation such as porn books or movies
- If you have any confusion or questions, talk to your teachers and friends or seek advice from professionals. Avoid being alone too often and do not use masturbation as a mean of escape from reality
- Participate in sports, join group activities and develop a few healthy hobbies so as to channel your excessive energies into something else and let yourself be occupied



Problems related to girls



1. What is menstruation? What is the normal interval between two menstrual cycles?

Most girls get their first menstruation at the age between 10 and 15. During the onset of puberty, the reproductive system is influenced by hormones, a mature egg starts to be released periodically and at the same time hormones stimulates the uterus to build up its lining with more blood vessels and making the walls of the uterus thickened. If the egg is fertilized by a sperm cell, the fertilized egg implants to the wall of the uterus and develops into a baby.

If the egg is not fertilized, the uterus wall stops thickening and sheds the extra tissue lining. Blood, residual cells and mucus go through the vagina out of the body which lasts for 3 to 7 days.

Irregular period for the first 2 to 3 years are common in girls who just start menstruation due to the immature reproductive system. Each menstrual cycle can be as short as 2 to 3 weeks or sometimes as long as a few months. The timing of the onset of menstruation (menarche) is influenced by factors such as genetic, nutrition, environmental climate and exercise etc. If you get menstruation before the age of 10 or do not get menstruation till the age of 15, ask doctor for advice.

2. How to prepare for the first period :

Nobody can estimate the first period and it may happen so suddenly, and usually the amount of the bleeding is not so heavy for the first period. If it happens at school, you should stay calm, you can borrow pads from your classmate or seek help from teacher, and change a clean school uniform.

3. How comes the menstrual cramps? Any measures to reduce the pain?

Most teenage girls are free from discomfort during menstruation, but some may have menstrual cramp. Menstrual cramp is a pain in the lower abdomen caused by womb contraction during menstruation. It usually occurs in the first couple of days of menstruation; sometimes it may occur even before menstruation and lasts for several days.



Handling Methods:



- Sufficient rest
- Try to relax
- Go to school or work as usual to divert attention
- Use hot water bag to ease the pain at the abdomen
- Exercise regularly, eat and drink properly to avoid constipation
- If the cramp gets severe, consult health care personnel. Take a pain killer under doctor's instruction if necessary

4. Is there any problem with the breast if girls find their breast swollen and painful?

Female breasts start to develop at the onset of puberty. Breast tissues include mammary glands and fat, with some ligaments but no muscles. During this stage of development, some teenage girls find their breasts swollen and painful, and the pain will intensify if their breasts are touched by hard objects. These are normal phenomenon. As long as there is no hard lump in the breasts, you need not worry. If you find anything abnormal in your breasts, tell your parents and consult a doctor.

5. One of my breasts starts developing before the other. Is it normal?

It is common for most girls to have one of the breasts starts developing before the other. But if you notice the other breast does not develop long after the first, tell your parents and seek advice from doctor.

6. When should I start to wear a bra? How to choose it?

During puberty, breasts developing to a certain degree need support. Wearing a suitable bra, keeps a girl's breasts supported. To find a right bra, depending on the size of the breast, it should not be too loose nor too tight. The cup should cover the whole breast, and the straps should not be too narrow or too tight. The bra should be supportive and comfortable. It is preferable to choose a cotton bra. When you fit a bra, lift your arms up and down and turn around your body to see whether if it fits well. If the bra is not suitable, try other size or style.

7. Why some girls have larger breast and some are smaller?

Many girls may have worry about their breast size, in fact the size of the breast related to the amount of fat, genetic contribution and nutritional factor. Maintain well balanced diet, proper posture, more exercise can help body growth and make it healthier. Remember there is no ideal breast size; don't worry too much about the appearance.

Problems related to boys 

1. Is wet dream bad to health? What is the normal frequency? When will a boy start wet dream?

When boys enter puberty, their testicles start to produce sperms in large amount. When they sleep, the inhibition of the central nervous system is relaxed and the sperms will be ejected when the penis is stimulated by body turning and twisting, or by pressure from tight underwear or bedclothes, or even sex dreams. This is called wet dream. Wet dreams are normal for teenage boys and are not harmful to health. Do not worry about it too much. The episodes of wet dreams vary from person to person. Some may never experience it while others may have it once a month, up to two or three times a week. If wet dreams happen too often, you may try the following preventive measures:

- Sleep on your side
- Use comfortable bedclothes and wear loose underwear during sleep to prevent pressure on the genitals
- Do not drink alcohol and avoid full stomach before going to bed. Remember to urinate before sleep
- Do not read porn magazines or watch porn movies



2. Is it normal that the testicles are different in size and level?

It is common to have mild difference in size and at different levels.

3. What is circumcision? Does every male need to do this operation? Will it affect growth and sexual life?

Circumcision is the excision of the foreskin. It is not necessary for every male to do this operation. It is only indicated if the preputial opening is too narrow, there are recurrent infections, or it affects sexual intercourse. Retractable foreskin with normal opening does not affect sexual life. Circumcision would not enhance growth.