Average pubertal timing, characteristics and menstrual patterns of Nigerian girls: Implication for sex education

Published On: May 05, 2020 | Pages: 010 - 013

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Introduction: Age at menarche reflects the beginning of sexual maturation and is affected by nutritional status and prevailing environmental conditions. This study examined the age at menarche, breast and pubic hair development of girls in Southern Nigeria and explored their menstrual pattern Method: A cross-sectional descriptive study design was adopted, with struct ...