



Growing up Early

YOUNG GIRLS HITTING PUBERTY AT AN EARLIER AGE IN TODAY'S TIMES HAS LED THE MEDICAL FRATERNITY TO VIEW '8 AS THE NEW 13'. RESHMA O. PATHARE EXPLORES HOW THIS TREND OF CHILDREN MATURING A FEW YEARS TOO SOON IS BRINGING ALONG A SERIES OF PHYSICAL AND PSYCHOLOGICAL PROBLEMS.

Our culture has always celebrated the 'coming of age' of its young girls. Every mother looks forward to her daughter making this transition from girlhood to womanhood. But, in recent times, this phenomenon is increasingly becoming a cause for worry, because girls are reaching menarche almost two-three years earlier than normal. "As per a survey conducted by the Federation of Obstetrics' and Gynaecologist's Society of India (FOGSI), 80 per cent of girls in cities are reaching puberty around the age of 11, which is two years earlier than the ages recorded in the past," notes Vidhu Sindhvani, Manual Therapist at AktivOrtho, Delhi.