



Dr Wolfgang Muller (Consultant Paediatrician)

Parent Information Guide:

Premature Thelarche

What is Premature Thelarche?

Premature thelarche is the **early development of breast tissue** in young girls — usually under the age of 8 — **without any other signs of puberty**.

It is a **benign and common condition** that often occurs in girls between **6 months and 3 years of age**. It is not usually a cause for concern.

What Causes It?

- The exact cause isn't always known.
 - It may be due to **temporary sensitivity of breast tissue** to normal hormone levels.
 - It is **not usually caused by early puberty** or underlying medical conditions.
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What Are the Signs?

- Breast buds or slight swelling in one or both breasts.
 - No other signs of puberty (such as pubic or underarm hair, body odour, or growth spurt).
 - Normal growth and development otherwise.
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What Should I Look Out For?

You should speak to your doctor if your child shows:

- Rapid or **progressive breast enlargement**
 - Development of other **puberty signs** (e.g. body hair, body odour, vaginal discharge, or rapid growth)
 - Breast tenderness, redness, or discharge
 - Significant **asymmetry** or a lump that feels unusual
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Will My Child Need Tests?

- In most cases, **no tests are needed**.
 - Your doctor will monitor your child's growth and development over time.
 - In rare cases, if early puberty is suspected, further evaluation (e.g., blood tests or imaging) may be recommended.
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Does It Go Away?

- Yes, in many cases, premature thelarche **resolves on its own**.
 - Breast development may come and go slightly for several months.
 - It does not usually lead to early menstruation or full puberty.
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Is Treatment Needed?

- **No treatment is needed** in most cases.
 - Just regular check-ups to monitor development and reassure families.
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How Can I Support My Child?

- Reassure your child and avoid drawing attention to breast changes.
- Choose comfortable, loose-fitting clothing.
- If your child asks questions, explain in simple, age-appropriate terms that this is a normal part of growing.



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Summary

Premature thelarche is common, especially in toddlers, and usually harmless. Most children do not need treatment, and the condition often resolves on its own. Monitoring by your GP or paediatrician will help ensure everything is progressing normally.

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