

Sitthvað um Kynþroska

Kolbeinn Guðmundsson
Barnalæknir

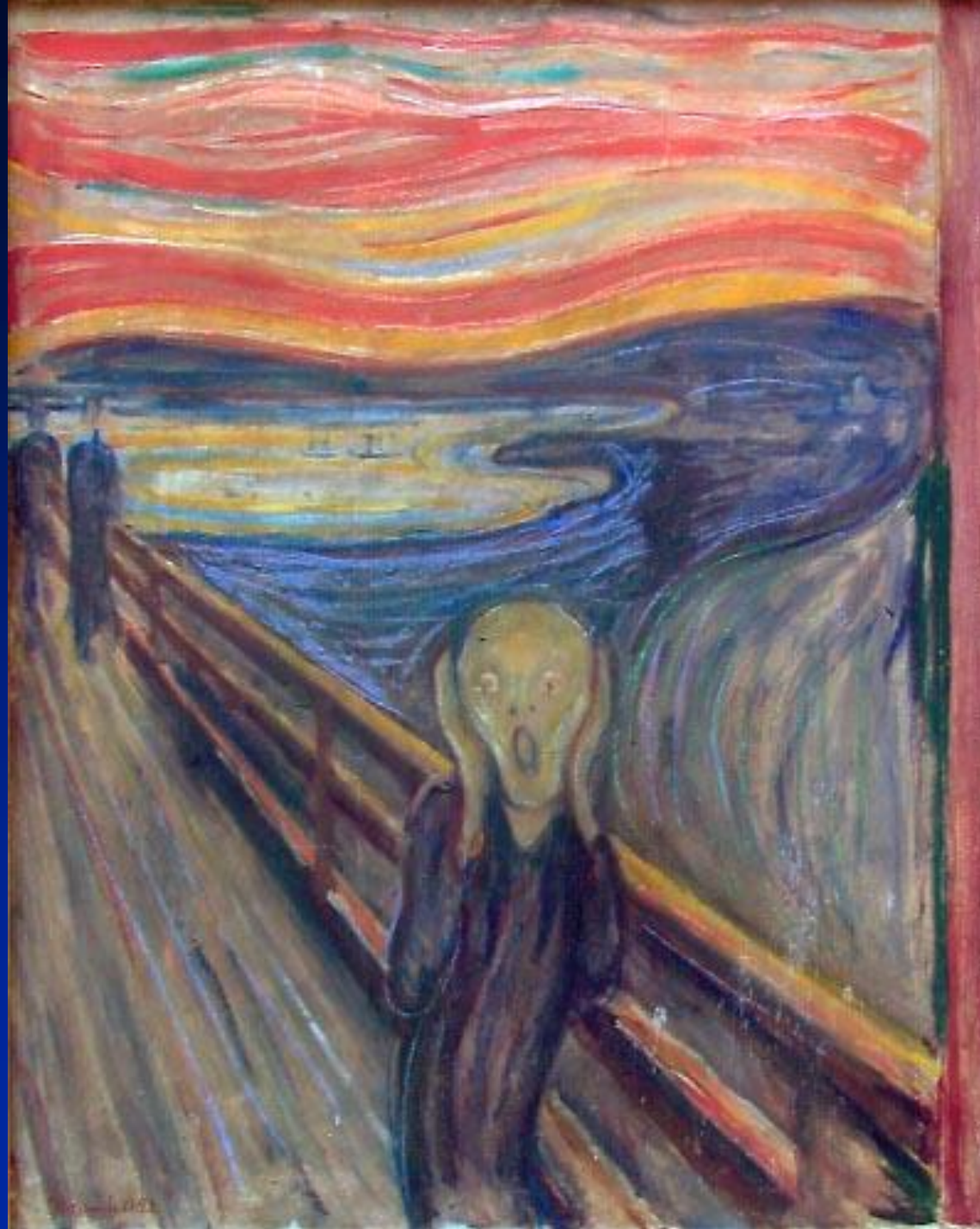
November 2013

Yfirlit

- Inngangur
- Breytileiki
- Sérstakur vandi ættleiddra barna??
- Mögulegar aðgerðir

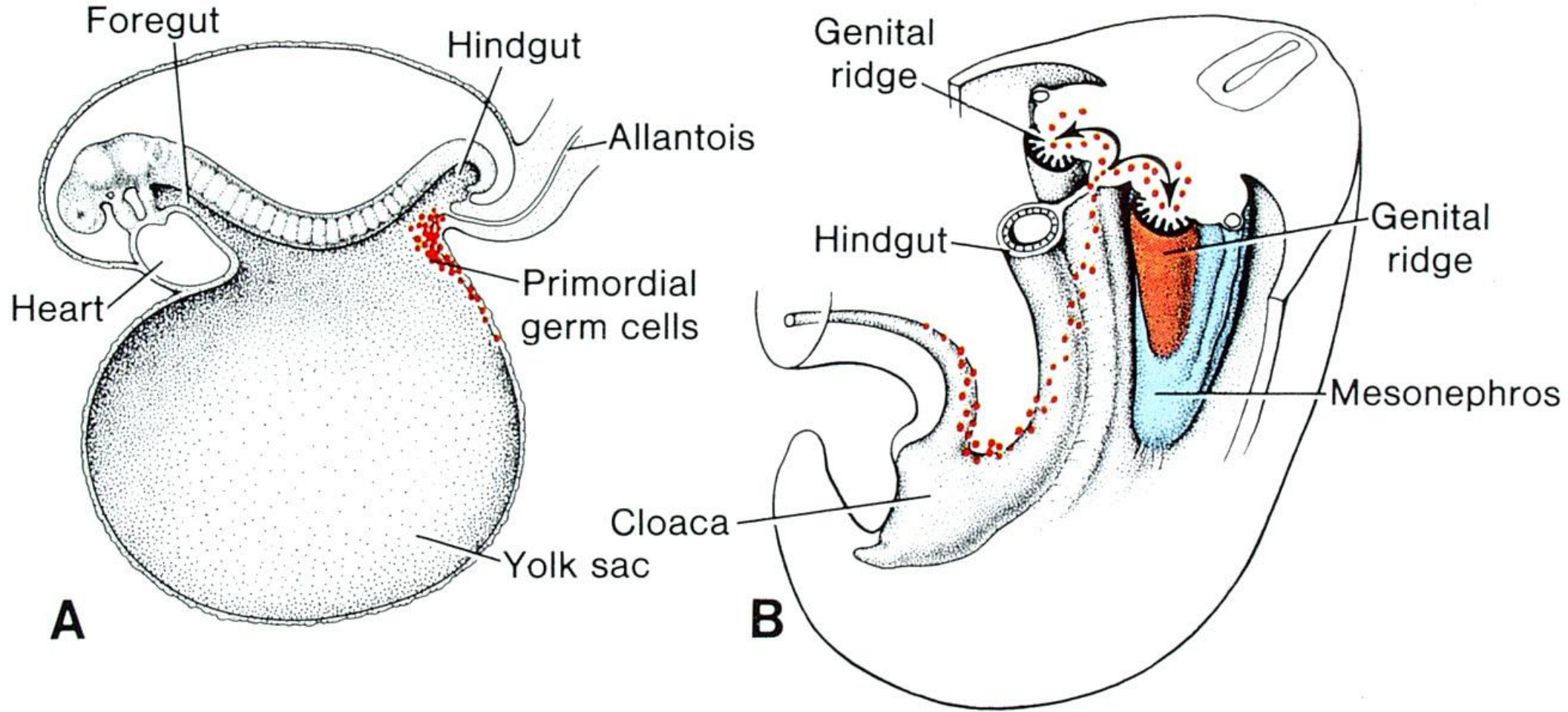


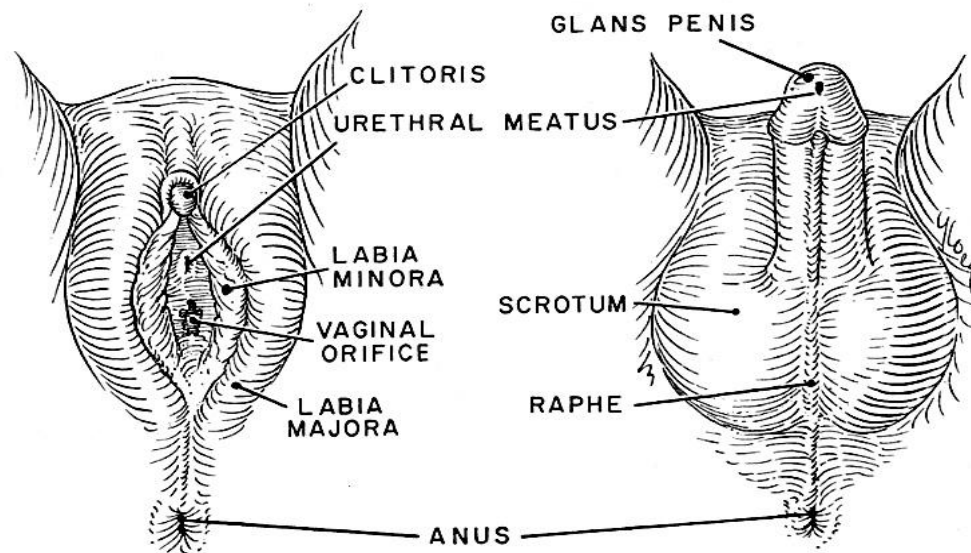
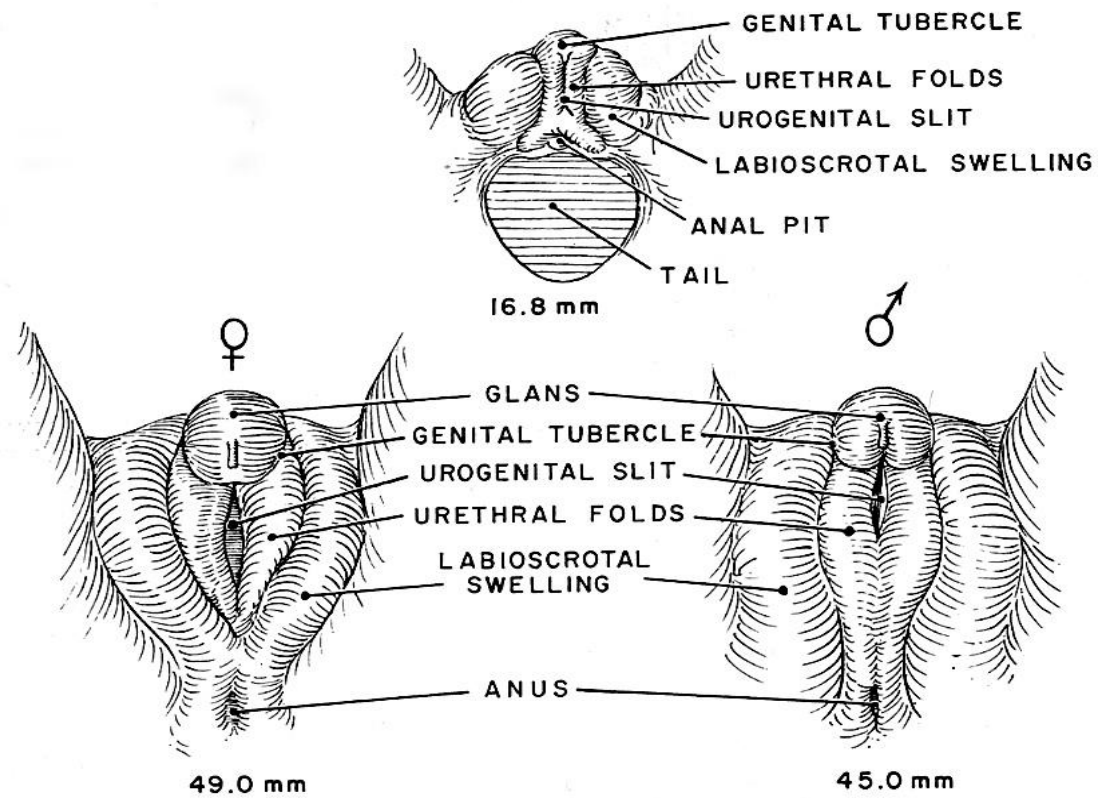
"Puberty"

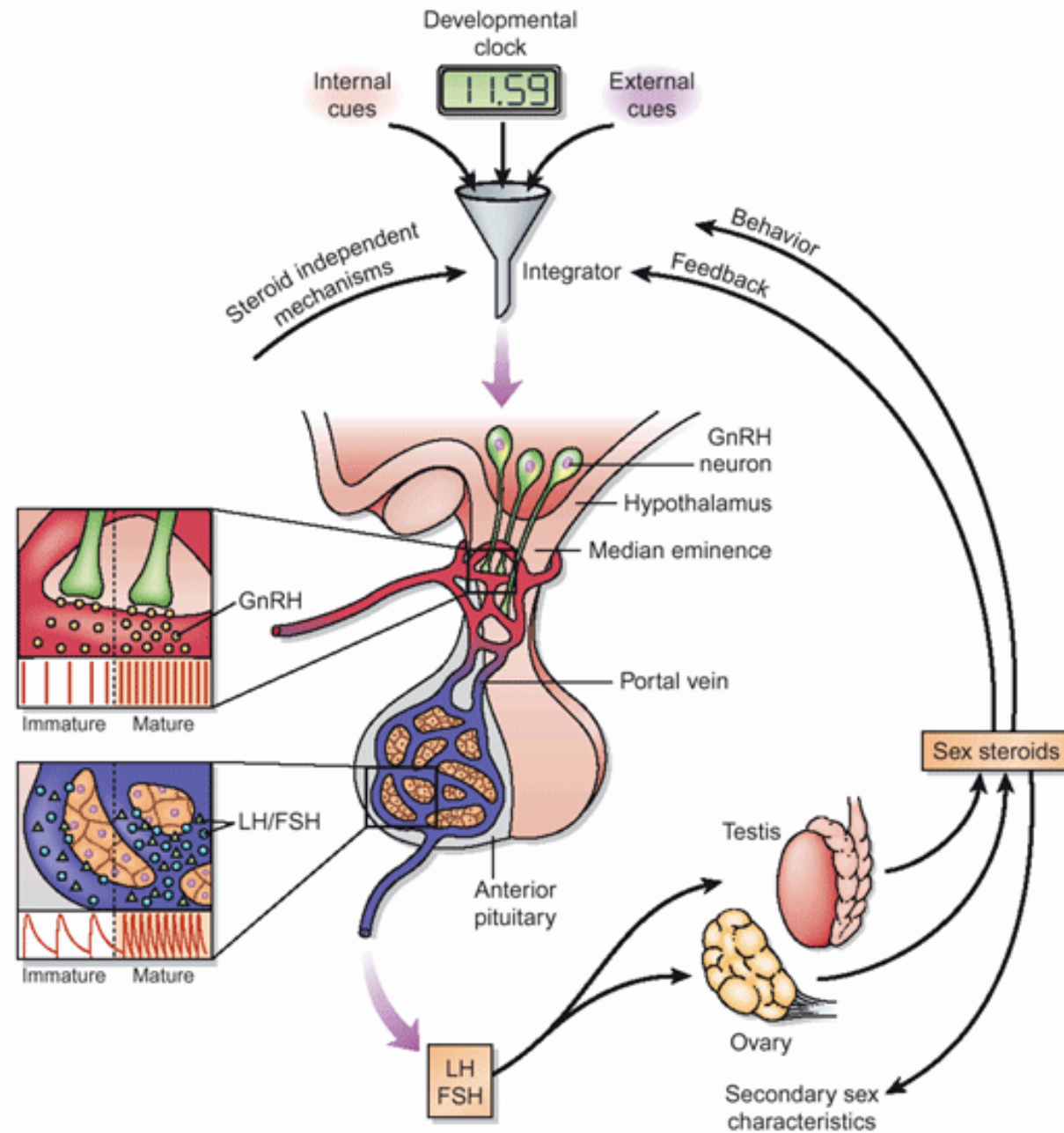


E. Munch

3 vikna fóstur





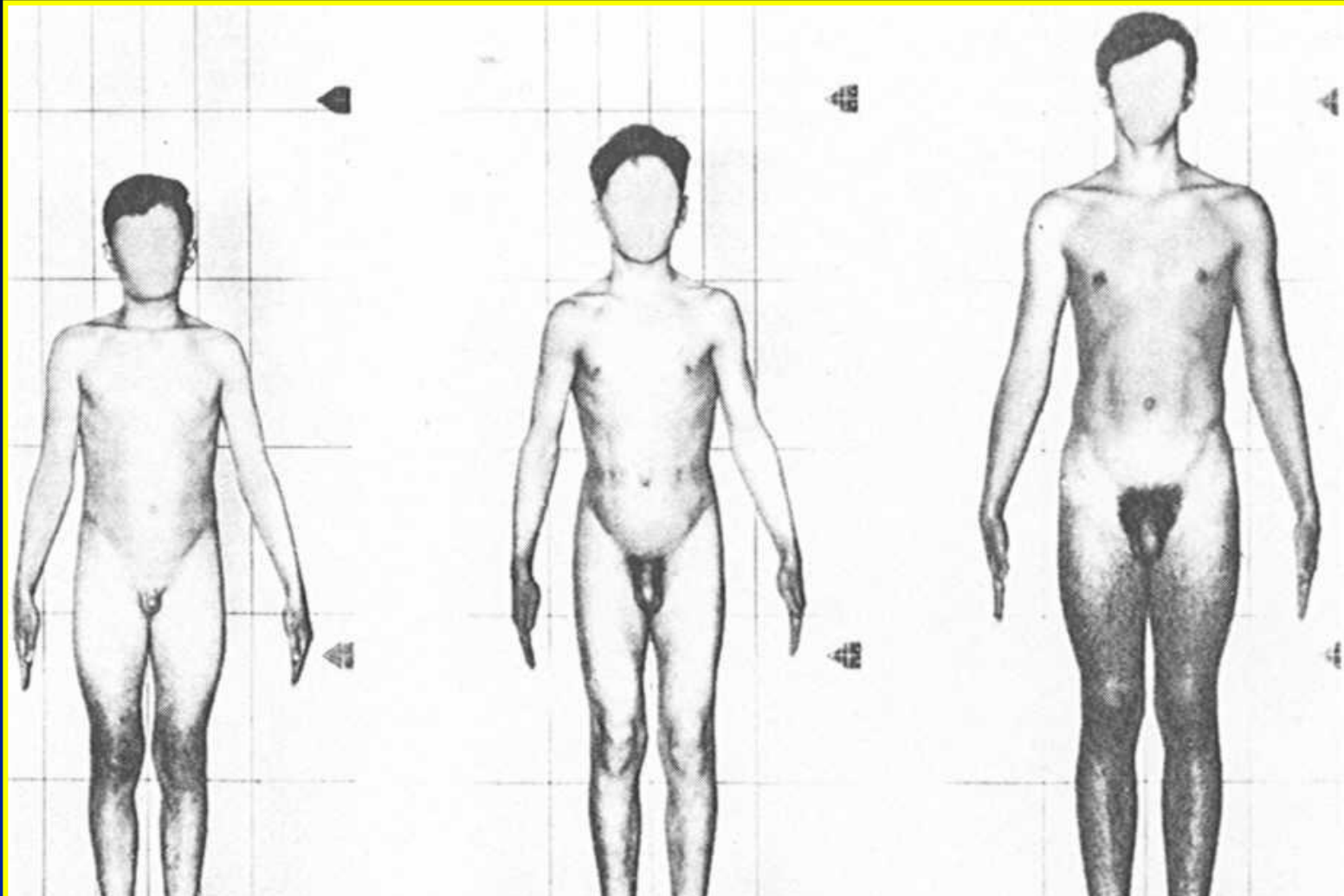


Breytileiki í tímasetningu

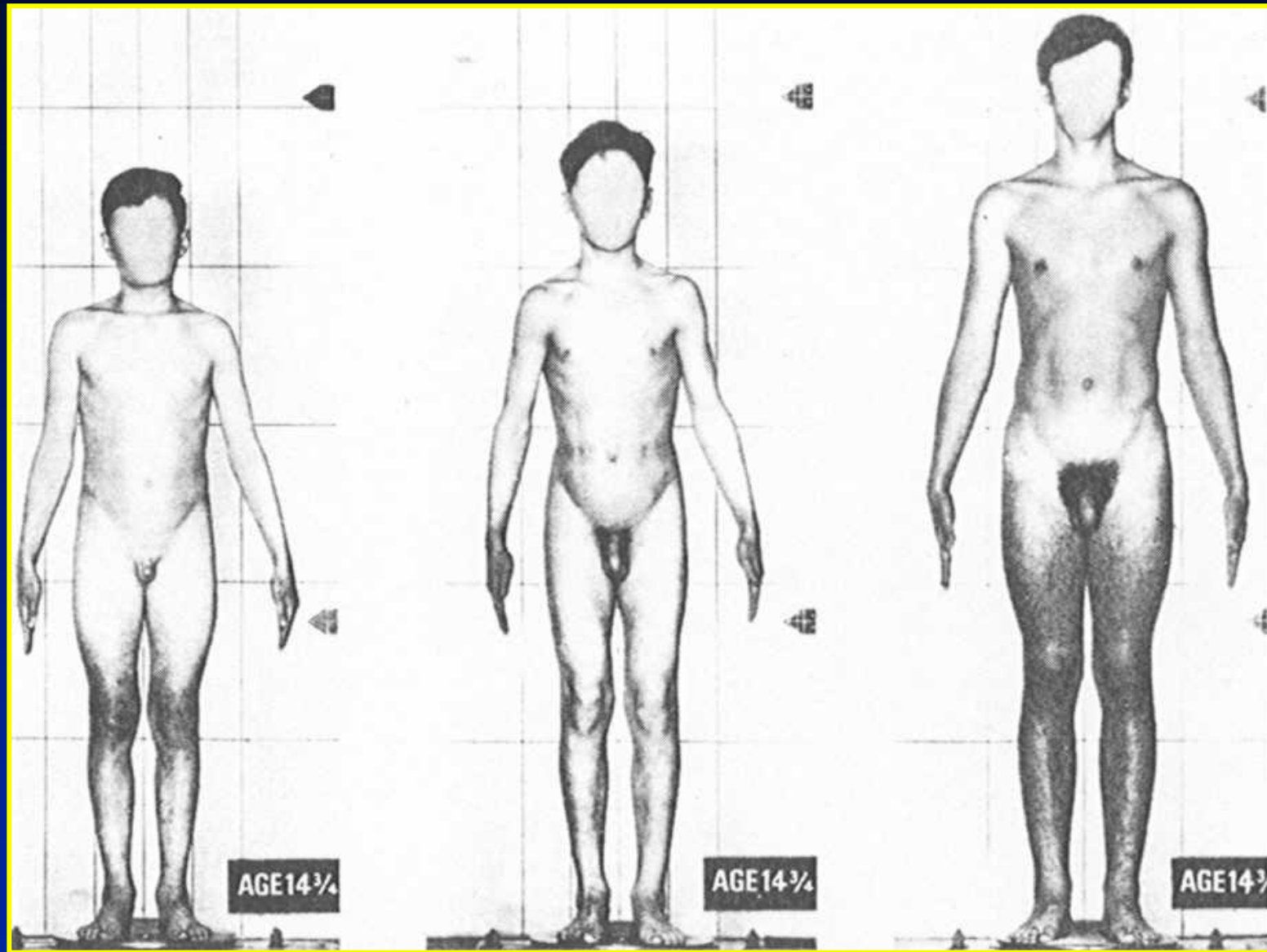
Skilgreining á eðlilegum breytileika

Of snemma eða of hratt

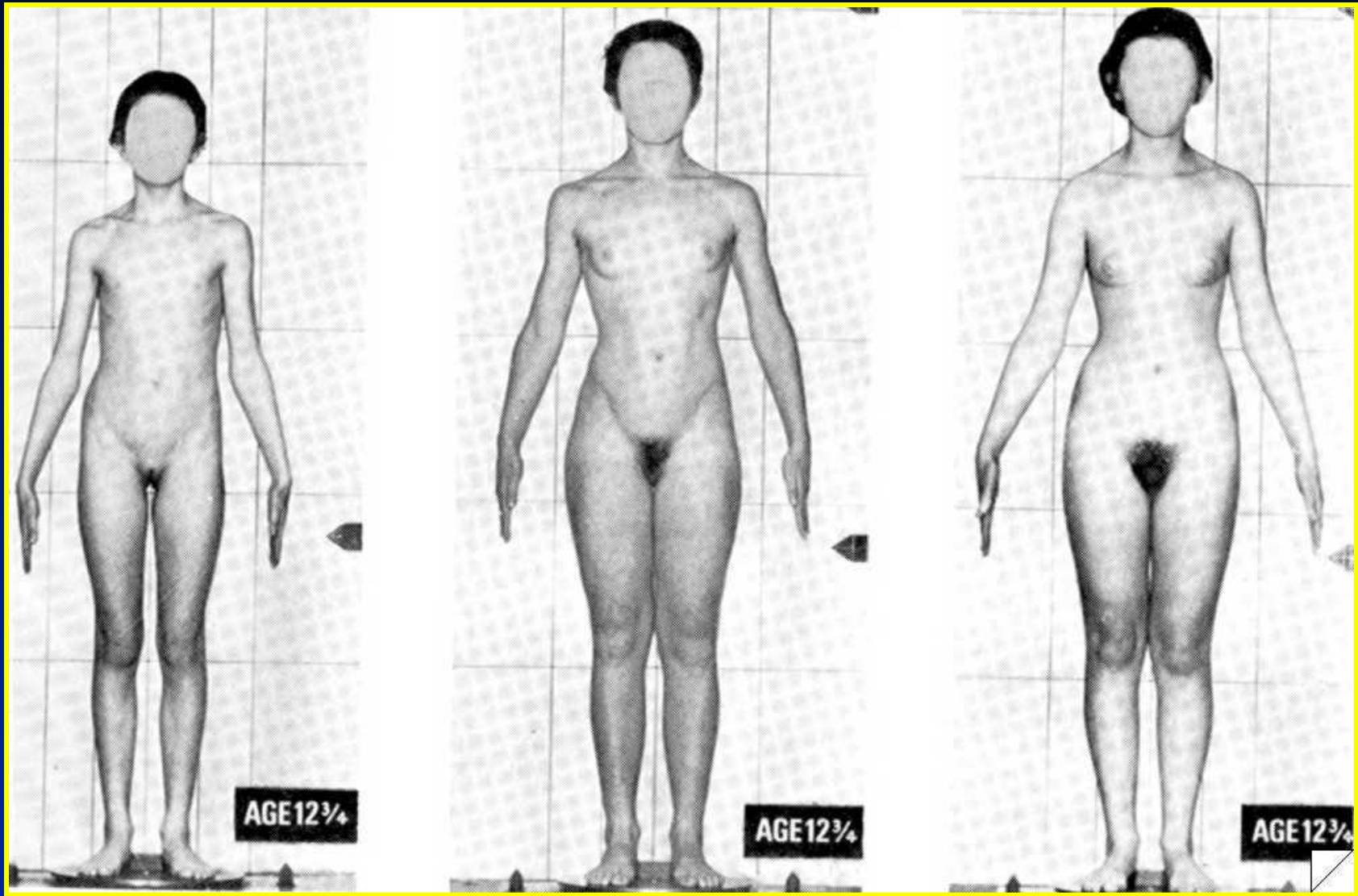
Of seint



Variation in Timing of Male Pubertal Development. From Tanner, J.M.



Variation in Timing of Male Pubertal Development. From Tanner, J.M.



Variation in Timing of Female Pubertal Development. From Tanner, J.M.

Hvað skilgreinir upphaf kynþroska??

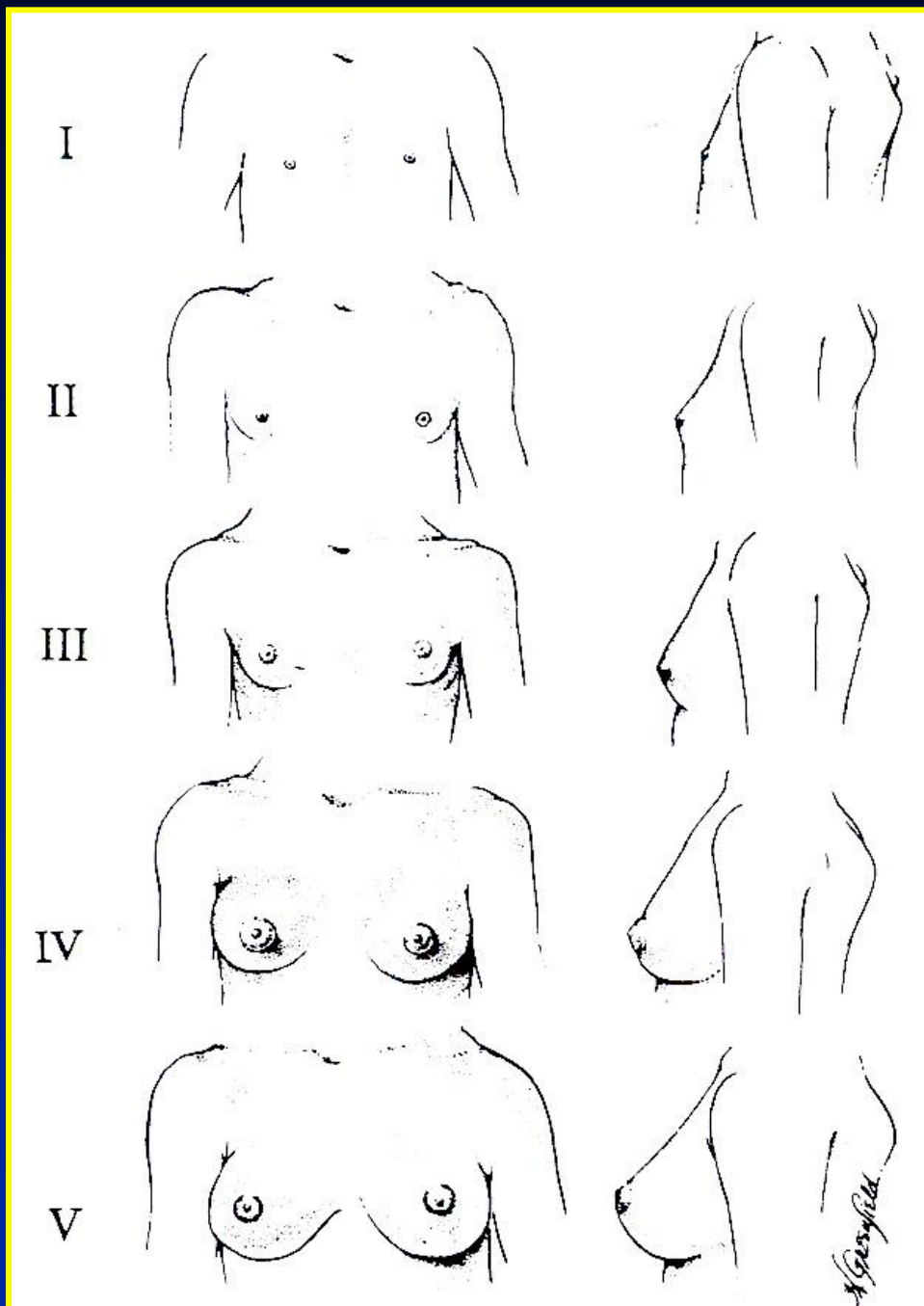
- Brjóstastækkun

- Eistastækkun

- Skaparhár

- Mútur

- Blæðingar



**Tanner Stigun:
Stúlkur,**

Brjóst

Adapted from Marshall WA and Tanner JM

Stærðarmæling á eistum

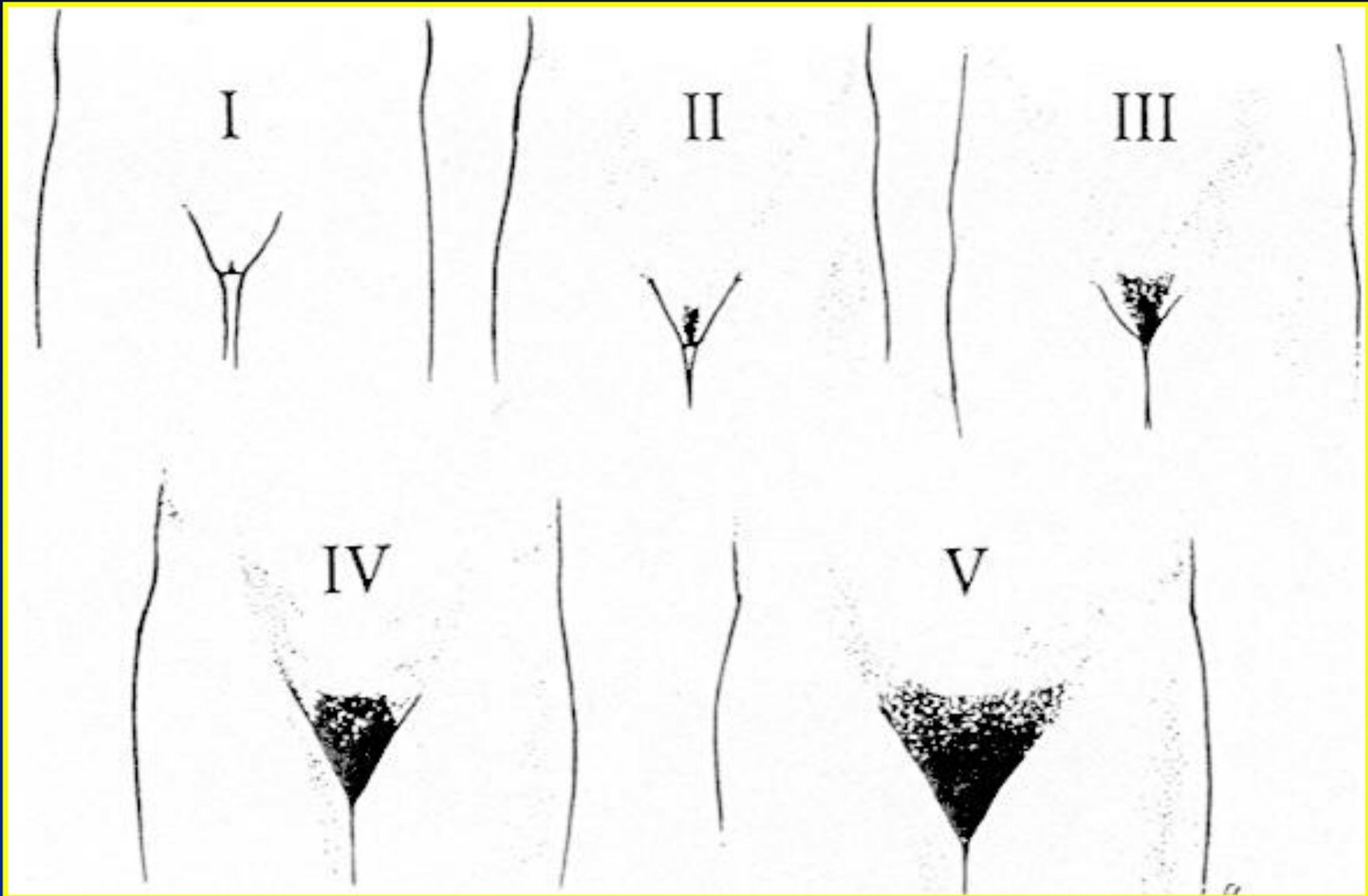


Skilgreining á byrjandi
kynþroska:

Rúmmál ≥ 4 cc

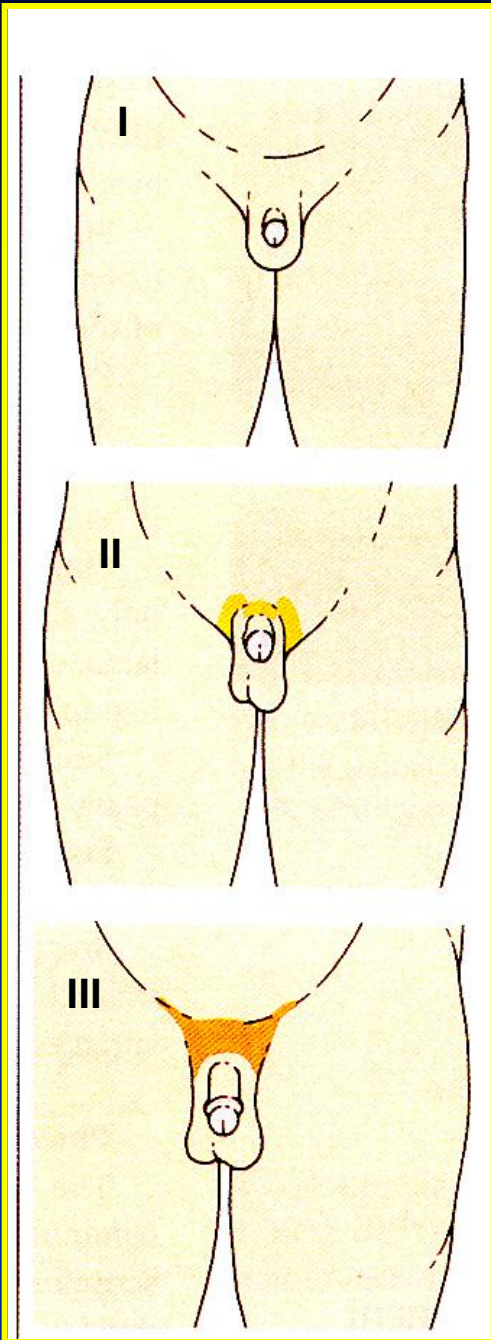
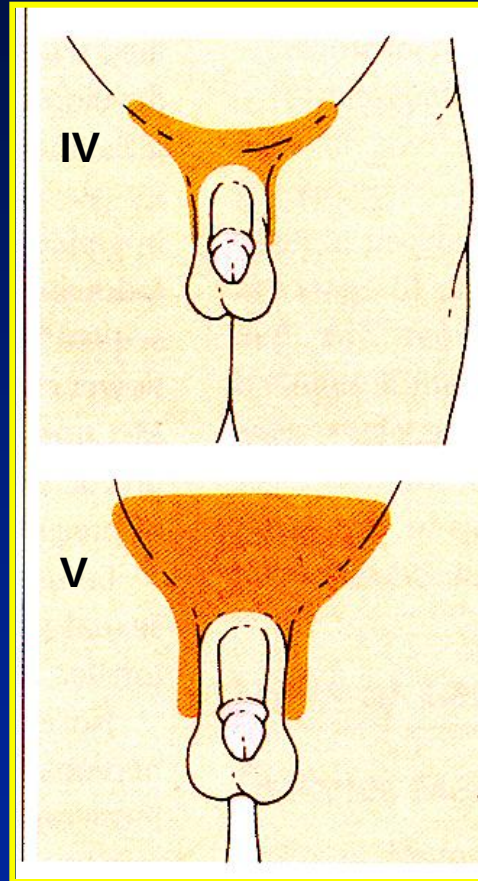
Lengd ≥ 2.5 cm

Tanner Stigun: Stúlkur, skaparhár



Adapted from Marshall WA and Tanner JM

Tanner Stigun: Drengir



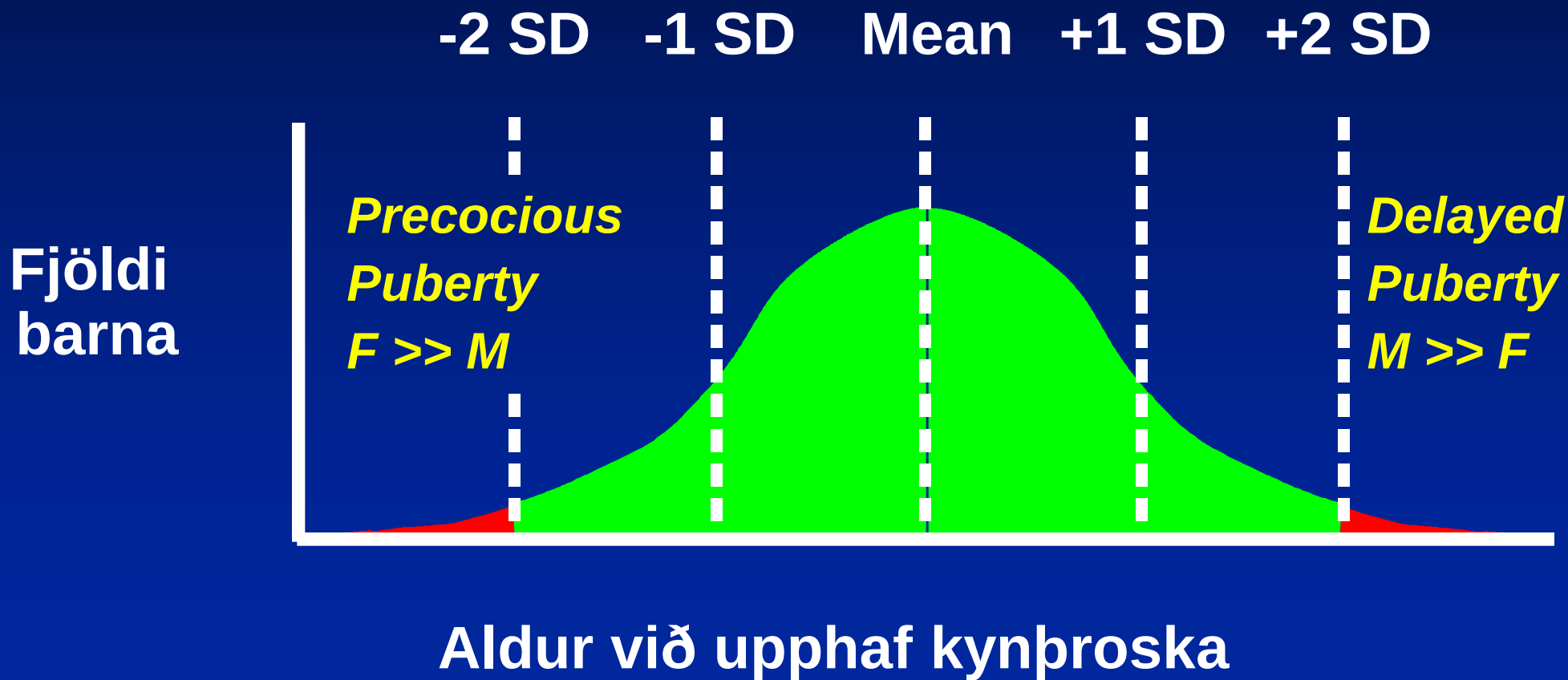
From Finegold, D.

Hvad er of snemmt eda seint ?

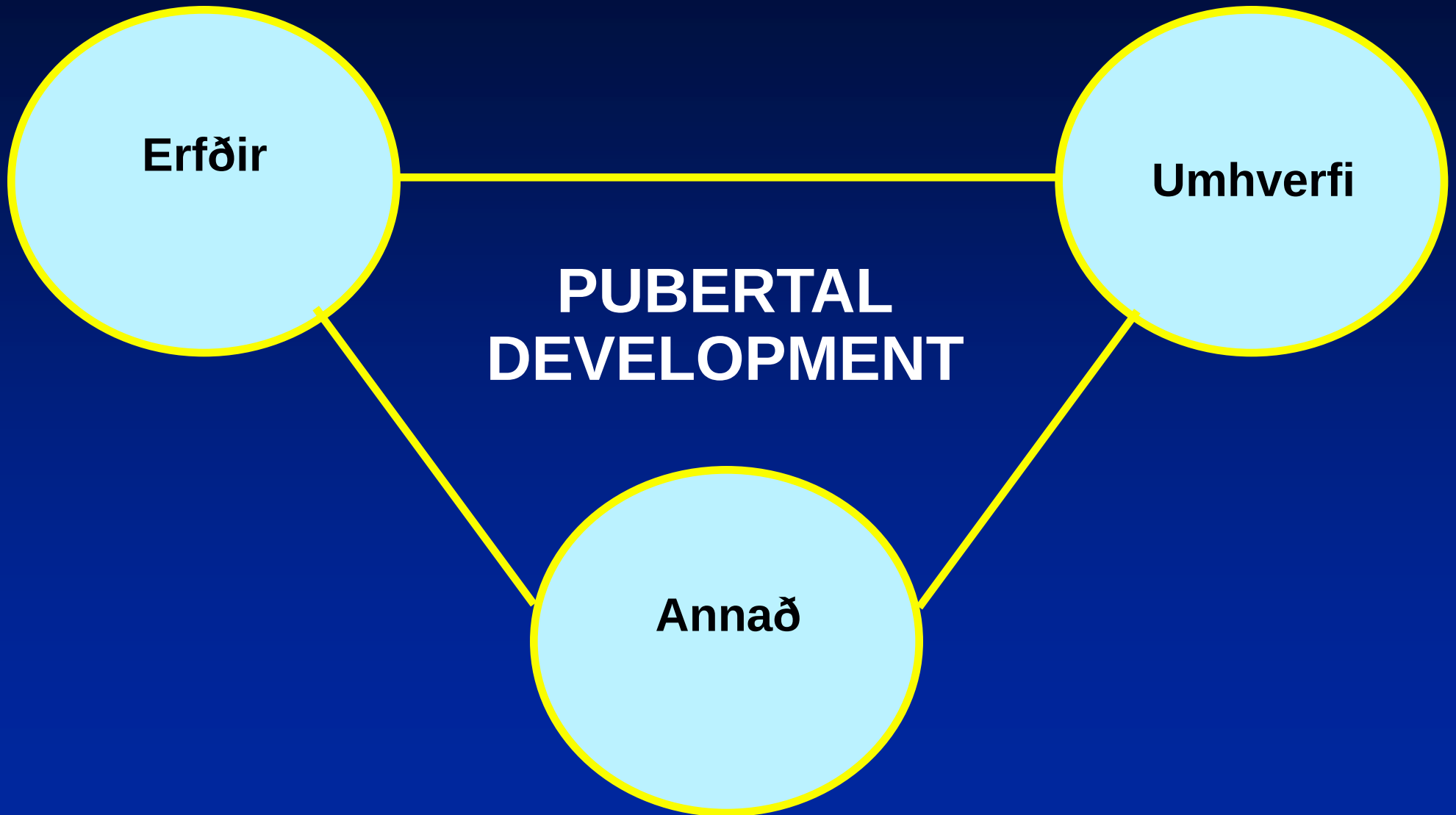
Upphaf kynþroska

	Snemmt	Seint
Drengir	< 9	> 14
Stúlkur	< 8	> 13
Blæðingar	< 10	> 16

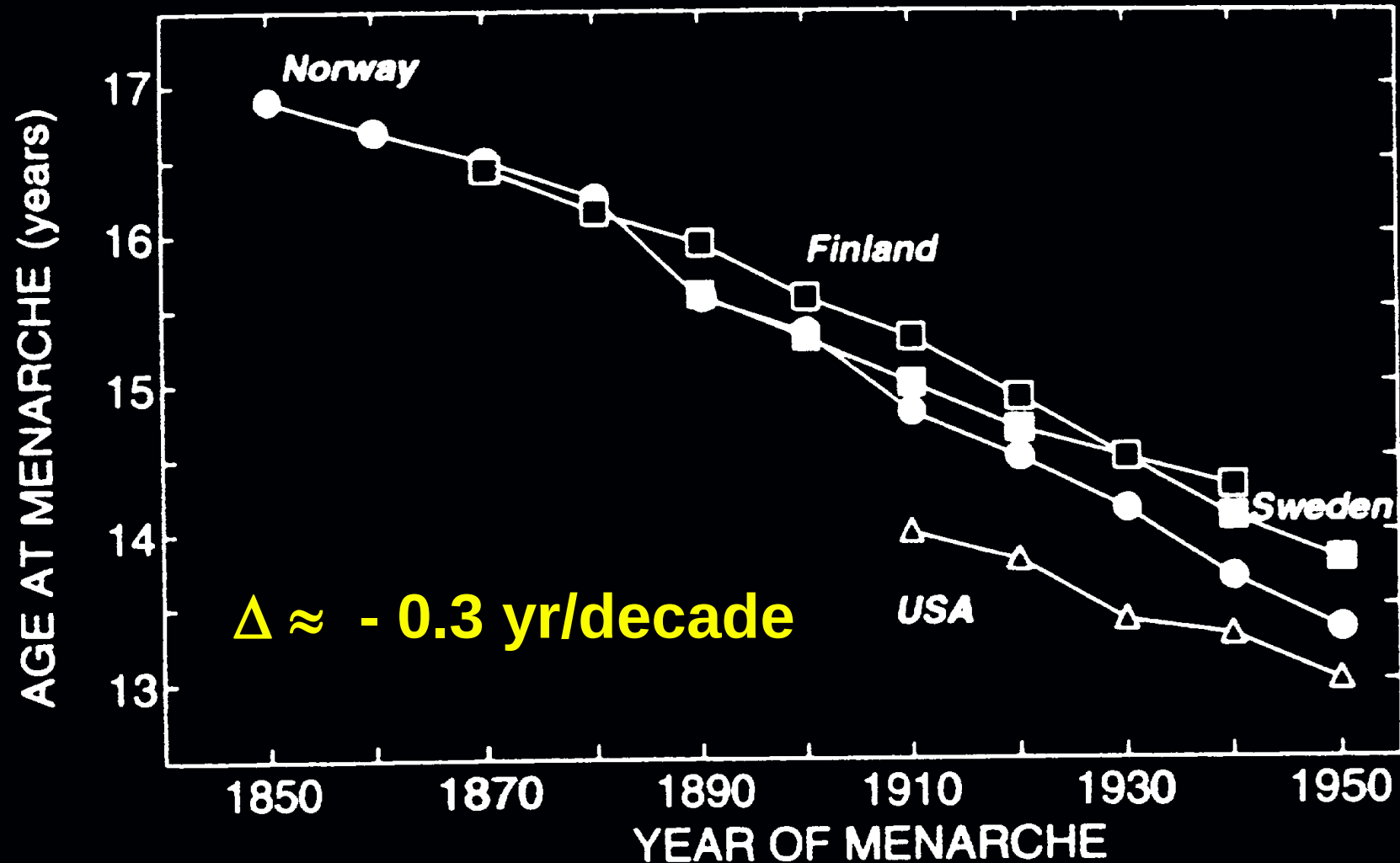
Hver eru ytri mörk hins eðlilega í tímasetningu kynþroska?



Áhrifabættir á vöxt og kynþroska

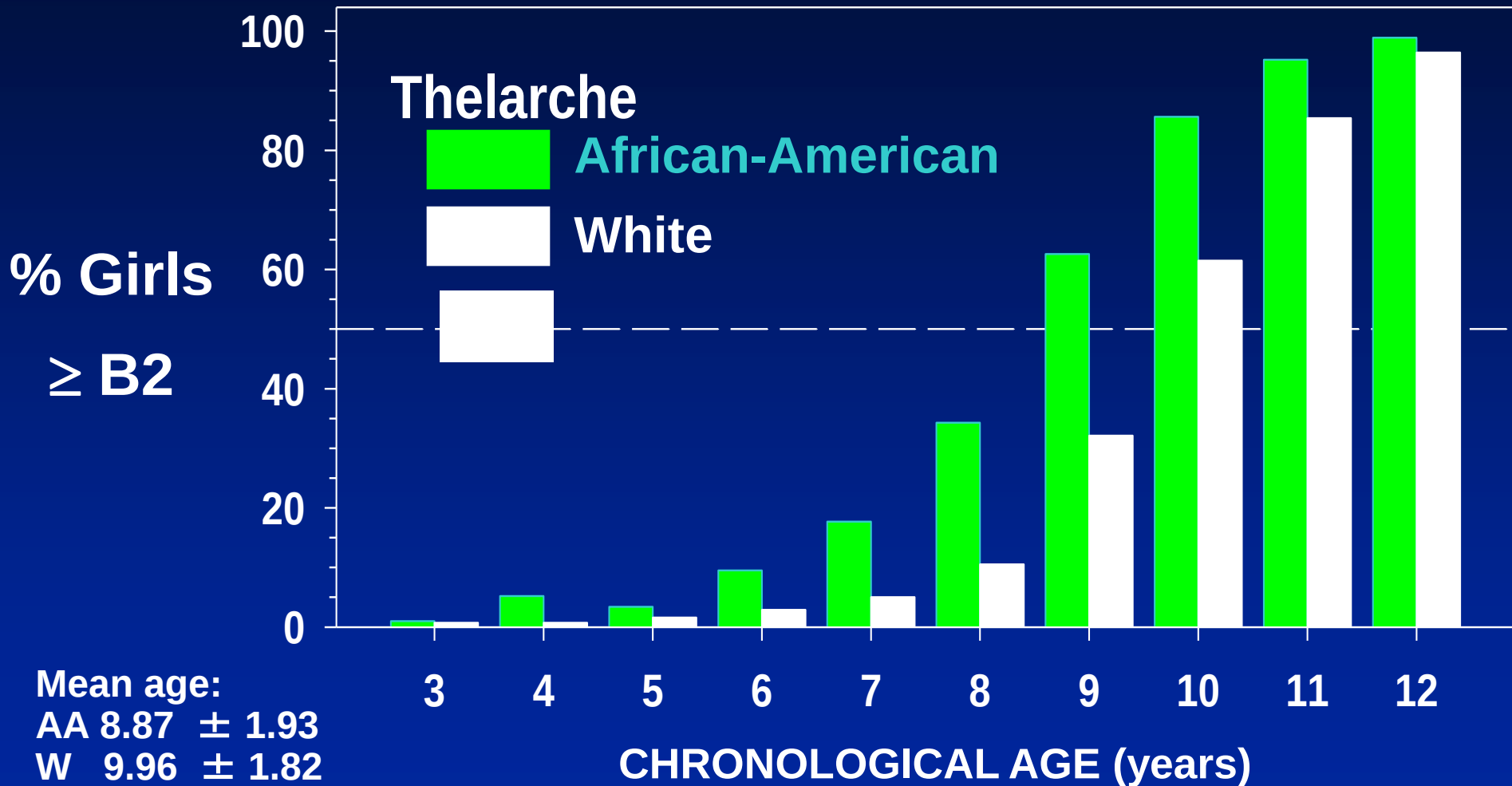


Secular Trends in Age of Menarche



Foster and Nagatani, Biol Reprod 1999, 60:205 (from Tanner, Johnson, Everitt)

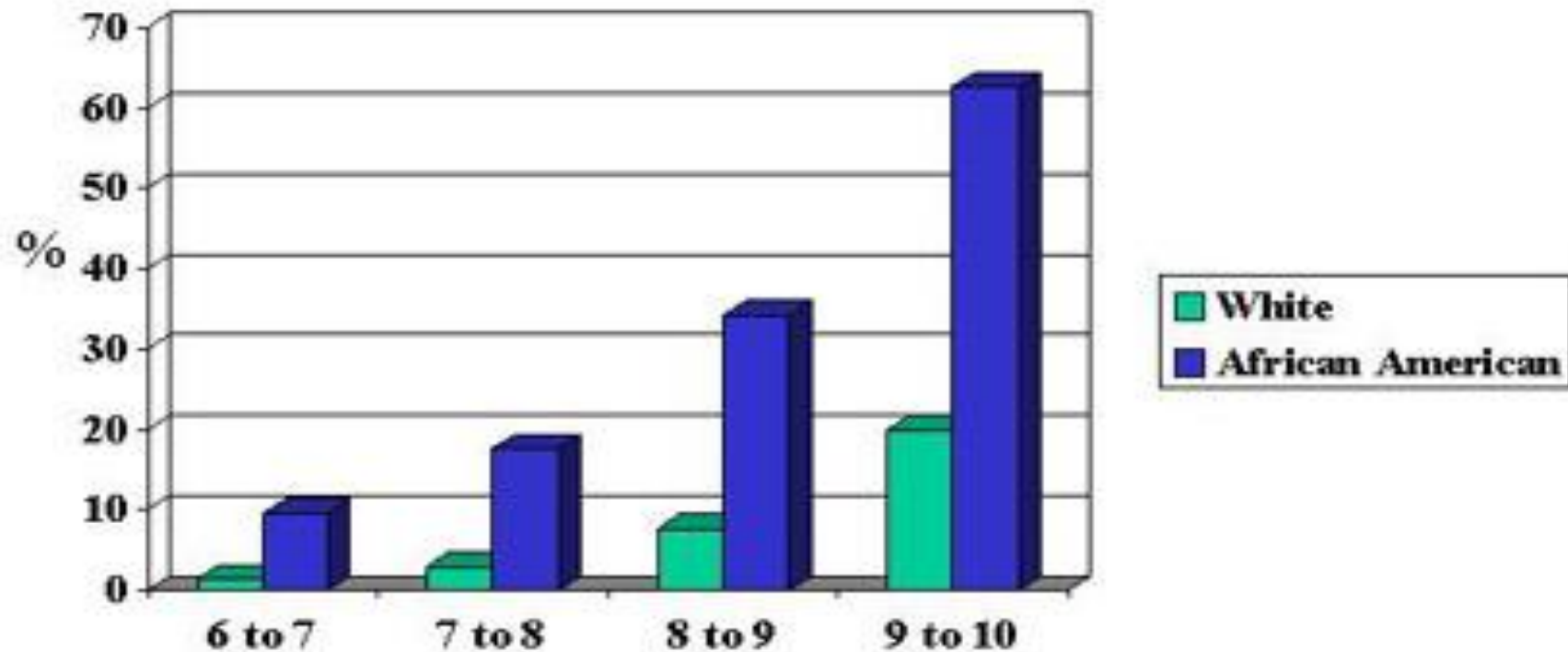
Upphaf kynþroska - aldur



Herman-Giddens, ME, et al. Pediatrics 1997; 99:505.

Upphaf kynþroska - skaparhár

Prevalence of Pubic Hair at Stage 2 or Greater by Age and Race



Age
Herman-Giddens et al. Pediatrics
1997;99:505-512

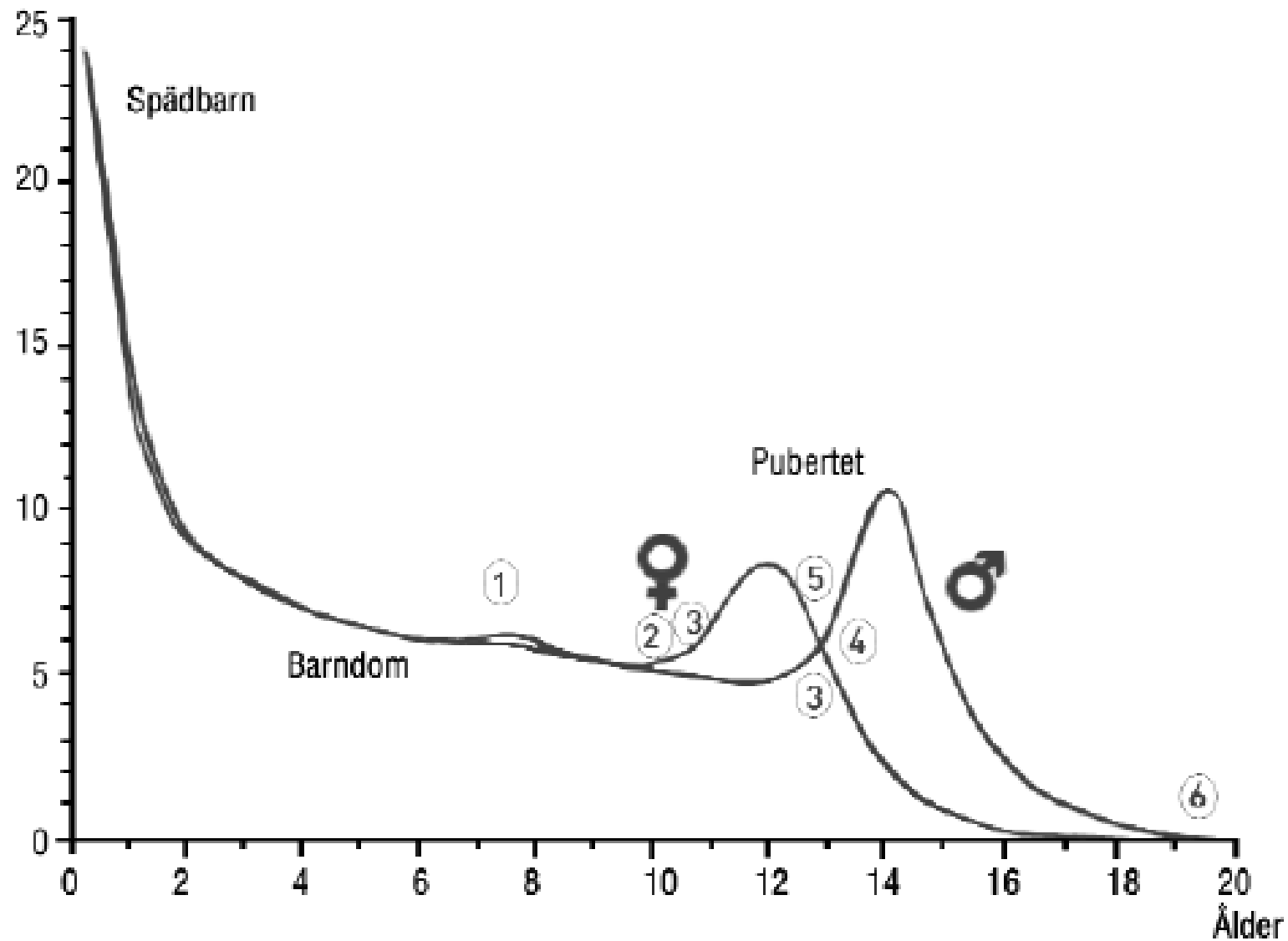
Breytileiki í tímasetningu

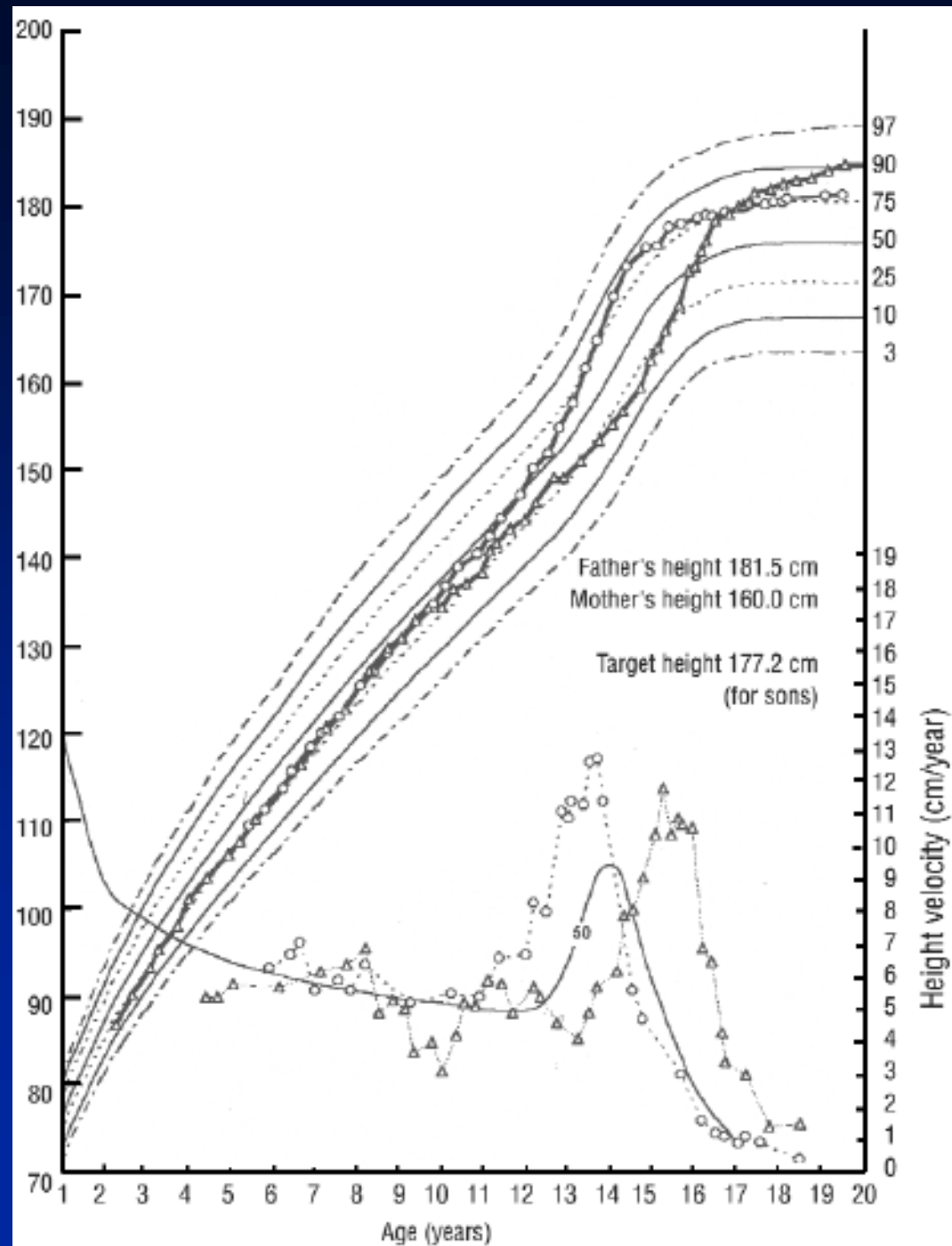
Skilgreining á eðlilegum breytileika

Of snemma eða of hratt

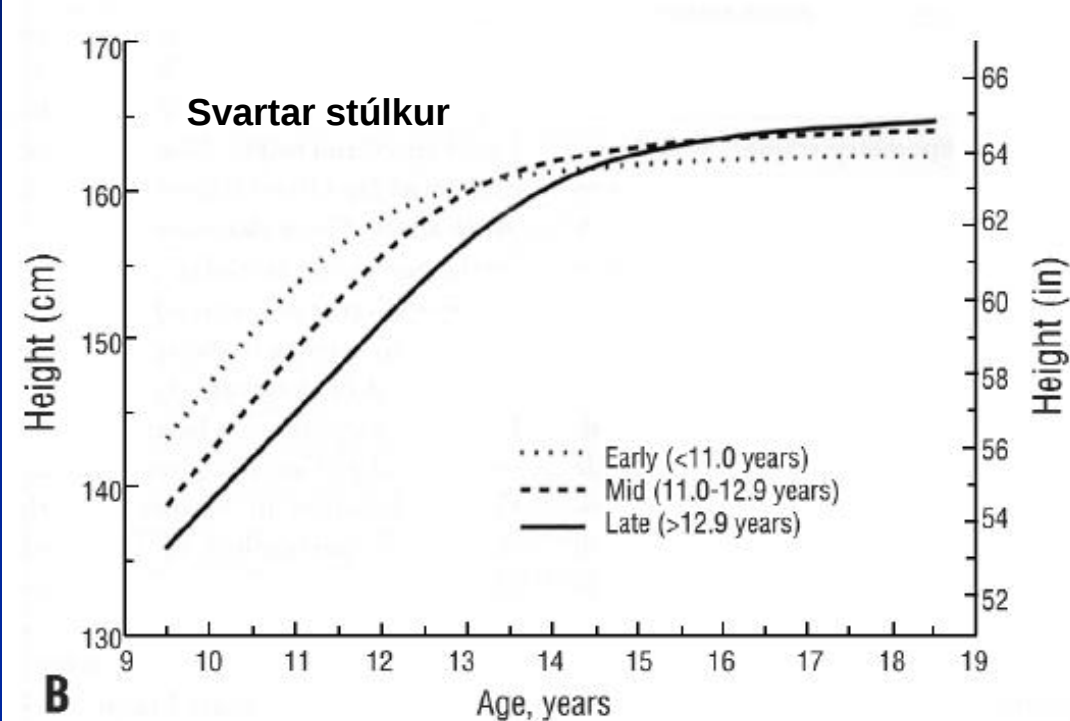
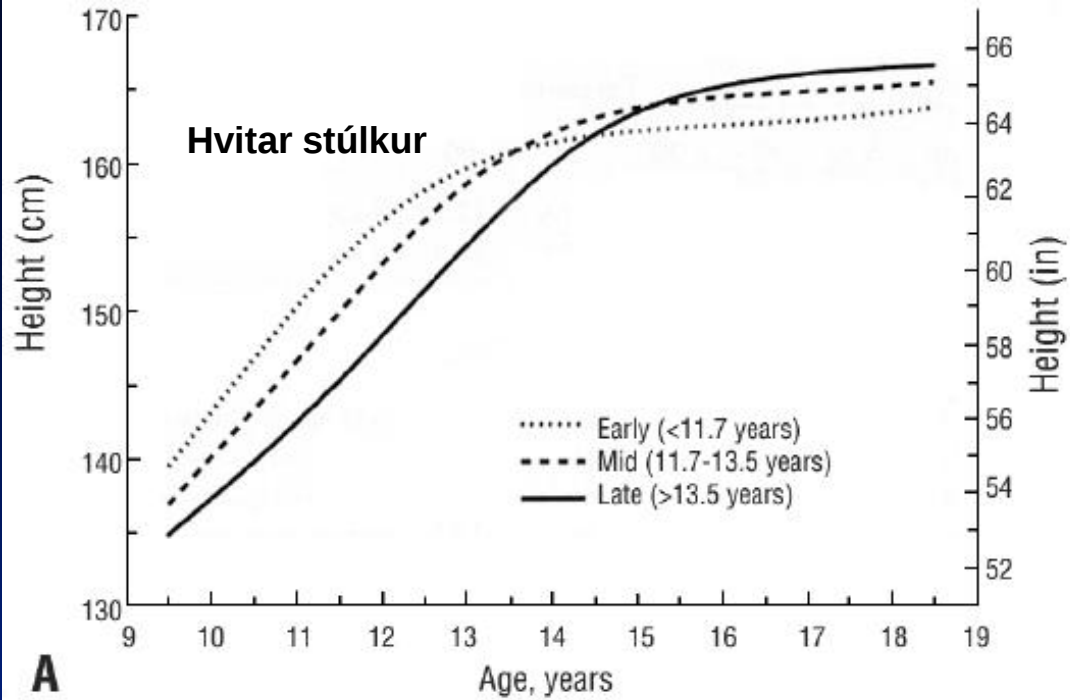
Of seint

Tillväxthastighet





Buckler J. in Growth Disorders



National Heart, Lung and Blood Institute Growth and Health Study

Ættleidd börn og kynþroski

- Það er litill munur milli kynþátta í aldri við kynþroska
- Sömu skilgreiningar eru í gildi um allan heim
- Nýlega rannsóknir styðja grun um að ættleidd börn fari SUM fyrr í kynþroska en jafnaldrar þeirra.
- Mismunur milli landa
- Mismunur milli aldurs barna við ættleiðingu
- NB á við mjög fá þessara barna og aðallega stúlkur

Dönsk rannsókn

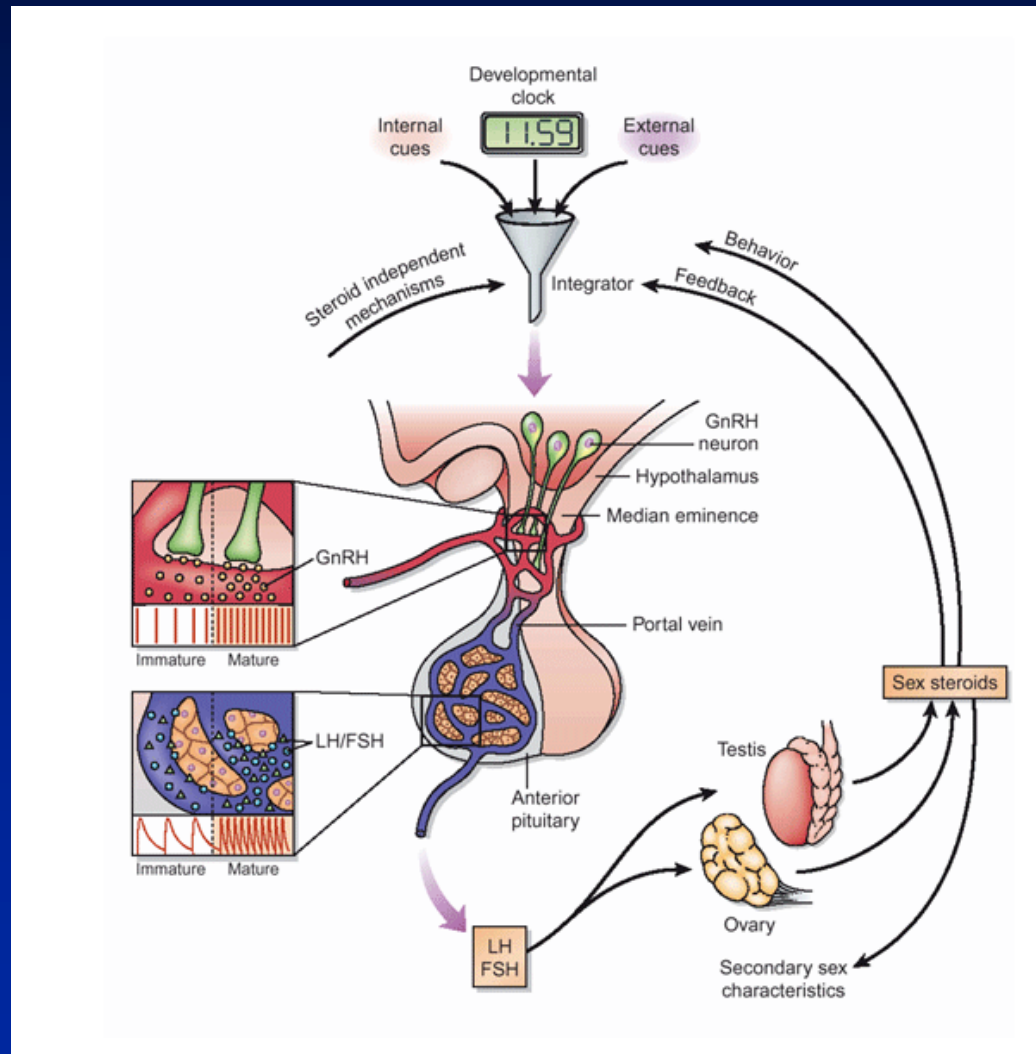
- 655 tilfelli snemmkomins kynþroska hjá 1,3 milljón börnum greind á árunum 1993-2001
- Af þessum tilfellum voru 51 ættleitt barn
- 20 x aukin tíðni meðal ættleiddra barna í heildina
- Mun minni líkur ef barn ættleitt fyrir 2 ára aldur
 - T.d börn frá Asíu
 - 7,2 x aukin tíðni ef undir 2 ára
 - 69 x aukin tíðni eftir 2 ára
- Hins vegar varla marktækur munur á börnum frá Kóreu
 - En flest þeirra undir 2 ára

Samanburðarhópur

- Börn sem fluttu til Danmerkur með foreldrum sínum
- Aukin tíðni 1.5 x og ekki marktæk!!

Hvað veldur???

- Margar tilgátur
- Skordyraeitur?
- Stress
- Næringarástand
- O.fl.
- O.fl.



Byrjandi brjóstaproski hjá ungum stúlkum

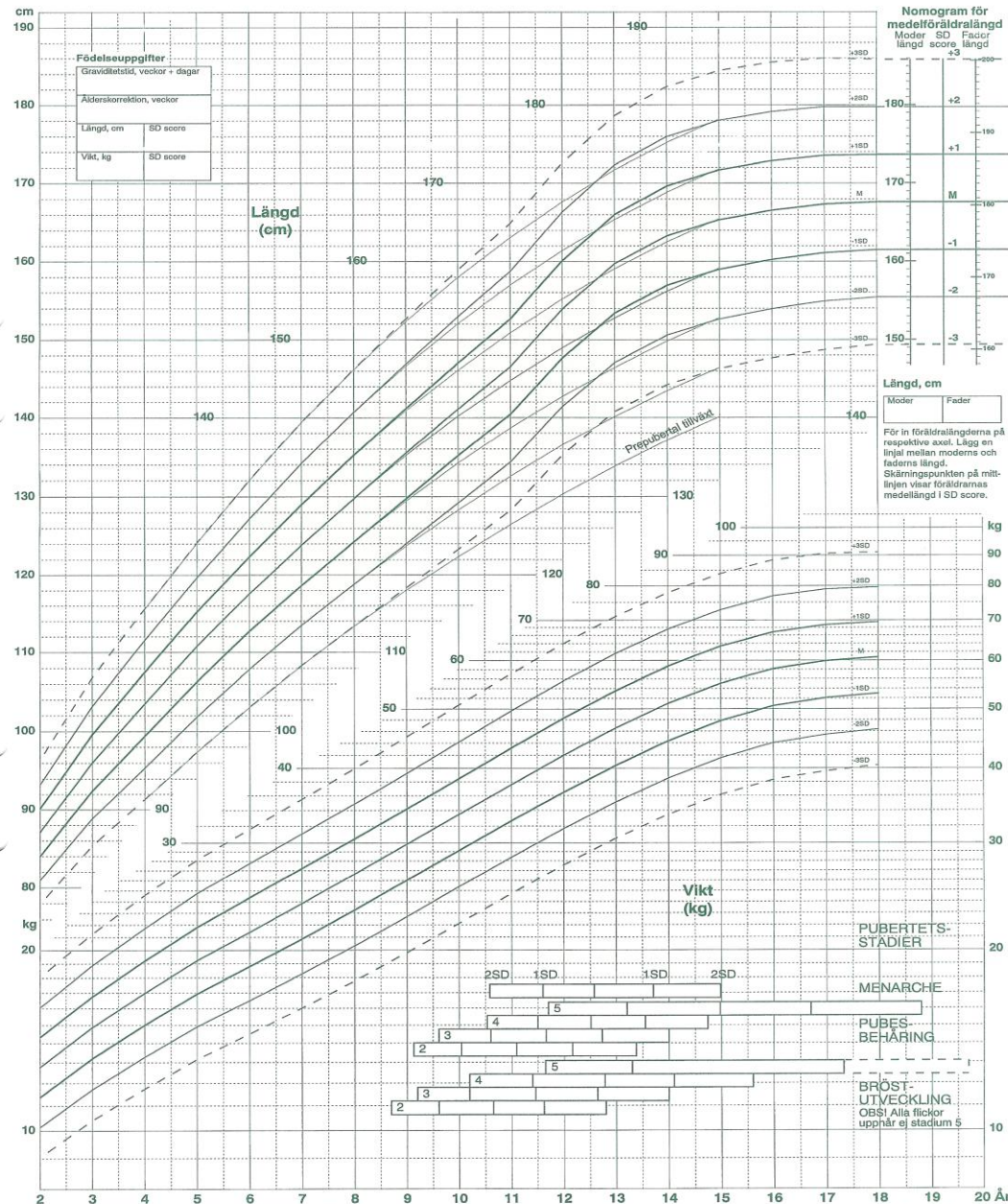


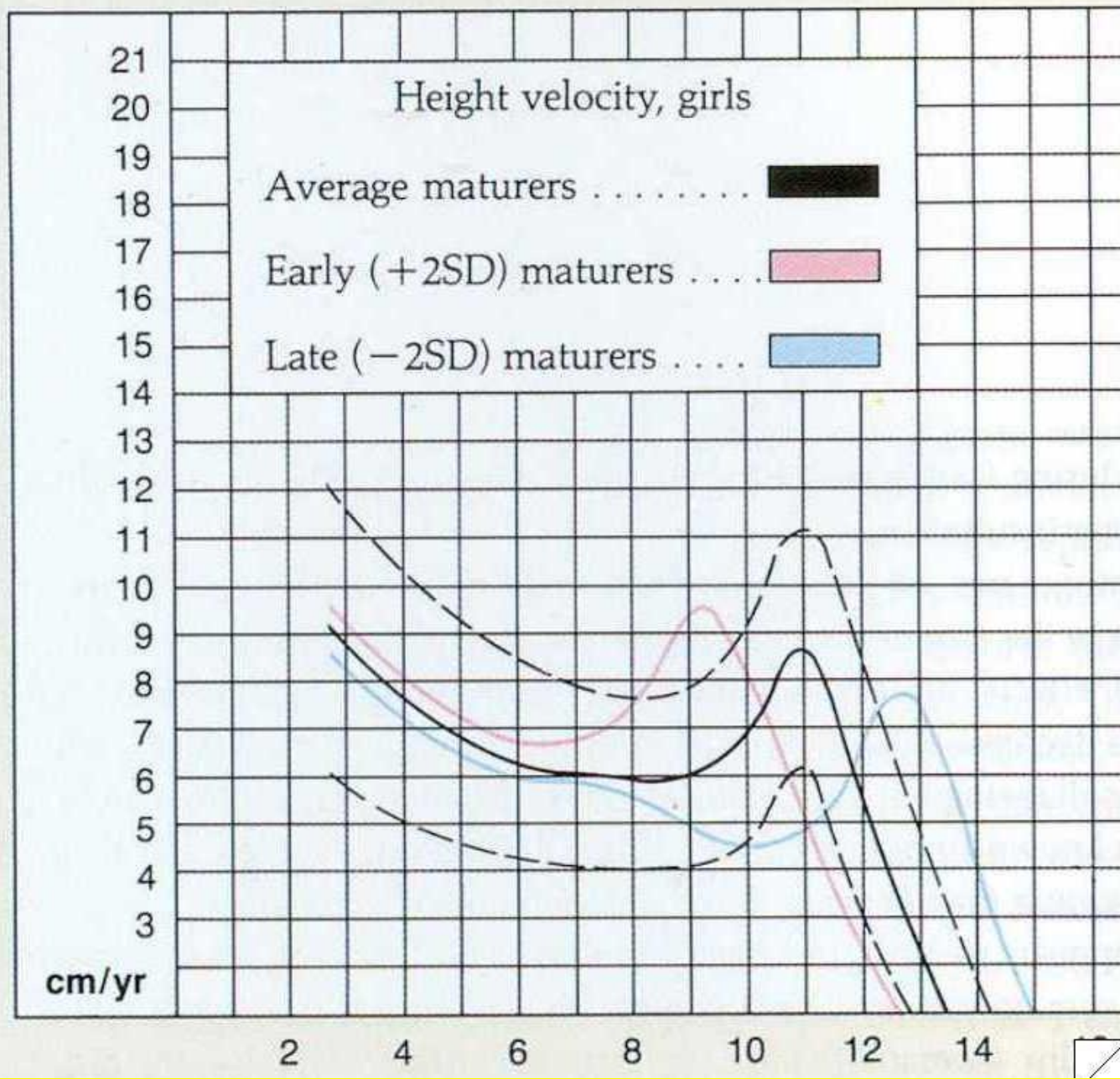
**Getum við gert
eitthvað?**

**Eigum við að gera
eitthvað?**

Getum gert

- Mikilvægt að meta hvert tilfelli
- Muna að eðlilegur breytileiki er mikill
- Hægt er að seinka kynþroska með lyfjum
 - Ef mjög snemma til að bæta endanlega hæð (gera eðlilega)
 - Ef kynþroski skapar “andleg” vandamál







Male 6 yrs

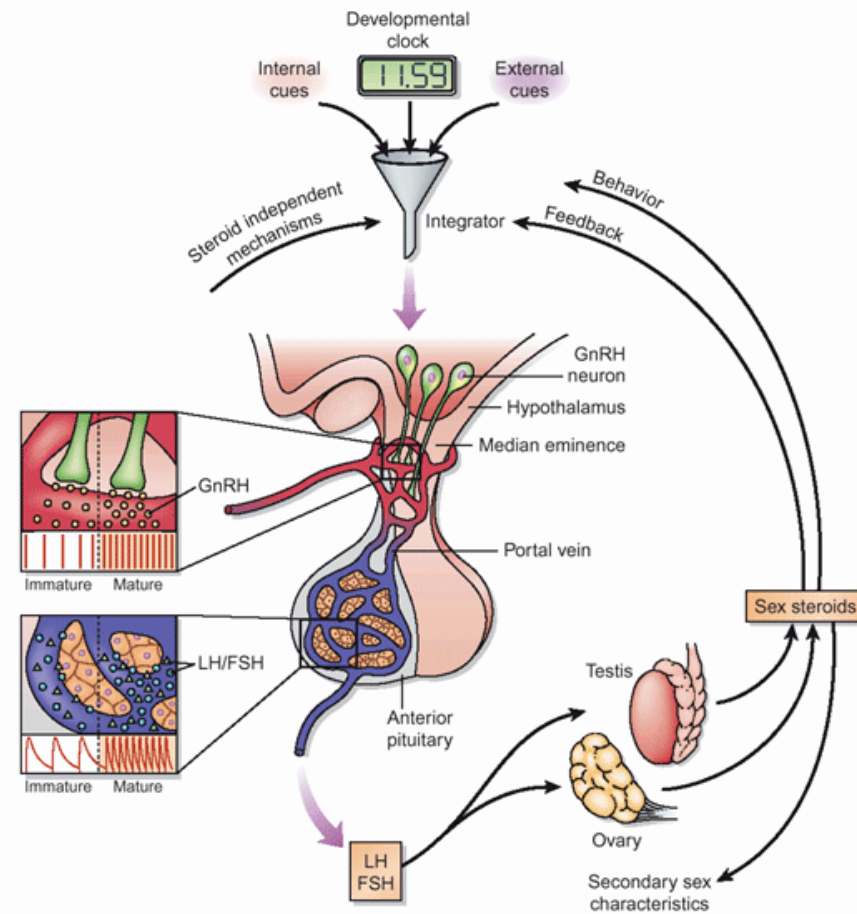
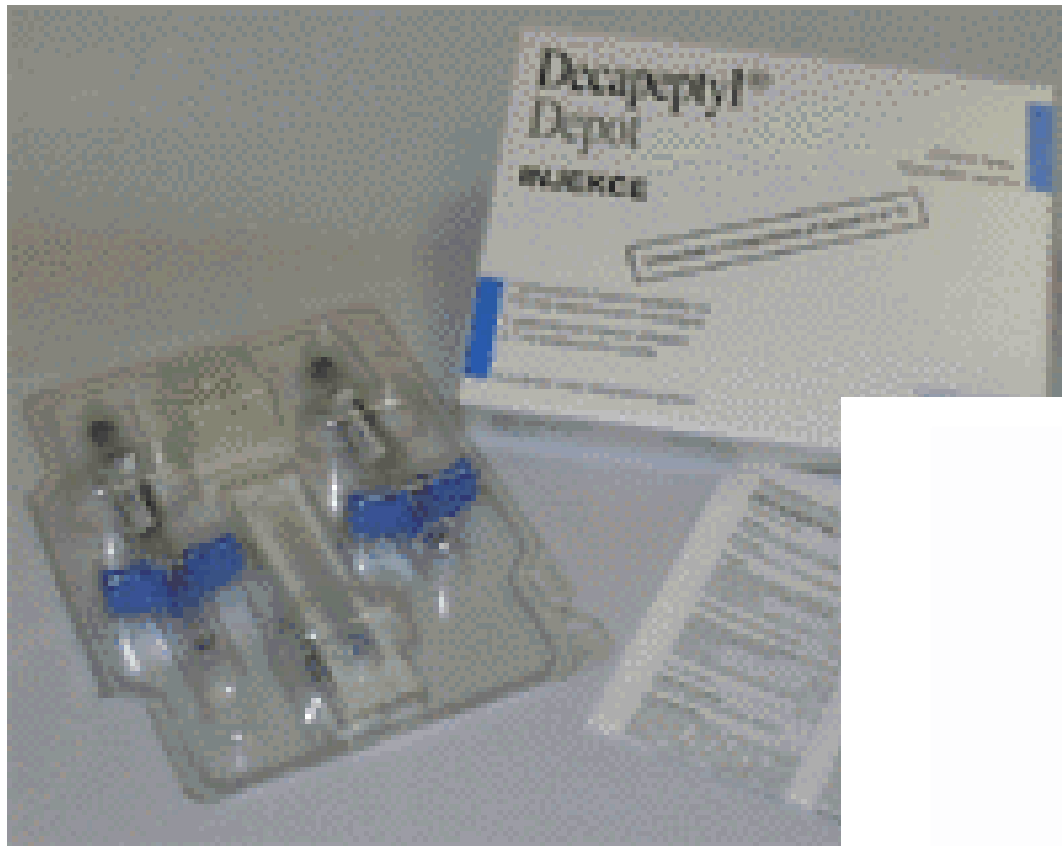


Male 14 yrs

Beinaldur:

**Óbeint mat a
áhrifum
Kynhormóna**

Hæðarspá



Mikilvægt

- Oft eru ættleidd börn frá löndum þar sem fólk er almennt lágvaxnara en í N-Evrópu
- Engin meðferð getur breytt þeirra erfðafræðilegu hæð!!
- Meðferð beinist að því að leiðrétta utanaðkomandi vanda.
- Þó að tíðni snemmkomins kynþroska sé aukin hjá ættleiddum börnum eru líkurnar á þessum vanda ekki stórar!
- Lykillinn að réttri meðferð er gott eftirlit með vexti og þroska!

Hvad er of snemmt eda seint ?

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Takk fyrir