As they age, teenagers with Turner syndrome transition from pediatric to adult health care providers. Now that you are getting older, you need to take an active role in your health and in managing your life as an adult.

We created this fact sheet about Turner syndrome as a tool to help you better understand your condition as you progress to college, a career, or moving away from your parents.

**What is Turner syndrome?**

Turner syndrome is a genetic condition which affects about 1 in every 2500 girls. Some girls may exhibit several symptoms related to Turner syndrome, while others only have a few medical problems. The most common symptoms are short stature (or short height), absence of a menstrual period, lack of puberty, and extra skin folds around the neck. With proper medical care and early intervention, a girl with Turner syndrome can lead a completely normal, healthy life.

**What causes Turner syndrome?**

Chromosome abnormality causes Turner syndrome. Usually, a person has 46 chromosomes in every cell, including two sex chromosomes. Half of the chromosomes are inherited from the father, and the other half are inherited from the mother. Girls typically have two X chromosomes (XX), but girls with Turner syndrome have only one X chromosome and are missing the other (XO is the most common variant). Turner syndrome does not develop from anything the parents did wrong — it is a random error in cell division that occurs while reproductive cells are forming in the womb.

Where to go for more information:
- Your current doctor
- Your family
- turnersyndrome.org

Our clinic is happy to help you every step of the way during your transition to adult care. Please don’t hesitate to reach out to us with questions or concerns.

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What are some health issues to expect with Turner syndrome

The ovaries, which are responsible for making hormones that control breast development and menstruation, do not develop normally. So, girls with Turner syndrome will not have typical pubertal changes. Because the ovaries do not develop normally, nearly all girls with Turner syndrome will be unable to become pregnant without clinical intervention. Some girls with Turner syndrome may struggle with learning problems, particularly math. Other health problems include kidney issues, heart problems, high blood pressure, obesity, vision problems, thyroid issues and abnormal bone development.

What are some treatments for Turner syndrome?

If there is an issue with short height, some girls with Turner syndrome turn to their endocrinologist for growth hormone treatments. Additionally, around age 12 or 13, girls can initiate pubertal changes through estrogen replacement therapy. Girls with cardiac issues may require surgical correction and will typically need lifelong cardiology follow-up. Women who wish to become pregnant can turn to reproductive technologies, such as in vitro fertilization using donor eggs.