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**Adolescence health care**

**Adolescence:** is a transitional stage of physical and mental development that occurs between childhood and adulthood.

**Adolescence:** stage of human development encompassing the transition from childhood to adulthood.

**Adolescence health care**: is a combination of physical, psychological and social maturation.

**WHO classify the age groups for the adolescence**

* Adolescence : 10 – 19 years
* Early Adolescence : 10 – 13 years
* Middle adolescence : 14 – 16 years
* Late adolescence : 17 – 19 years
* Youth : 15 \_ 24 years

**Importance of Adolescent Health**

* Developing Countries
* Parents of next generation.
* Early menarche
* Late marriage
* Less family influence
* Exposure to mass media

**Adolescents Growth & Development**

1. **Physical growth**

* Skeletal growth
* Body composition
* Weight gain
* Increase in adipose tissue in girls
* Increase muscle mass
* Maturation of reproductive system
* Hormonal changes
* FSH, LH, Estrogen, Testosterone, adrenal androgens.
* Secondary sexual characters
* Breast development
* Pubic hairs
* Development of genitilia.

1. **Psychosocial development**

* Mood swings
* Intense relationship with same & opposite sex friends
* Increased cognition
* Increased need for privacy
* Increased intellectual ability
* Risk- taking behavior

1. **Sexual changes**

* Curious to know about their own as well opposite gender- experimentation
* Intimate relationships
* Sexual desire increases
* Sexual activities begin.

**Adolescent health problems**

* Anorexia nervosa
* Obesity & overweight
* Micronutrient deficiency
* Emotional problems
* Behavioral problems
* Substance abuse & injuries
* Sexually transmitted infection
* Thinking and studying problems

**Prevention of Adolescent health Problems**

* **Primary prevention** : policies, information & education.
* **Secondary prevention** : identification & reduction of risk
* **Tertiary prevention** : treatment & rehabilitation

**Sources of adolescents health care**

* Schools health services
* General health services
* Special health services
* Social marketing