

"I want puberty blockers!"

RCH T-Clinic Pubertal Suppression Road Map

Meet with T-Clinic BHC, Clancy Roberts
(If not done so already)

Mental Health Provider
(If not done so already)

T-Clinic Doctor Visit

Check: height
breast buds
testicular size

+ Pubertal Exam

Check Labs

LH/FSH/Estradiol/Testosterone
Bone Age X Ray

+ Pubertal Labs

RN/Specialty Pharmacy

Check Benefits, Get Prior Auth
Make decision about shots vs. implant

Exam Not Pubertal
Recheck in 4-6 months

Recheck Labs
in 4-6 months

Labs Not Pubertal

-OR-
(MD Decision)

Stimulation Test

+ Pubertal
Stimulation Test

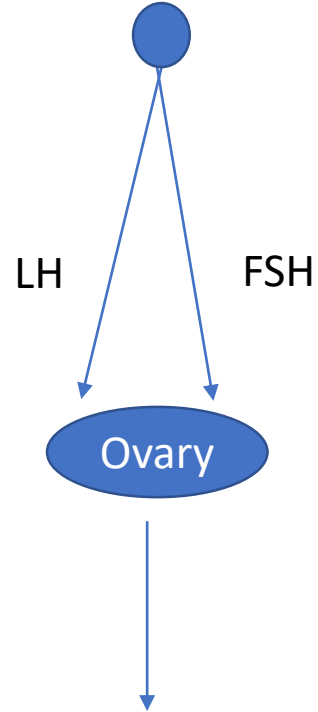
1st shot Lupron
or
Implant Placed (apt with
Peds Surgery)

Check Labs : 3-6 months
LH/FSH/Estradiol/Testosterone

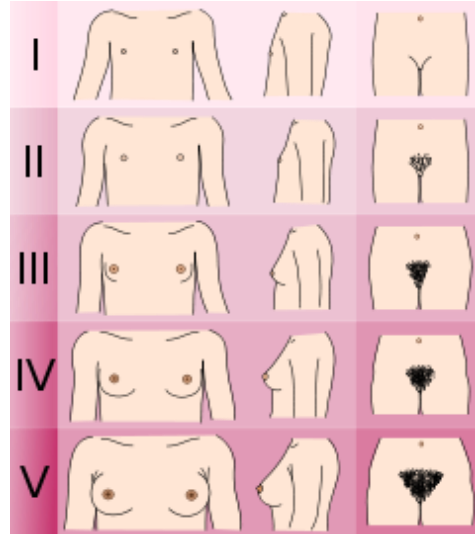
Stimulation Test
Not Pubertal

Assigned Female at Birth

Pituitary (at age 8-12 yrs)



Stages of Puberty



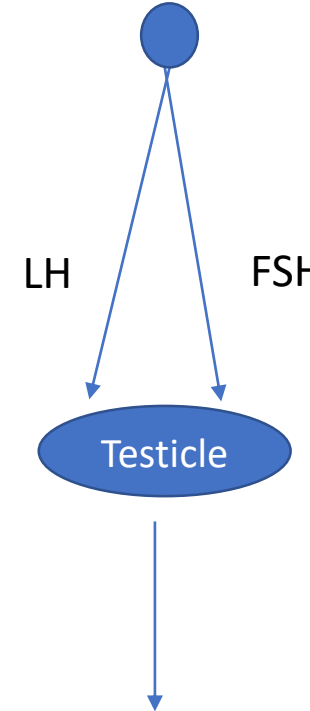
Estrogen

1st Sign: Breast Development
Then change in figure, broadening of hips
Menses 2.5 years later

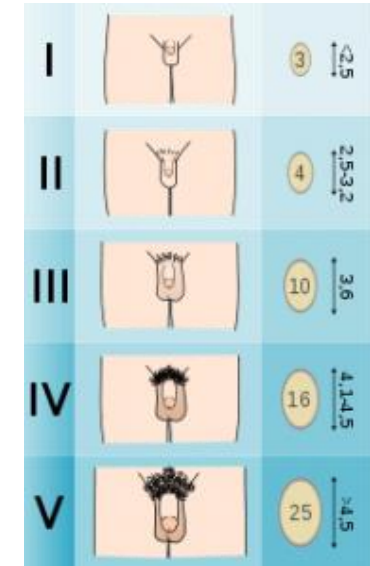
What Happens in Puberty?

Assigned Male at Birth

Pituitary (at age 9-13 yrs)



Stages of Puberty



Testosterone

1st Sign: Testicular Enlargement
Then height spurt, facial changes
Body hair Growth

Note: Pubic Hair, Axillary Hair, Acne and Body Odor happen in everyone! Not a part of this process.

