EDITORIAL

Review of Clinical Pediatric and Adolescent Gynecology

We would like to welcome you to this mini-thematic issue of Current Women’s Health Reviews: Review of Clinical Pediatric and Adolescent Gynecology.

Pediatric and adolescent gynecology (PAG) is a subspecialty within obstetrics and gynecology that focuses on medical and surgical gynecologic issues in females from birth to young adulthood. Patients in this age range often have gynecologic needs that are distinct from adult females. As such, PAG is an integral aspect of Gynecology that is often over-looked. Many pediatric and adolescent patients will present to a women’s health provider with gynecologic complaints but many providers feel they do not have the training or experience to care for this population. As a result, these patients often find it difficult to find an experienced provider and might receive substandard care. Additionally, the evidence and defined recommendations regarding Pediatric and Adolescent Gynecology has grown substantially in recent years.

By most standards, the field of PAG is in its infancy. The 1st Edition of Pediatric and Adolescent Gynecology was published in 1977. Approximately a decade later the North American Society of Pediatric and Adolescent Gynecology (NASPAG) was founded. NASPAG continues to be an active and rapidly expanding organization. There are currently 13 PAG fellowship programs in North America, multiple textbooks and chapters that focus specifically on Pediatric and Adolescent Gynecologic medicine. Obstetrics and Gynecology residency programs now have PAG objectives as part of their curriculum and several have PAG rotations. Despite this growth and increase in resources and education many women’s health providers still feel a gap in knowledge when it comes to gynecologic needs of young patients.

The aim of this publication is to review common gynecologic issues in the pediatric and adolescent population that frequently present to a gynecology office. All contributors have completed a Pediatric and Adolescent Gynecology Fellowship and have expertise in their given topic. Dr. Jinar reviews vaginitis, the most common gynecologic complaint among pediatric patients. Abnormal menses is the most common presenting symptom of an adolescent but there are several nuances to the workup and treatment of this common complaint that are unique to younger patients. Dr. Adeyemi-Fowode presents the latest evidence-based approach to polycystic ovary syndrome, while Dr. Francis reviews heavy menstrual bleeding in the adolescent. Pelvic masses in young patients are often intimidating, Dr. Santos outlines the differential diagnosis and recommended interventions. Finally, pregnancy prevention is an imperative aspect of women’s health, especially for adolescent and young adult females. Dr. Fowler’s review of contraception is timely and informative. The clinical presentation, evaluation, and treatment options for these conditions will be reviewed as well as the evidence to support current practice. The scope of this manuscript is at a level that is appropriate for a general women’s health provider but also incorporates details for those who are interested in a more in-depth review. We hope this thematic review will help providers become more comfortable with PAG medicine, reinforce their current understanding, and support continued education in this field.

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