Central precocious puberty (CPP) is when a child shows signs of puberty sooner than normal.¹,²

**Facts to Know**

CPP affects 1 in 5,000-10,000 children.³

Although the exact cause is unknown, CPP results from early release of gonadotropin-releasing hormone (GnRH) by a part of the brain called the hypothalamus.⁵

The early release of GnRH leads to the production of estrogen and testosterone by the ovaries or testicles, causing the physical changes of puberty.

 CPP has also been associated with low self-esteem and higher anxiety, irritability or withdrawal.⁵,¹⁴,¹⁵

Without treatment, as adults, children with CPP will be shorter in height due to the premature fusion of growth plates.¹³

CPP can be diagnosed in children as young as 2 years old.³

CPP is more common in girls than boys.

GnRH inhibitors are the primary CPP treatment and can help preserve time in childhood.¹⁶

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**Before age 8 in girls**

- Breast development
- Menstrual period
- Pubic or underarm hair
- Oily skin/acne
- Adult body odor
- Sudden growth spurt

**Before age 9 in boys**

- Testicle & penis enlargement
- Erections
- Voice change
- Facial hair
- Muscle growth
- Pubic or underarm hair
- Oily skin/acne
- Adult body odor
- Sudden growth spurt

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