Contents

Preface, xi
Contributors, xiii

SECTION 1 PREPUBERTAL GIRLS, 1

Part 1 Introduction
1 Initial assessment, 3
   Maureen Lynch

Part 2 Prepubertal Girls: Symptoms and Signs
2 Ambiguous genitalia in the neonate and infant, 6
   Sejal Shab and Avni C. Shab
3 Vaginal discharge and odor, 14
   Corinne Bazella and Majorie Greenfield
4 Vaginal bleeding, 18
   Valerie S. Ratts
5 Ovarian masses, 22
   Julie L. Strickland and Anne-Marie Priebe

Part 3 Prepubertal Girls: Gynecologic Conditions
6 Labial adhesions, 29
   Jane E. D. Broecker
7 Pediatric vulvovaginitis, 33
   Sari Kives
8 Sexual abuse, 38
   Nancy D. Kellogg and James L. Lukefahr

SECTION 2 CONCERNS IN PREPUBERTAL GIRLS AND IN ADOLESCENTS, 43

Part 1 External Genitalia
9 Normal hymen and hymenal variations, 45
   Amy D. DiVasta and Estherann Grace
10 Vulvar signs and symptoms, 49
  10.1 Overview of vulvar signs and symptoms, 49
    Paula J. Adams Hillard
  10.2 Vulvar ulcers and aphthosis, 57
    Helen R. Deitch
  10.3 Vulvar tumors, cysts, and masses, 60
    Meredith Loveless
  10.4 Vulvar abscesses, 64
    Jennie Yoost and S. Paige Hertweck
11 Vulvar lichen sclerosus, 69
   Paula J. Adams Hillard
12 Accidental trauma, 72
   Mariel A. Focseneanu and Diane F. Merritt
13 Female genital mutilation, 76
   Katherine A. Zakhir and Comfort Momoh

Part 2 Puberty
14 Normal puberty, 80
   Jennifer C. Kelley and Frank M. Biro
15 Precocious puberty, 87
   Paul B. Kaplowitz
16 Delayed puberty, 91
   Sara E. Watson, Peter A. Lee and Christopher P. Houk

SECTION 3 ADOLESCENT GIRLS, 97

Part 1 Adolescent Health
17 Initial assessment: consultation with an adolescent girl, 99
   Paula J. Adams Hillard
18 Confidentiality, 103
   Janice Bacon and Jennifer A. Greene
19 Legal issues, 108
   Rebecca Gudeman and Abigail English
20 Adolescent sexuality, 114
   Linda M. Kollar
21 Adolescent preventive care for healthy teens, 119
   Kristin L. Kaltenstadler and Corinne Lehmann
22 Weight, 125
   22.1 Overweight and obesity and gynecologic conditions, 125
       Stephanie Crewe and Maria Trent
CONTENTS

22.2 Eating disorders, 131
   Anne Hsii and Neville H. Golden
23 The female athlete, 138
   James R. Ebert
24 Immunizations, 142
   Amy B. Middleman
25 Substance abuse: screening and brief intervention, 146
   Patricia Schram and Sharon Levy
26 Suicidal ideation and self-harm: screening, 151
   Matthew B. Wintersteen and Christopher V. Chambers
27 Healthcare for lesbian, bisexual, and transgender
   adolescents, 154
   Elizabeth B. Erbaugh and Margaret J. Blythe
28 Developmental delay, 158
   Lisa Allen and Melanie Ornstein
29 Menstrual health, 163
   29.1 Tampons and menstrual hygiene products, 163
       Stephanie Stockburger and Hatim A. Omar
   29.2 Normal menses, 166
       Paula J. Adams Hillard
   29.3 Menstrual suppression, 169
       Kelly Kantartzis and Gina Sucato
30 The gynecologic exam, 174
   30.1 When and how to perform a gynecologic
       exam, 174
       Paula J. Adams Hillard
   30.2 Cervical cytology screening, 180
       Paula J. Adams Hillard
31 Sexually-transmitted disease screening, 183
   Michael G. Spigarelli

Part 2 Pregnancy Prevention and Options
32 Unintended pregnancy: options and counseling, 187
   Kaiyti Duffy and Rachael Phelps
33 Contraceptive counseling, 192
   33.1 Contraceptive counseling for healthy teens, 192
       Stephanie B. Teal
   33.2 Contraceptive counseling for teens with medical
       illness, 197
       Melissa Gilliam and Amy Whitaker
34 Contraception, 205
  34.1 Barrier methods, 205
    Uri Belkind and Susan M. Coupey
  34.2 Oral contraception, 210
    Emily M. Godfrey and Melissa Kottke
  34.3 Transdermal and vaginal combination methods, 217
    Sherine Patterson-Rose and Paula Braverman
  34.4 Intrauterine devices, 222
    Sophia Yen
  34.5 Progestin-only contraception, 226
    Michelle M. Isley and Andrew M. Kaunitz
  34.6 Emergency contraception, 230
    Kaiyti Duffy and Melanie A. Gold

Part 3 Adolescent Girls: Symptoms and Signs
35 Hirsutism, 234
  Dianne Deplewski and Robert L. Rosenfield
36 The breast, 241
  36.1 Breast concerns, 241
    Kaylene J. Logan and Eduardo Lara-Torre
  36.2 Breast discharge, 246
    Donald E. Greydanus and Colleen Bryzik Dodich
37 Vaginal discharge, 249
  Seema Menon, Mandakini Sadhir, and Susan Jay
38 Pelvic masses, 254
  Noam Smorgick-Rosenbaum and Elisabeth H. Quint
39 Gynecologic pain, 260
  39.1 Pelvic and abdominal pain, 260
    Geri D. Hewitt
  39.2 Myofascial (musculoskeletal) pain, 266
    John Jarrell
40 Amenorrhea, 269
  Melanie Nathan and Andrea L. Zuckerman
41 Abnormal uterine bleeding, 275
  Jennifer E. Dietrich and Jennifer L. Bercau-Pratt
42 Premenstrual syndrome/premenstrual dysphoric disorder and mood disorders, 281
  Michael Dobbs and Paula Braverman
Part 4 Adolescent Girls: Gynecologic Conditions

43 Vulvovaginal conditions, 285
   43.1 Yeast/candida, 285
      Sofya Maslyanskaya and Elizabeth Alderman
   43.2 Bacterial vaginosis, 289
      Jennifer Louis-Jacques and Rebecca Flynn O’Brien

44 Sexually-transmitted diseases, 293
   44.1 Genital herpes, 293
      Terri Warren
   44.2 Human papillomavirus and condyloma, 297
      Lea E. Widdice and Jessica A. Kahn
   44.3 Chlamydia, 302
      Taraneh Shafi i and Gale R. Burstein
   44.4 Gonorrhea, 307
      Bree Weaver and J. Dennis Fortenberry
   44.5 Trichomonas, 312
      Samantha E. Montgomery and Jill S. Huppert
   44.6 HIV, 315
      Anita Radix and Donna Futterman
   44.7 Other sexually-transmitted diseases, 318
      Ellen S. Rome

45 Dysmenorrhea, 325
   Michelle Forcier and Zeev Harel

46 Congenital anomalies, 330
   Amy M. Vallerie and Lesley L. Breech

47 Ectopic pregnancy, 339
   Michelle Vichnin

48 The ovaries, 342
   48.1 Ovarian cysts, 342
      Paula J. Adams Hillard
   48.2 Ovarian germ cell tumors, 348
      Claire Templeman

49 Endometriosis, 351
   Mary Anne Jamieson

50 Polycystic ovary syndrome, 355
   Samantha M. Pfeifer

51 Pelvic inflammatory disease, 361
   Colleen McNicholas and Jeffrey F. Peipert

52 Gonadal dysgenesis, 366
   Courtney A. Marsh and Yolanda R. Smith
53 Sexual assault and date rape, 371
   Beth L. Emerson and Kirsten Bechtel

Appendix 1 Essential information, 375
Appendix 2 Useful web resources for adolescents, their parents/caregivers, and clinicians, 389
Index, 391