

Preface

Pediatric and adolescent gynecology is a multidisciplinary medical/surgical subspecialty that I am passionate about, as it centers on caring for girls and young women, with and without chronic illnesses, as they navigate their changing bodies and developing sexuality, a process that can be rife with physical and emotional challenges. These challenges are often undiscovered by health professionals, as adolescent girls may not be forthcoming unless asked directly about symptoms or emotions in a sensitive manner ensuring confidentiality. This book aims to raise awareness of common and not-so-common adolescent gynecologic issues; to empower student, physician, and nursing trainees, as well as practicing providers in caring for young girls; and to update readers with advances in adolescent gynecology.

Although education in the subspecialty of pediatric and adolescent gynecology is a core element of medical training, especially in the disciplines of pediatrics and obstetrics and gynecology, it faces many barriers in training programs including lack of faculty with expertise in the field, lack of a formalized curriculum, and limited opportunities for trainees to evaluate and treat young girls with gynecologic concerns. In planning and editing this book, I have been fortunate to draw from my experience as program director of the Adolescent Medicine Fellowship Training Program at the Children's Hospital at Montefiore and as associate editor of the *Journal of Pediatric and Adolescent Gynecology*.

Puberty is a hallmark event in the development of adolescent girls, and it is a time of great physical, emotional, and social change. With this in mind, this book is organized in four sections, starting with Part I, "General and Developmental Approach to Adolescents," which includes chapters addressing adolescent confidentiality, puberty, and well care. Part II, "Menstrual Disorders," recognizes that menstrual complaints are a leading reason for physician office visits by adolescent girls in the USA. Chapters here discuss the varied concerns girls often have with their menses ranging from too heavy, to too painful, to too irregular. Part III, "Sexually Active Adolescents," highlights issues in reproductive health care including sexually transmitted infection and adolescent pregnancy both of which cause significant morbidity in adolescent girls. Finally, Part IV, "Special

Populations of Adolescents,” includes chapters on girls who have sex with girls, girls who are victims of abuse, and girls with special health-care needs and chronic health conditions. Here, common gynecologic health issues are discussed in the context of these special populations to increase sensitivity to and comprehensive care of these girls.

This book uses clinical cases, a preferred method of learning by trainees, to provide a concise and clinically relevant survey of adolescent gynecology.

Teaching highlights unique to this text include the case-based format, clinical pearls and pitfalls, and suggested further reading that focuses on clinical references informed by professional society guidelines, up-to-date reviews, and the Centers for Disease Control and Prevention and other large health organizations. It is my hope that readers will enjoy learning from these clinical cases just as much as I have and that they will gain knowledge and clinical skills in the care of adolescent girls and young women.

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A Clinical Casebook

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