

Contents

Section 1: Introduction

1. **Importance of ARSH**1
Swati Y Bhav
2. **Changing Trends in Adolescent Gynaecology and Various Clinical Problems**5
Geeta Pandya
3. **Sexuality Education in Schools and Community**12
Swati Y Bhav, Divya S Prasad

Section 2: Psychosocial-sexual Development

4. **Psychosocial-sexual Development Related to RSH Issue**18
Swati Y Bhav
5. **Risk Taking Behaviours and Protection Factors**23
Swati Y Bhav, Sangeeta Yadav
6. **Alternate Sexual Orientation**27
Donald E Greydanus, Swati Y Bhav
7. **Impact of Internet and Sexual Activity**35
Sunil Saini, Swati Y Bhav

Section 3: Growth and Development & Puberty

8. **Normal, Precocious and Delayed Puberty**41
Sangeeta Yadav
9. **Obesity Related to Reproductive and Sexual Health**51
Anju Seth

Section 4: Problems Related to Menstruation

10. **Primary Amenorrhea**56
Rama Vaidya, Shefali Pandey
11. **Puberty Menorrhagia**63
Ashwini Bhalerao-Gandhi, Ashok Shukla
12. **Dysmenorrhea**67
D Pushpalatha, L Fahmida Banu

Section 5: Breast Problems

13. **Breast Disorders** 73
Donald E Greydanus, Swati Y Bhavé
14. **Clinical Approach to Breast Problems in Girls**84
Vinay Deshmane

Section 6: Pregnancy, Contraception and Abortion

15. **Contraception**88
Mandakini Parihar, Meenakshi Bharath
16. **Teen Pregnancy** 94
Ritu Joshi, Adarsh Bhargava
17. **Unsafe Abortions**99
Ashiwini Bhalero-Gandhi, Papia Goswami Mukherjee
18. **Safe Abortions in Adolescents** 103
Jaydeep Tank, Parikshit Tank
19. **Controversy Related to Consent Issues** 106
Manisha Macha
20. **Controversy about Consent at 16-18 Years: Clinician's Perspective** 111
Parag Biniwale

Section 7: Adolescent Boys

21. **Special Issues in Boys** 115
Swati Y Bhavé
22. **Genital and Sexual Problems in Boys** 119
Vijay Kulkarni

Section 8: Endocrine

23. **Intersex** 123
Kanchan S Kewalramani, PH Chauhan
24. **PCOS in Adolescent as Young Girls** 128
Duru Shah, Reena Wani

Section 9: Infections

25. **HIV/AIDS** 132
Swati Y Bhavé

26. Reproductive Tract Infections and Sexually Transmitted Diseases	143
<i>Swati Y Bhawe</i>	
27. Vaccinations Related to Reproductive Health	150
<i>Harish K Pemde, Swati Y Bhawe</i>	
28. Leucorrhea and PID	154
<i>Neeta Dhabhai, Roza Olayi</i>	

Section 10: Skin and Related Issues

29. Acne	160
<i>Rajeev Joshi</i>	
30. Hirsutism	165
<i>Neena Madnani</i>	
31. Cosmetics—Use and Abuse	171
<i>Neena Madnani</i>	

Section 11: Sexual Abuse

32. Sexual Abuse in Adolescent	176
<i>Nikhil D Datar</i>	
33. Psychological Aspects of Sexual Abuse	185
<i>Jitendra Nagpal, Swati Y Bhawe</i>	

Section 12: Psychiatric Problems

34. Anxiety Disorders	189
<i>Swati Y Bhawe</i>	
35. Depression Related to ARSH	192
<i>Swati Y Bhawe</i>	
36. Suicide Prevention	196
<i>Jitendra Nagpal, Swati Y Bhawe</i>	
37. Substance Abuse	203
<i>Jitendra Nagpal, Swati Y Bhawe</i>	
38. Psychiatric Problems Related to ASRH	212
<i>PC Shastri, Jay P Shastri</i>	
39. Sexual Aggression	218
<i>Sunil Saini, Swati Y Bhawe</i>	
40. Eating Disorders	226
<i>Sangeeta Yadav</i>	

Section 13: Malignancies

41. Gynecological Malignancies in Young Women 234
Murad E Lala

Section 14: Preventive Health

42. Lifestyle Disease Prevention by Early Intervention 240
Swati Y Bhav
43. Premarital Counseling 244
Sheela V Mane
44. Life Skill Training Program ARSH 248
Swati Y Bhav, Jitendra Nagpal
45. Value Education and Spirituality in Adolescent and Young People 253
Roza Olyai

Section 15: Statistical Review

46. Statistical Review of ARSH: Indian Perspective 261
Kalpana Apte

Section 16: Adolescent Friendly Health Services (AFHS)

47. Youth Friendly Health Services 266
Ashwini Bhalerao-Gandhi
48. Setting-up Adolescent Friendly Health Clinics in Private 270
Swati Y Bhav
- Index* 275