• **Recent Advances in Pediatrics (RAP): Topical Issues in General/Miscellaneous Pediatrics**

• **Recent Advances in Pediatrics (RAP): Special Volumes**
  RAP Special Vol 17 (2006): Adolescence
  RAP Special Vol 16 (2006): Pediatric Cardiology
  RAP Special Vol 15 (2005): Pediatric Nephrology
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• RAP 17: (General Pediatrics): Topical Issues in General/Miscellaneous Pediatrics
• RAP Special Vol 18: Pediatric Neurology
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**Other Books by Prof (Dr) Suraj Gupte**
• The Short Textbook of Pediatrics, 10th (Silver Jubilee) edition
• Differential Diagnosis in Pediatrics, 5th edition
• Instructive Case Studies in Pediatrics, 5th edition
• Pediatric Drug Directory, 9th edition
To
The fond memory of our late parents
whose inspiration, blessings and moral support continue to contribute a great deal to our academic endeavors and everybody contributing to child health and welfare for a better future
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Preface

Until recently, the adolescent had, by and large, remained neglected, especially in the Indian Subcontinent. With resurgence of activities in adolescent care, including training of the pediatricians and other care-providers, it has been felt that adolescent care should be considered in context of not just their health but also their growth and development, and psychosocial aspects. Prompt attention to deviations from the so-called “normal range” with involvement of parents is equally important.

As the World Health Organization (WHO) has recently emphasized, all these issues plus much more needs to be addressed and documented for interaction, research, innovation and real action for the eventual improvement in adolescent care.

The 17th special volume of the noted international series, *Recent Advances in Pediatrics*, first launched in 1991 and now concurrently in the 16th Annual and 16th special volumes (RAP 16 and RAP Special Vol 16: Pediatric Cardiology, respectively), aims at covering key topical issues concerning adolescence. The 27 state-of-the-art chapters covered by as many as 36 experts drawn from India and abroad attempt to review the depth and breadth of knowledge in the field of pediatrics with special reference to its applicability in the Indian subcontinent.

Each and every chapter is remarkable by its excellence, providing a stimulating and, not infrequently, even provocative, matured and informed update. Understandably, such an approach is befitting when the goal is not only to inform but also to motivate discussion, interaction, research and innovation.

In keeping with the professed policy of the series, multidisciplinary approach with an eye on future continues to occupy pride of place in this volume too.

We greatly appreciate the contribution of Dr Swati Y Bhave, both as a contributor of some fine chapters as also as the worthy Guest Editor. She has been in the thick of promotional activities in adolescent care for quite some time. The volume has benefited from her association.

We wish to record our indebtedness to our distinguished contributors for providing excellent state-of-the-art chapters in various aspects of adolescence. They were also gracious enough to repose confidence in our editorship. Without their understanding and cooperation, this volume wouldn’t have seen the light of the day.

Thanks are also due to the Advisory Editorial Board for providing inputs and advice in various editorial matters and peer reviewers for not only providing
us the benefit of their critical expertise but also for the promptness in responding to our requests for speedy action.

Our daughter, Novy, a final year MBBS student, Government Medical College, Jammu, and son, Manu, an 8th semester student of Bachelor of Engineering, MBS College of Engineering and Technology, Jammu, voluntarily provided all sorts of assistance in taking the project to its logical conclusion.

Jaypee Brothers Medical Publishers (P) Ltd and their dedicated staff deserve our special thanks for speedy production and skillful production qualities of the book.

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It is an honor to be the Guest Editor for the reputed international series, *Recent Advances in Pediatrics (Special Vol 17: Adolescence)* edited by Dr Suraj Gupte. I would like to express my thanks to him for giving me this opportunity.

The adolescent population in our country is nearly 22 percent of the total population of over a billion. This indeed is a huge number! These adolescents are in the so-called “no mans land” - out of the jurisdiction of most of the pediatricians and not yet fully integrated into the world of adult medicine. It is, therefore, important to have a specialized cadre of adolescent medicine specialists who are geared to look after the specific needs of the adolescents.

*Ayurveda*, our ancient medical science, emphasizes that promotion of positive health and preventing counseling is as important as curative medicine. This concept has a special relevance in adolescent health delivery as majority of physical and mental problems are preventable by information, education, anticipatory guidance and preventive counseling high-risk behaviors.

In this *RAP Special Volume on Adolescence*, apart from the basic clinical problems such as growth and development, puberty and immunization, worthy efforts have been made to cover important problems of the adolescence. For instance, nice chapters concerning psychosocial and mental health issues like self-esteem, stress, depression, parasuicide, suicide, mental retardation, etc. are incorporated. The juvenile delinquency and runaway adolescence are also well dealt with. Legal issues and informed consent and confidentiality, an important aspect of adolescent health, have received fine treatment. Sexual and reproductive health is extremely important to prevent the looming epidemic of HIV/AIDS and STDs and is covered very well.

All the distinguished contributors have done an excellent job, resulting a treatise full of valuable material that shall assist in contributing to the welfare of the adolescent.

Hopefully, the readers shall enjoy reading this warmly recommended treatise and benefit from its contents.

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<p>| 1. Adolescence: Overview ................................................................. | 1 |
| Suraj Gupte, AK Sahni |
| 2. Growth and Development During Adolescence ......................... | 18 |
| Bratati Banerjee |
| 3. Adolescent and Self-esteem ...................................................... | 38 |
| Suraj Gupte, WE Wilson |
| 4. Parenting of Adolescents ......................................................... | 45 |
| Swati Y Bhave, Atul Kanikar |
| 5. Family Life and Life Skill Education ......................................... | 56 |
| MKC Nair |
| 6. Supervising Health in Adolescence .......................................... | 63 |
| Harish K Pemde, Chandra Shekhar |
| 7. Neuropsychological Assessment of Children and Adolescents .... | 71 |
| MS Bhatia, Ravi Gupta, Shruti Shrivastava |
| 8. Impact of Media on Adolescents ............................................... | 85 |
| BK Jain, Gaurav Mittal |
| 9. Pubertal Problems in Adolescents ............................................. | 99 |
| Harmesh Singh, Sanjeev Gupta, Shivani Kansal |
| Tanuj Aggarwal, Praveen C Sobti |
| 11. Obstetric and Gynecologic Problems During Adolescence .......... | 124 |
| Bonilla Nayar Arora, Asima Mukhopadhaya, Akash Deep |
| 12. STDs in Adolescents: Global Burden and Challenges for Control | 141 |
| Swati Y Bhave, CP Bansal |
| 13. Common Skin Problems in Adolescents .................................... | 155 |
| Alka Dogra, Aman Dua, Praveen C Sobti |
| 14. Adolescents with Mental Retardation ...................................... | 174 |
| Donald E Greydanus, Swati Y Bhave |
| 15. Adolescent Stress and Its Management .................................... | 193 |
| CP Bansal, Swati Y Bhave |</p>
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>Depression in Adolescents</td>
<td>205</td>
</tr>
<tr>
<td></td>
<td>Praveen C Sobti, Gautam Biswas</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Informed Consent and Confidentiality in Adolescent Health Care</td>
<td>224</td>
</tr>
<tr>
<td></td>
<td>Praveen C Sobti, Gautam Biswas</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Substance Abuse Among Adolescents</td>
<td>249</td>
</tr>
<tr>
<td></td>
<td>Praveen C Sobti, Gautam Biswas</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Sexual Abuse in Children and Adolescents</td>
<td>268</td>
</tr>
<tr>
<td></td>
<td>Swati Y Bhave, Vasudha A Mashankar</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Suicide and Parasuicide in Adolescents</td>
<td>279</td>
</tr>
<tr>
<td></td>
<td>Nitin Gupta, Anjali Tyagi, Vinesh Gupta</td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>Violence and Aggression</td>
<td>291</td>
</tr>
<tr>
<td></td>
<td>Vinesh Gupta, Nitin Gupta, Anjali Tyagi</td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>Juvenile Delinquency</td>
<td>305</td>
</tr>
<tr>
<td></td>
<td>Satish K Tiwari</td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>Runaway Adolescent</td>
<td>316</td>
</tr>
<tr>
<td></td>
<td>HB Mallikarjuna, AR Somashekar</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>Adolescent Mother</td>
<td>330</td>
</tr>
<tr>
<td></td>
<td>HB Mallikarjuna, AR Somashekar</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Premarital Counseling</td>
<td>344</td>
</tr>
<tr>
<td></td>
<td>MKC Nair</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Immunization in Adolescents</td>
<td>356</td>
</tr>
<tr>
<td></td>
<td>Yash Paul, Priya Marwah</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Legal Issues and Adolescence</td>
<td>371</td>
</tr>
<tr>
<td></td>
<td>Satish K Tiwari</td>
<td></td>
</tr>
</tbody>
</table>

Index ............................................................................................................ 385