



# Basics in Adolescent Medicine: A Practical Manual of Signs, Symptoms and Solutions

*Tomas & Saxena, Harshita Silber*

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This practical manual reviews salient topics in Adolescent Medicine. The volume is practitioner-centered, focusing on the symptoms that bring a teenager to the clinician. Every chapter begins with a very brief clinical vignette, highlighting the patient's chief complaint or primary issue of concern.

The handbook is divided into five primary sections: (1) Well Adolescent Care to include chapters such as the Annual Physical and Immunizations in Adolescence; (2) Common Problems of Adolescence such as Acne and Low Back Pain; (3) Reproductive Health Care issues such as Menstrual Disorders and Teen Pregnancy/Options Counseling; (4) Urgent Care matters including Acute Chest Pain and Scrotal Pathology: Pain and Masses; and finally, (5) Special Considerations to include chapters such as Cyberbullying and Sexting and Tobacco Use and Cessation Counseling.

Chapters follow a uniform format with vignette as described above, followed by multiple choice questions designed to test the readers knowledge. Salient features related to the chapter topic follow, including relevant clinical “pearls” such as history, physical exam, laboratory and diagnostic studies and treatment strategies. For each chapter, issues that are unique to managing illness in adolescents are highlighted to distinguish them from adults and younger children. When applicable, a broad differential diagnosis is provided to help guide the reader. Easy to read tables are included to highlight and clearly summarize key aspects of the topic and the chapters end with answers to the Board-Style questions presented at the start.

**Readership:** Medical students, residents, fellows and other health care professionals in training (such as nurse practitioners and physician's assistants) on their Adolescent Medicine rotations; physicians such as internists, general and family practitioners or pediatricians.

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