

Preface

Female pubertal development requires coordination of the hypothalamus, pituitary, and ovaries and an appropriate outflow tract to allow for menstrual egress. The balance that is essential for adequate pubertal progress is delicate, requiring the appropriate hormonal and metabolic milieu for development. The hormonal axis may be influenced by intrinsic factors or exogenous exposures which can disrupt the normal process, manifesting in early or delayed signs of reaching specific pubertal milestones. The goal of *Abnormal Female Puberty: A Clinical Casebook* is to provide the practicing gynecologist, endocrinologist, pediatrician, adolescent medicine specialist, or reproductive endocrinologist with a concise volume that illustrates the tools required to treat both simple and complex pubertal problems. It provides a framework for understanding how to evaluate, diagnose, and manage a myriad of female pubertal disorders.

Chapter topics were chosen to cover the most pertinent and prevalent areas of abnormal pubertal development that a practitioner may encounter. Each chapter is formatted such that the reader can identify a problem and gain additional understanding of the fundamentals that relate to the disorder as well as appropriate treatment strategies. The chapters are organized to include examples related to the structural, hormonal, genetic, and environmental effects on pubertal development. The chapters include clinical pearls to help reinforce key points and learning objectives. Chapter

authors were selected by the editor for their expertise in the field and asked to highlight real case examples to illustrate the focus of the respective chapters. The case book is a practical handbook that addresses various scenarios relating to abnormal pubertal development with the intention that the book can be used as a reference companion for further understanding focused clinical scenarios or used as an overview of abnormal female pubertal development.

I hope that this casebook becomes a frequently referenced guide for practicing physicians as well as allied health professionals, residents, fellows, or students who are interested in a greater appreciation of the factors that influence female pubertal development.

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Abnormal Female Puberty

A Clinical Casebook

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