



## Better Health for Teenagers

By Parvesh Handa

Peacock/ Atlantic Publishers & Distributors (P) Ltd., 2012. Softcover. Book Condition: New. Teenagers are young boys and girls in the age group of 13 to 19. It is a transitional stage of physical and psychological development occurring between puberty and adulthood. The period of adolescence is most closely associated with the teenage years although its physical, psychological and social expressions can begin earlier and end later. During adolescence, changes occur in cognitive ability, relativistic thinking, wisdom, identity development, self-concept, social relationship, romance and sexuality. Thus, it is the most important period of life when rapid and sudden changes in physical, psychological and physiological developments occur in the body. The purpose of this book is to apprise the readers with all the changes?internal as well as external?taking place in adolescents, both males and females. Many types of problems associated with growth, from puberty to adulthood, have been discussed. A number of diseases, particularly those relating to the sexual organs and reproductive systems of boys and girls, like genital herpes, genital warts, gonorrhoea, syphilis and trichomonioasis have been discussed. Methods of treatment thereof have also been suggested. Adolescence is also the age during which boys and girls face certain mental and emotional...



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