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# Evaluation of growth and puberty of patients with cleft palate from 10 to 18 years old

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## EVALUATION OF GROWTH AND PUBERTY OF PATIENTS WITH CLEFT PALATE FROM 10 TO 18 YEARS OLD

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**OBJECTIVES:** To evaluate growth and puberty in patients with cleft lip and palate (CLP) without associated syndromes, 10-18 years old, and compare them with children without cleft. **METHODS:** We evaluated 114 patients with cleft lip and palate without associated syndromes treated at the Hospital for Rehabilitation of Craniofacial Anomalies, University of São Paulo, Bauru, (HRAC-USP). Values were measured for weight, height, and pubertal stage and the Body Mass Index (BMI) was calculated. Graphs from the World Health Organization (WHO) 2007 were used as reference for body growth. For evaluation of puberty, delayed puberty was considered as the absence of pubertal characteristics in 13-year old girls and older and in 14-year old boys and older. Data from Setian N et al, 2002 were used as reference for puberty. The Fisher's Exact Test (5% significance level) was used to compare the different types of cleft as well as to compare children with CLP with typical children. **RESULTS:** These are preliminary data from a cross-sectional study with 67 boys (59%) and 47 girls (41%). A total of 91 patients (80%) had cleft lip and palate or isolated palate (CL+P) and 23 patients (20%) isolated cleft lip (ICL). All patients with ICL showed normal height and three patients with CL+P showed short stature (3.2%). There were no statistically significant differences between groups ( $P=1.00$ ) and those children without cleft ( $P=1.00$ ). A total of 18% of patients showed an overweight BMI and 3% underweight. There were no statistically significant differences between CL+P and ICL ( $P=1.00$ ) and between children with CLP and typical children ( $P=0.29$ ). No patient had delayed puberty. **CONCLUSION:** Growth and pubertal development in children with CLP were considered normal for the age group studied.