

# EVERYTHING YOU WANTED TO KNOW ABOUT PUBERTY

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Puberty denotes the entry of a youngster into pre-adulthood and sexual maturity. During puberty, the body experiences numerous progressions that influence the manner in which youngsters look, feel and behave.

Having a healthy eating routine influences the age at which they arrive at puberty just as their development during puberty. Consulting a doctor about dietary patterns is highly recommended to ensure they keep youngsters healthy during this significant time of development.

A progression of hormonal changes triggers the creation of luteinizing hormone and follicle-stimulating hormone, which start changes in their bodies. Young men and women enter a development spurt in which they get taller and experience rearrangement of weight on their bodies and lot of changes in their emotion. Boys can attain puberty any were from 12- 16years and these young men start producing testosterone and mature sperm cells.

The eggs in the young lady's ovaries start to develop and she produces estrogen. These physiological changes mark the development toward sexual maturity. The time of the beginning of

puberty relies upon different elements, including nutrition. Most girls enter puberty between ages 8 and 13 years. These days girls start puberty at a younger age than in previous decades. Today's unhealthy eating regimen, which includes many processed, high-fat foods, is to be blamed for this problem.

Being overweight or fat adds to the probability that a young girl will enter puberty sooner than normal. Apart from influencing the period of the pubertal beginning, nutrition also influences a child's progression through puberty. Puberty triggers a development spray, which expands their day by day caloric necessities. Following a healthy eating routine enables their body to develop without getting overweight. Likewise, an adolescent also needs more protein, iron, calcium, zinc and folate during puberty for healthy development. Menstruating girls are at a particularly high danger of iron inadequacy. Neglecting to get enough calcium or protein during puberty may harm their bone and muscle development, which could affect their well-being later in life.

Along with delaying the beginning of puberty, being overweight could cause hormonal imbalances that lead to genuine health problems. Keeping up a solid eating routine before and during puberty is fundamental to appropriate growth and development.

Other elements, including hereditary factors and natural agents, additionally influence pubertal onset and development. Puberty commonly starts between ages 8 and 13 and lasts around two to four years. During this time, the amount of fat, muscle and bone changes rapidly as young ladies make the progress into womanhood. The inability to put on weight during puberty is really unhealthy, as per specialists. Most girls first sign of puberty is the breast development just buds seen, which can occur at the age of 11 years on an average, followed by the growth of pubic hair typically followed by the growth of hair in the armpits. Few girls, however can develop pubic hair prior to breast development. Onset of menstruation (periods) usually starts after the physical changes and usually occurs around two years after the onset of puberty.

Major bodily changes happen in young ladies during puberty; the last significant development spurt in life happens during this period. Puberty really starts when the mind instructs the ovaries to make the female hormone, estrogen. This hormone and others cause a girl's body to fill in size and change in shape as it plans for reproduction - or having a baby. As a girl grows, her body will make more fat to allow fuller thighs, stomach, bosoms, and wider hips. Lean body mass in young ladies reduces from around 80% to 75% before the finish of puberty, while the measure of muscle to fat ratio increases.

Girls may feel uneasy if they become curvier sooner than their friends and classmates. In any case, it's unhealthy to try to forestall normal pubertal weight gain. Eating healthy nourishments that include lean meats, fish, grains, fruits and vegetables while restricting fast food and other junk foods

like cookies, cakes and chips can help forestall unnecessary weight gain during puberty. Regular exercise can likewise help shield girls from getting overweight or obese. Partaking in sports and different types of activity can support confidence and improve body image.

Help your daughters to comprehend that weight gain is an unavoidable - and healthy - part of her growth. Consult your doctor if you feel your girl is putting on an excessive amount of weight during puberty. They can recommend a fitting weight loss routine. Avoid trendy diets or fast weight reduction plans during puberty, since they can affect growth and sexual development.

## **About the Author:**



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