

**Recent Advances  
in PEDIATRICS  
*Special Volume17  
Adolescence***

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

Vol 15 (2005), Vol 14 (2004), Vol 13 (2003), Vol 12 (2002), Vol 11 (2001), Vol 10 (2000), Vol 9 (1999), Vol 8 (1998), Vol 7 (1997), Vol 6 (1996), Vol 5 (1995), Vol 4 (1994), Vol 3 (1993), Vol 2 (1992), Vol 1(1991)

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# Recent Advances in PEDIATRICS

## *Special Volume 17*

### *Adolescence*

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New Delhi

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*Published by*

Jitendar P Vij

**Jaypee Brothers Medical Publishers (P) Ltd**

EMCA House, 23/23B Ansari Road, Daryaganj

**New Delhi** 110 002, India

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**Recent Advances in Pediatrics (Special Volume 17: Adolescence)**

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*First Edition* : 2006

ISBN 81-8061-720-3

*Typeset at* JPBMP typesetting unit

*Printed at* Gopsons

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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# *Guest Editor's Introductory Note*

---

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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