DOCTOR DISCUSSION GUIDE
CENTRAL PREOCIOUS PUBERTY

If you suspect your child might be showing symptoms of central precocious puberty (CPP), schedule an appointment to speak with your child’s pediatrician or pediatric endocrinologist. Prepare yourself with the right questions beforehand by filling out this doctor discussion guide to help you have a productive conversation.

Questions to be prepared to answer about your child

How old is your child? _________

What is your child’s gender? ○ Boy ○ Girl

How much does your child weigh? _________

How much has your child grown in the past year? _________

List any medications, vitamins, or supplements your child is taking.

Approximately when did you first notice these symptoms? _________

Which of the following symptoms of CPP have you noticed in your child? (Check all that apply) 1-7

- Adult body odor
- Acne/oily skin
- Pubic hair or underarm hair
- Sudden growth spurt
- Breast development (Girls)
- Menstrual period (Girls)
- Testicle & penis enlargement (Boys)
- Erections (Boys)
- Facial hair (Boys)
- Voice change (Boys)
- Muscle growth (Boys)

Questions for your child’s pediatrician or pediatric endocrinologist

Discovery
• Do you see signs of early puberty in my child?
• What is central precocious puberty (CPP) and its symptoms?
• What are the long-term issues associated with CPP?
• Can CPP go away on its own?
• Should we see a pediatric endocrinologist?
• How can I talk to my child about the condition?
• What can I do to help my child deal with having CPP?

Diagnosis
• Do you think my child may have CPP?
• What tests are used to determine if my child has CPP?
• What will the tests tell me about my child?
• Are there other possible causes for my child’s symptoms?
• What are the potential long-term effects of CPP for my child?

Treatment
• Does my child need treatment for CPP?
• What are the benefits of treatment?
• Will you monitor my child during treatment? How often?
• Will my child go through normal puberty once the treatment is done?
• What are the treatment options for CPP?

Talk to your child’s pediatrician or pediatric endocrinologist about treatment options to determine which is best for your child.

References