

Adolescent Gynecology

The process of developing from childhood to adulthood is called adolescence. In girls it ranges from 8-18 years of age. The word adolescence stems from the Latin word: Adolescere (to grow up). There occur during this period, changes in the girl child which encompass physical, physiological, psychological, hormonal and metabolic domains.

Our gynecology service aims to help the girl and her parents navigate this period, by understanding the natural course and helping allay their concerns and fears.

The Gynecology Services offered are:

- 1) Evaluation of puberty & counseling on menstrual hygiene.
- 2) Evaluation of
 - Early sexual maturation
 - Delayed sexual maturation
 - Menstrual disorders
 - Lack of menses (Amenorrhea)
 - Excess Hair Growth (Hirsutism)
 - White Discharge
 - Painful Periods
 - Adolescent Tumours
 - Breast Development
- 3) Life Skills Education
- 4) Evaluation and Management of Intersex.
- 5) Vaccination (for healthy child; healthy woman and cancer prevention)

Child & Adolescent Nutrition

The issues addressed with parents and adolescents are

- Low BMI (Body Mass Index)
- Obesity / Overweightness
- Micronutrient Deficiencies (Anemia, Vitamin deficiencies)
- Eating Disorders
- Nutritional requirements in sports



The Adolescent Care Team

Dr. Ajay Kumar, MBBS, DCH, AHC, LMC
Senior Consultant Pediatrician & Certified Adolescent Physician

Dr. T. Himabindu Singh, MD Pediatrics
Senior Consultant Pediatrician & Certified Adolescent Physician

Dr. Swapna Yendru, DGO, DNB (Obst-Gynec)
Consultant Gynecologist

Dr. Hasmet Unisa Begum Khan, MD Psychiatry (London)
Consultant Child & Adolescent Psychiatrist

Mrs. Sujatha Raman, MS
Consultant Child Psychologist

Mrs. Matheen Asrar MSc, PGDHA (PhD)
Consultant Nutritionist

Sub Speciality Consultant Support

Dr. Shekar Reddy, MBBS, DPM, FIPF
Consultant Psychiatrist & Alcohol-Substance Deaddiction Specialist

Dr. Naveen Ramagoni, MDS
Consultant Pedodontist

Dr. Rajesh Vasu, MS (Genl. Surgery, AIIMS),
M.ch (NIMS), FAS (Barcelona, Spain)
Consultant Cosmetic & Aesthetic Surgeon

Dr. Sunita Shekar Reddy, MD Dermatology
Consultant Cosmeto - Dermatologist

Dr. Shirish Dave, MS, Mch
Senior Consultant Pediatric Surgeon

To Book Appointments for the Adolescent Care Clinic
Please Call between 10 am to 6 pm

4040 4444, 4040 4400

Ask the operator to connect to the front office co-ordinator / incharge



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ADOLESCENT CARE CLINIC



The TEEN Clinic

Adolescents are older children and young adults between age of 8-20 years. Health issues involving this age group are unique and need specialized care by qualified professionals. There is a large hiatus and lacunae in the health delivery system in our city and country for adolescents. Adolescents do not have easy access to any care facility, even though adolescents constitute 25% of our population. The future of our society depends on the well being of this growing segment of population. Therefore investing in adolescent healthcare is "primary prevention" for a whole host of health problems later on in adulthood. In an effort to bridge this gap, **Lotus Children's Hospital** has initiated an integrated multi-disciplinary, special service for them under one umbrella called the "**ADOLESCENT CARE CLINIC**" or "**TEEN CLINIC**". An adolescent friendly space has been provided ensuring privacy and confidentiality, while providing preventive and promotive holistic health care for this age group.



The Core Professional Team

The **Core Team** of professionals for this service constitute

- Certified Adolescent Physicians & Pediatric Specialists
- Gynecologist
- Child & Adolescent Psychiatrist
- Child & Adolescent Psychologist
- Child & Adolescent Nutrition

Cross consultations with specialists in the fields of Dentistry, Dermatology, Endocrinology (Hormonal Diseases specialist), Pediatric Surgery, Cosmetic Surgery Cardiologist, etc would be sought by the core team of consultants as and when necessary.

ADOLESCENT CARE CLINIC
DAYS & TIMINGS
All Saturdays
2.00 pm to 4.00 pm

The clinic is run on a convenient day for parents and adolescents to avail

Scope of Services for Adolescents

The scope of services provided in this clinic by the Health Professionals for the following subgroups to address their unique issues are as follows

- Preteens
- Teens
 - ✓ Early adolescents
 - ✓ Mid adolescents
 - ✓ Late adolescents or young adults

- Growth and development monitoring including weight and height concerns, psychological, emotional development
- History and physical examination, physical maturity and nutrition
- Common Medical problems-Rheumatic, Thyroid (Hormones), Obesity, Surgical conditions etc - screening
- Prevention of medical diseases by vaccinations and boosters
- Counselling for healthy life styles, physical fitness, sports, accident prevention and road safety issues etc
- Counselling for high risk behavior, substance abuse-smoking, drugs and alcohol addiction.
- Teaching life skills, STD, HIV, reproductive health care.
- Counselling and guidance for personal hygiene
- Adolescent Parenting Skills (for parents who have teen children)
- Appropriate referrals

Investigations

- Master Health Check (Child Health Screening Programmes)
- Hormonal profile testing
- Obesity profile testing
- Rheumatic profile testing
- Asthma profile testing
- Sports fitness profile (includes Orthopedic & Pediatric Cardiac consultations)
- Pre-Marital screening, including Common Hereditary Disorders
- PCOD Profile
- Hirsutism Profile

Adolescent Psychology

Adolescent Psychological services include

- Behavioral Interventions
- Attitude Modification Therapies
- Personality Enhancement Programme
- Parental Guidance
- Emotional Intelligence Training Programme
- Motivational Therapies
- Stress Counselling
- Impulse Control Therapies
- Teacher Training Programmes
- Trauma Counselling

(We offer "CUSTOMIZED" programmes & therapies based on individual or institutional needs)

Adolescent Psychiatry

The Adolescent Psychiatry Services caters to the assessment, diagnosis and treatment of

- Developmental Disorders
- Schizophrenia, Psychotic and Mood Disorders
- Attention Deficits and Disruptive Behavioral Disorder
- Anxiety Disorder
- Eating and Nutritional Disorders
- Tics and Movement Disorder
- Disordered Somatic Function
- Special issues in Childhood and Adolescence

