Book Review

Bhave’s Text Book of Adolescent Medicine

Dr. Swati Bhave

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Adolescence is defined by WHO as a period between the ages 10-19 yrs. This period is the transition from a child and adult and has very specific health issues that required special handling. In the West, adolescent medicine is well-established speciality. Efforts are being made in India to establish this branch of medicine. Dr. Swati Bhave who has been trained in Adolescent Medicine in USA has done tremendous work in trying to train pediatricians in this field in the last five years. This textbook is a pioneer effort to fill the lacuna of not having a dedicated textbook for adolescent Medicine in India.

The contributors of this book are International and National professionals from the fields of Pediatrics, Mental Health, Gynecology and Obstetrics, Public Health and some superspecialities. The variety of topics covered makes this book immensely useful to a large cross-section of health and community workers. Postgraduate medical students from all specialities will also find this book useful and while dealing with adolescent patients.

Effort has been made to cover all topics related to Adolescent age in 27 sections. The first few sections have covered in depth the basic issues of growth, development, puberty, and immunization. It has Indian population based growth charts and IAP recommendations on immunizations.

Important issues when dealing with adolescent patients like medico-legal issues, consent and confidentiality, have been covered in detail. Important medical problems have been covered in a special section, as also, problems of the chronically ill and physically and mentally challenged adolescent. A large number of problems of adolescents can be prevented by promotion of positive mental health. This book comprehensively discusses positive discipline, special issues of parenting adolescents, yoga, meditation, stress management. All issues of sports participation are covered in details. There is a special section on sports medicine.

Adolescents are generally a healthy lot and major problems are due to the difficulty in adjusting to the transition from child to adult. This book has special edition on behavioral disorders, psychiatry disorders including anxiety, depression, suicide prevention, PTSS and substance abuse.

The HIV epidemic and rising teenage pregnancy has made health professionals focus on the reproductive and sexual health of adolescents. There is one section on adolescent sexuality, covering various issues like body image concerns, contraception, teenage pregnancy, STD’s, HIV-AIDS, sexual abuse and medico-legal examination of rape victims. Practicing clinicians will find the proforms and detailed guidance on examination of rape victims which are often not covered in medicine books is very useful. Psychosocial issues like prevention of risk taking behaviours, violence and aggression, impact of the internet and media has been detailed in one section.

This book is a must for all libraries and a personal copy should be kept by all persons who are dealing with adolescents patients.

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