

## Breast enhancement tips

In most girls it will take a few months after starting oestrogen treatment before you see any changes in your breast development.

So, in the meantime, there are a wide variety of what are called 'breast enhancers' available from many well-known high street shops such as La Senza, Primark, New Look and Marks & Spencer. The list is endless.

You can buy a heavily padded bra when you start your oestrogen treatment and wear it for a couple of months. It gives the impression of breast bud development and will give you some confidence whilst you are waiting patiently for your oestrogen tablets to work.

### Breast enhancement tips

Then you can move on to a gel-filled bra, or use a breast enhancer which comes in various sizes and shapes. They are both available from the high street stores. Breast enhancers are commonly known as 'chicken fillets' due to their colour and shape and fleshy feel! However, they are in fact specially formulated silicone gel shapes that fit over or under your breast. They give the appearance of extra breast tissue which creates a fuller size and shape. If you are wearing a well-fitting bra with your enhancers they will stay in place. Breast enhancers warm to the body's own temperature and mould to the natural breast shape. You do not need adhesives or tapes to keep them in place. You can use the breast enhancers when swimming providing you use some double-sided tape to hold them on and wear a tight-fitting tankini top.

These are all tried and tested ideas and are used by many young women to give confidence, not just girls with TS. Once your oestrogen treatment begins to work you will not need the gel, water or air-filled bras any more because the treatment will ensure that you get a nice breast shape and development. It takes a while but is worth the wait.

Further information about Turner Syndrome can be obtained from:

Arlene Smyth,  
Executive Officer,  
Turner Syndrome  
Support Society [UK]

T +44 (0)141 952 8006  
F +44 (0)141 952 8025  
E [Turner.syndrome@tss.org.uk](mailto:Turner.syndrome@tss.org.uk)

Helpline: 0870 230 7520  
Registered Charity No 1080507

[www.tss.org.uk](http://www.tss.org.uk)


This fact sheet was produced thanks to a grant from the Society of Endocrinology

Photographs Courtesy of:  
[www.charliesmissus.co.uk](http://www.charliesmissus.co.uk)



TSSS

Turner Syndrome Support Society  
13 Simpson Court, 11 South Avenue  
Clydebank Business Park  
Clydebank, G81 2NR  
Tel: 0141 952 8006  
[www.tss.org.uk](http://www.tss.org.uk)



# Practical Tips For Pubertal Induction

FACTSHEET TWO

# Pubertal Induction

Pubertal induction means that you will have periods and your breasts will develop. However, many girls may feel self-conscious and embarrassed about both these aspects of 'growing up'. This leaflet provides some practical help for managing your periods and also some tips whilst you wait for your breasts to develop.

## Handy kit for managing periods

Many girls feel self-conscious and nervous about getting their periods, especially if they are at school, a friend's house or somewhere not very convenient. It's really not a big deal; every girl will have her periods start when she least expects them to. It's just a normal part of being a young woman.

Lots of girls may be having their periods at the same time as you, but it won't be obvious. The more organised you are, the less likely anyone will notice that you have started your periods and you will feel comfortable and in control.

A handy kit containing useful products has been put together to help minimise any embarrassment you may have when your periods start. The bags were provided through an educational grant from Novo Nordisk Ltd and are available from the TSSS (see address over the page). You can put this kit at the bottom of your bag knowing it is there for you when you need it.

The kit contains clean pants, sanitary towels, wipes and a bag to dispose of the soiled items discreetly to hand. Just pop your pants and used wipes in the bag and put them in the sanitary towel bin that you will find in most toilets, or the nearest bin. You will feel clean, fresh and comfortable and won't need to speak to anyone until you get home.

Then you should tell your parents so that they can give you some painkillers if you need them. Ibuprofen (e.g. Nurofen) is very good to reduce the flow of a heavy period. Remember to make a note of the date that your period started and to tell your doctor.

