

70,000 Adverse Events from Puberty-Blocking Drugs Ignored by FDA

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STORY AT-A-GLANCE

- › FDA failed to prioritize around 70,000 adverse event reports related to puberty-blocking drugs, raising concerns about regulatory oversight of these medications
- › Side effects from puberty blockers range from headaches to serious conditions like brain swelling and vision loss
- › Puberty blockers interrupt normal development, and concerns have been raised about potential long-term effects on physical development and psychological health in children
- › The FDA's handling of puberty blockers demonstrates inconsistent regulatory standards and inadequate public warnings about significant risks
- › The safety of puberty blockers and other gender-affirming care has not been established, and parents should research risks before making decisions

Imagine you're handed a medicine for your child that promises to pause puberty – but its long-term safety has never been established. As the name implies, puberty blockers are drugs that delay puberty, often used for children questioning their gender.

But an analysis shows that around 70,000 adverse event reports tied to these drugs haven't gotten the attention they deserve from the people in charge – even though the U.S. Food and Drug Administration (FDA) has warned that these drugs can cause



problems ranging from headaches to brain-swelling.¹ Whether you're a parent, a teen, or just curious, this matters to you. Your health — or your loved one's — could hinge on understanding the risks and who's looking out for you.

Pausing Puberty — A Quick Guide to These Powerful Drugs

Puberty-blocking drugs are typically given to children in the earliest stages of puberty. These drugs delay the development of the sex characteristics that match a child's biological sex. Critics say the adults [steering children toward gender reassignment](#) don't always make it a point to thoroughly inform them about the difficulties they might face. Puberty-blocking drugs are strong, but they're not magic, and that's why you need to know more.

- **How do puberty blockers work?** Puberty blockers hit pause on your body's changes. They stop it from releasing hormones like estrogen and testosterone, which kickstart things like growing taller or getting a deeper voice.
- **Who uses them?** You might think puberty blockers are just for children who hit puberty too early, but today, they're often used by teens [exploring their gender identity](#).
- **What's the catch?** Here's the thing: Pausing puberty isn't as simple as pausing a video game. Your body's a complex machine, and stopping hormones can cause trouble. Think of it like pausing your phone's updates — eventually, glitches stack up. There are risks, both physical and psychological, and not everyone's shouting about them. You deserve to know what could go wrong before jumping in, so let's dig into that next.

Why You Should Be Concerned About Puberty-Blocking Drugs

In the last 20 years, around 70,000 adverse event reports tied to puberty-blocking drugs have been submitted to the FDA's Adverse Event Reporting System.² That's huge — enough to fill a football stadium.

That said, an individual report doesn't prove a drug caused the problem, and the analysis doesn't break down how many reports involved children or which conditions the drugs were prescribed for, but a signal that size deserves serious attention. The safety of puberty-blocking drugs and other forms of "[gender-affirming care](#)" has not been established. If you're considering this for your child, this should make you sit up and pay attention.

- **How serious are these side effects?** Some side effects are serious enough to change your life. The FDA itself has warned that puberty-blocking-type drugs can cause life-threatening brain swelling, which can bring severe headaches and vomiting, along with visual disturbances — including blindness — and "tumor-like masses" in the brain.³ These are big red flags you shouldn't ignore.
- **Why is safety being questioned?** Some experts say stopping hormones throws your body off balance — like hitting the brakes and gas on your car at the same time. Your brain and bones need those hormones to grow right, and pausing them may affect long-term development.
- **Why aren't warnings louder?** The FDA, the organization that's supposed to keep you safe, has warned about some of these risks, but only deep within regulatory notifications that are hard to find. Moreover, its drug safety board's report never mentioned any of these adverse event submissions. With other drugs, they'd sound the alarm, but here? It's been more like a whisper instead of a siren. You'd expect them to shout if 70,000 adverse event reports came up, but they didn't. That lack of action is why you need to ask questions and dig deeper yourself.

Why Safety Slipped Through the Cracks

The FDA is supposed to spot trouble with medicines and keep you safe. Think of them as lifeguards at the pool, watching for danger so you don't drown. When a drug's risky, they should blow the whistle and let you know loud and clear. That's their job, and you count on them to do it right.

- **How did they miss this?** With puberty blockers, the FDA dropped the ball. They didn't focus on those roughly 70,000 reports, even though they launched a full public campaign — social media ads, dedicated web pages, and videos — against hydroxychloroquine for COVID-19 after just 331 adverse event reports over six months. It's like fixing a leaky faucet while your basement floods. You'd think that many side effects would light up their radar, but they stayed quiet. That's a problem when you're trusting them to protect you.
- **Why should you care?** If the FDA isn't clearly warning the public about risks, you're left in the dark. It's like buying a car with no crash test rating — would you drive it? You need clear info to decide what's safe for your family, but right now, it's murky. That's why you've got to take charge and not just hope someone else is watching out for you.

How to Stay Safe and Informed

If puberty blockers come up, don't be shy — speak to your children about the health risks. Using puberty-blocking drugs or taking hormones to feminize or masculinize the body can seriously disrupt your body's hormonal systems, and it carries a real risk of health problems.

- **Affirm children's biology from the start** — It's important for parents to affirm the biology of their children from the start. By teaching them the value and permanence of their biological sex, you may help "inoculate" them against ideas being brought in later.
- **Become educated on transgender ideology** — "Lost in Trans Nation," written by Dr. Miriam Grossman, a child and adolescent psychiatrist and board-certified medical doctor, aims to give parents the knowledge and tools to protect their children from what she views as a contagion of transgender ideology.

While I believe the transgender movement poses a severe threat to mental, emotional and physical health, it can be counteracted by level-headed discourse and the sharing of truthful information.

- **Demand the truth** — You deserve straight answers about safety — not vague promises. If something feels off, speak up. Your voice matters, and it could help make sure the truth comes out about puberty-blocking drugs.

FAQs About Puberty-Blocking Drugs

Q: What are puberty blockers?

A: Puberty blockers are drugs that stop your body from making hormones like estrogen and testosterone. These hormones drive puberty — think growth spurts or voice changes. They're often used for children questioning their gender or hitting puberty too soon. These medications are powerful and their effects are not always reversible.

Q: Are puberty blockers safe?

A: Their safety has not been established, and they carry significant risks. Around 70,000 adverse event reports tied to these drugs have been submitted to the FDA, and the agency has warned about risks such as headaches and brain swelling. Many worry about possible long-term effects on bones and the brain. The long-term effects on fertility and overall health are still largely unknown, adding to the concern. This lack of transparency undermines public trust and highlights the need for independent research and scrutiny.

Q: Why didn't the FDA warn us more clearly?

A: The FDA has warned about some of these risks, but only in regulatory documents that are hard to find, and it didn't make them a priority. It focused elsewhere, even with roughly 70,000 adverse event reports piling up. The director of the FDA's drug center, who sat on the board that tracks drug safety risks, also resigned unexpectedly in January 2025. That's why you've got to dig for the truth yourself.

Q: How can parents affirm their child's biological sex and protect them from harmful ideologies?

A: Parents can affirm their child's biological sex by consistently reinforcing the value and permanence of their birth sex from an early age. This includes open and honest conversations about biological realities and healthy development.

To protect them from harmful ideologies, parents should educate themselves on these ideologies, foster thinking skills in their children and provide access to diverse perspectives. Resources like Dr. Miriam Grossman's "Lost in Trans Nation" offer valuable insights.

This article is for informational purposes only and does not constitute medical advice. Consult a qualified health care provider before making changes to your health regimen.

Sources and References

- [1, 2, 3 Brownstone Institute February 24, 2025](#)