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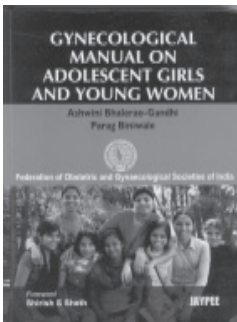
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**Shah Duru**  
*Chairman*

## *Book Reviews*

### **Gynecological Manual on Adolescent Girls and Young Women**

*Ashwini Bhalero Gandhi*  
*Parag Biniwale*



This book is published at the most appropriate time when the importance of adolescent health and its impact on life of women is realized. The book has done justice to the subject by covering most topics very carefully with a practical approach and is therefore very useful to practicing clinicians. Good management of adolescent problems can prevent most of the problems during reproductive age. Proper nutrition and care of adolescent girls can prevent anemia during pregnancy and osteoporosis in peri menopausal period.

Clinicians have to deal with problems of early pregnancy, unwanted pregnancy, MTP, PCOS, infection etc in adolescent girls. Infections are not unusual in the young girls and Kochs is frequent in the cases of infertility in our country and needs special attention and investigations.

Polycystic ovary is a major problem we all deal with as the young girls are very anxious and so are the parents. Many cases are over diagnosed and over treated. The authors have therefore explained the importance, with

differential diagnosis and follow up in various age groups giving interesting case history and clinical presentations. Teenage girls have to often face early pregnancy and those married very early should get contraception with proper counseling. There are good chapters on practical aspects such as emergency contraception, pre-marital counseling and problems related to teenage pregnancy & MTP. The importance of HPV vaccine in adolescence has yet to be understood and could have been explained in greater details as we need to answer many questions when we propose the use of this vaccine.

The editors have received excellent contributions from very knowledgeable authors. The chapters in the book give a good understanding of the etiopathology, clinical presentations, investigations as well as management of various problems. Primary amenorrhea has been dealt with in great details, giving flow chart for investigations which is very useful. It covers the endocrine aspects, congenital abnormalities and tuberculosis as well as uterine synechia, hirsutism and acne. There are excellent diagrams and photographs. An additional chapter on endoscopy for diagnosis and operative endoscopy in appropriate cases would have added extra value.

Social factors influence the health of adolescents greatly. The gender issues and violence are covered very sensitively. There are many legal issues which the clinicians need to know. The ethics and code of conduct for adolescents keep changing as the views and attitudes of the society change. The legal implications of behavioural pattern need proper understanding. Special attention is given to the issues related to rape, sexual abuse and law.

The book has covered the important issues of nutrition, such as eating disorders and obesity in adolescents. The chapter on "Setting up adolescent friendly clinics" is practical and useful. The book ends by covering important Indian projects. I hope the book inspires clinicians to treat the adolescent girls with knowledge, interest and involvement.

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