

## Book Review

The book "**Adolescent Care 2000 and Beyond**" is a comprehensive work on the health problems that adolescents encounter. It also covers psycho social, emotional problems and addresses issues on counseling and reproductive health.

It is a good reference book for all clinicians, who look after adolescents including gynaecologists & obstetricians, pediatricians and family practitioners as well as teachers and social workers. It is one step forward in achieving our goal of improving women's health by starting and empowering them right from adolescence so that they can go ahead with confidence.

The book has been divided into two parts - the first encompasses all aspects of adolescent health giving the reader comprehensive picture of the incidence and causes for adolescent mortality and morbidity, and the precipitating causes for the same, and measures to be taken to effect a change.

It also describes the various changes - physical and mental that occur during adolescence and also details reproductive changes and the problems that are encountered during this transition period. The psychosocial problems encountered and problems of alcoholism, substance abuse, STD & teenage pregnancy are dealt with in a brief but authoritative manner and clear remedial approaches have been suggested.

It also addresses the difficult, grey areas of teenage suicide and pinpoints signs and change that precede the event thereby helping social workers, educators, parents, friends & teenagers themselves to avert this catastrophic event. Having covered almost all aspects of adolescent health in the first part, the second part tells us how to identify risks, educate youngsters, promote their health, change their perceptions and develop life skills that will enable them to have a fruitful family life and identify and avoid pitfalls as well as gain control over their reproductive health.

It also focuses on reproductive health training, teenage care and counseling and premarital counseling and is of great help to those who run child guidance and welfare clinics.

The book is well written in simple lucid language, is well researched and is a boon to all involved with child and adolescent care.

**Dr. Mehroo D. Hansotia**

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### Colour Atlas of Cytology and Colposcopy

by Giovanni Miniello and Usha Saraiya

CBS Publishers

Many atlases on either Colposcopy or Cytology have been published in this century, extolling one or the other aspect. It is only in the last decade that integration of the two has been recognised as complimentary and not competitive. The book starts with history of Cytology and Colposcopy, including the work of Indian contributors. The integration of colposcopy with phase-contrast microscopy is very comprehensively depicted, with nearly hundred beautiful, coloured and instructive plates. The book therefore counts as a real comprehensive treatise on the subject. Phase contrast microscopy is under-utilised in developing countries, although available for past three decades. The atlas should encourage its proper use in India. A chapter on pre-neoplastic lesions presents important steps in the diagnosis and downstaging of cervical cancer.

Cytology and colposcopy during pregnancy is thoroughly neglected in India. Since cancer cervix presents earlier in life in India, a chapter on this should induce better attention to Indian patients right from their child bearing years. Cervicography in its advocated form would be quite expensive in India. Changing it to Digital imaging and e-mail transfers to experts will hasten the diagnosis and would be cost-effective. Screening of rural population with simplified colposcope is stressed and will be suited for this procedure in rural India.

In conclusion, this is an excellent book, which fills many a gaps in existing literature and should encourage many more doctors in our country in downstaging cervical cancer and reduce the mortality due to cancer cervix, the number one killer disease of Indian women.

**Dr. Vithal N. Purandare**