

# There are no stupid questions.

---

## *Women's Health: Adolescent Health and Puberty*

Our expert women's health team is here to answer your commonly asked questions about adolescent health and puberty.



## Adolescent Health and Puberty

Adolescence can be a tumultuous time for girls. The transition to maturity can lead to feelings of isolation and embarrassment. At Upland Hills Health, we help girls take this time in stride and empower them to know what's happening within their bodies. Our goal is to take the shame and stigma out of puberty.

**Dr. Barbara Hostetler** answers the top 5 most common questions about adolescent health, teens and puberty.

## 1. When should I get my first pelvic exam, and what should I expect?

**Dr. Hostetler:** You should get your first pelvic exam when you turn 21, when you become sexually active, or if you have any gynecological problems.

## 2. I'm really nervous about getting my first period. How can I be prepared? What are signs to look out for?

**Dr. Hostetler:** It's a good idea to carry around a makeup bag with tampons or pads and spare underwear. A girl's first period can come as a surprise, so it's best to be prepared when you think it might happen. First periods often occur about two years after breast development begins. You might notice some cramping before your first period arrives.

## 3. Should I be on birth control?

**Dr. Hostetler:** You should be on birth control if you're sexually active or if you plan to be sexually active. It's also important to know that some birth control can be used as medication to help treat heavy or painful periods or acne.

## 4. Is there anything I can do for the cramps and tiredness that come with menstruation?

**Dr. Hostetler:** Of course. Teenagers never get enough sleep, so making sure you get enough sleep is helpful. I'd recommend a minimum of 8-9 hours of sleep per night. Cramping can be treated with ibuprofen. Taking the medication when bleeding first starts or just as soon as cramping develops is more effective than waiting until the pain feels unbearable. Take the medication on a scheduled basis for the first 24-48 hours to control the pain rather than letting it overtake you.

## 5. I got my first period two months ago and nothing since. Should I be worried?

**Dr. Hostetler:** No. This is extremely common in the first year when periods start; periods can be irregular and random. If that continues after the first year, then you might want to see a doctor, but for the first year it's a very common experience.



## Conversation Starters

Your doctor should be ready to address all your questions! Don't be shy about asking anything in the office: that's what they're there for.

Nervous about talking to your parents? Parents, are you nervous about talking to your daughter? Try these conversation starters!

- *Ashley got her period today at school. I am nervous about it happening to me.*
- *You're growing up! You'll probably be getting your period soon. Let's talk about it so you're prepared!*

Don't be afraid! Don't be ashamed. Knowledge is important. You can still have your life and you can still do all the things you love. This is an unpredictable time for you, but with knowledge and preparation you'll be able to handle it with confidence.

# Meet the Experts

---

## Dr. Hostetler

*Board Certified, Obstetrics and Gynecology*



Dr. Barbara Hostetler  
OBGYN

**Dr. Barbara Hostetler** is an Obstetrics and Gynecology Specialist at Upland Hills Health and is fellowship-trained in pediatric and adolescent gynecology.

### **Appointments:**

Call **608.930.7115** to schedule an appointment with Dr. Hostetler. To learn more about women's health at Upland Hills Health, visit [uplandhillshealth.org/womenshealth](http://uplandhillshealth.org/womenshealth).