

CALENDAR

FOR ALUMNI & FRIENDS

**MEDICAL ALUMNI ASSOCIATION
EXECUTIVE COMMITTEE BOARD MEETING**
NOVEMBER 18
6 p.m.

For information:
Jen Gabler at 412-647-3792
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**C.F. REYNOLDS MEDICAL HISTORY
SOCIETY LECTURES**

JANUARY 26, 2016

6 p.m.
Scaife Hall, Lecture Room 5
Speaker: Andrew Herlich, DMD, MD
"The Development of Anesthesiology
in Pittsburgh: Contributions from the
Dental and Medical Professions"

FEBRUARY 23, 2016

6 p.m.
Scaife Hall, Lecture Room 5
Speaker: Clyde Partin Jr., MD
Jonathon Erlen History of Medicine
Lecture: "The Holmes Heart, Alligators,
and Maude Abbott"

For information:
Jonathon Erlen at 412-648-8927
erlen@pitt.edu

WINTER ACADEMY

FEBRUARY 17, 2016

Mar-a-Lago Club, Palm Beach, Fla.

FEBRUARY 19, 2016

Ritz-Carlton, Naples, Fla.

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To find out what else is happening at the
medical school, visit www.health.pitt.edu
and maa.pitt.edu.

How we grow up. Literally.



GETTY IMAGES



FOR REAL! TWEEN SCIENCE

Hey kids, did you just jump up a shoe size? If so, watch out. Soon, you might have to replace those pants you're wearing, too. Why? During puberty, our hands and feet grow faster than the long bones in our arms and legs. So, if you've outgrown your favorite shoes, then you're likely about to get a heck of a lot taller, and quick—something called, you've probably heard of it, a growth spurt.

Young men and women go through growth spurts at different times. Girls grow taller sooner, starting around age 9 or 10 and accelerating around 11 or 12. Boys' growth spurts start around 11, with their fastest growth around 13.

Interesting tidbit: Your body goes through its fastest growth during your first two years of life and during puberty. And a related bit: Your spine actually doubles in size from birth to age 2; then it doubles again by the time you reach your full height.

Doctors can predict about how tall you're going to be as an adult by doubling how tall you were at 18 months old (for girls) and 2 years old (for boys).

You can also figure out how tall you will be if you know your mother's and father's heights. If you're a girl, add your parents' heights, subtract 5 inches, and divide that number by 2. If you're a boy, add your parents' heights, add 5 inches, and divide the result by 2. Pretty darn cool.

Your parents' heights are the biggest influence on yours, but lifestyle and environment also play roles. If you eat right, sleep well, and exercise, you're more likely to wind up at a higher altitude. So . . . another serving of those veggies?

—Kristin Bundy

Thanks to Pitt and Children's Hospital surgeon Patrick Bosch for helping us bone up on height. For more science for kids, see howscienceworks.pitt.edu.