

Early Puberty (premature adrenarche, premature pubarche, precocious thelarche, premature menses)

Dear referring Practitioner,

- Please print and complete this page then fax back with the completed referral.
- Please review the following checklist to ensure that all information is available for more efficient triaging and shorter wait times for your patient.
- Please send this completed application only once results for all required investigations are available. Referrals with pending results will not be triaged until results are available.

Consult endocrinology when (please check box that applies to your patient) :

- Testicular enlargement (>4 ml or >2.5 cm) in boys < 9 years of age
- Breast development in girls < 8 years of age with other concerning features:
 - Accelerated linear growth
 - Vaginal bleeding / vaginal discharge
 - Café-au-lait spots on physical exam (possible McCune-Albright syndrome)
- Vaginal bleeding in girls <10 years of age
- Vaginal bleeding in any girl without signs of puberty
- Pubic hair in boys < 7 or girls <6 years of age

Information/Investigations Required:

- Previous growth parameters (height & weight & BMI percentile) on a WHO or CDC growth chart (computer generated growth chart from EMR not accepted)
- Tanner staging
- Bone age X-ray (please send X-ray image with the patient)

If testicular enlargement or breast development:

- LH
- FSH
- Testosterone (boys)
- Estradiol (girls)

If only pubic hair without other signs of puberty:

- DHEAS
- Androstenedione
- 17-OHP (if available)
- Estradiol (female)
- Testosterone
- TSH
- Free T4

Need for diagnostic imaging guided by results of hormonal levels

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Triaging Urgency for Early Puberty Appointments:

- **Semi -Urgent-** if girl < 6 years or boy < 7 years; has had menarche or rapidly progressing
- **Non-Urgent-** if older or only showing signs of adrenarche.

We strive to meet the triaging times (below), but please note that times may vary in particular for non-urgent or elective referrals.

Thank you

Categories for Urgency:

Emergent- *contact staff endocrinologist on call (905) 521-5030*

Urgent – within 7 days – *contact staff endocrinologist on call before sending referral (905) 521-5030*

Semi-urgent– 1 to 4 weeks

Non-urgent – 4-16weeks

Elective – Next available