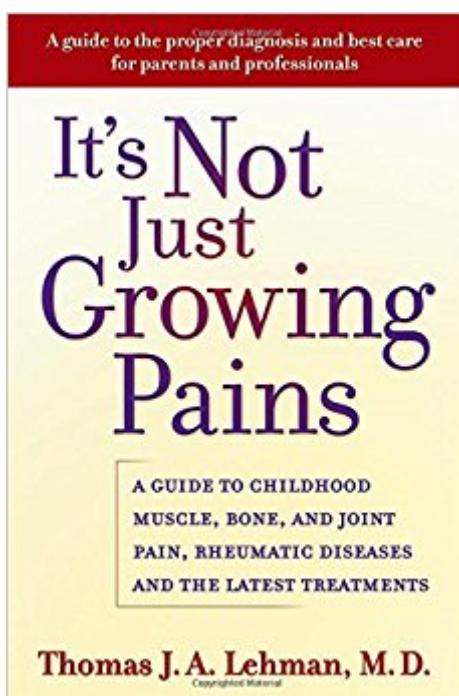


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# It's Not Just Growing Pains: A Guide To Childhood Muscle, Bone And Joint Pain, Rheumatic Diseases, And The Latest Treatments



## Synopsis

Arthritis is usually considered a disease of older adults, but nearly 300,000 children in the United States suffer from some form of arthritis or rheumatic disease, such as juvenile arthritis (JRA), fibromyalgia, chronic fatigue, systemic lupus erythematosus, scleroderma, or Kawasaki disease. Yet until now very little information has been available to guide parents and doctors in properly diagnosing such children. Here is a readable, reliable guide to the common causes of bone, joint, muscle, and arthritis pain in children, designed to help parents and physicians understand these disorders, arrive at the proper diagnosis, and choose the most effective treatment. In this comprehensive resource, Dr. Thomas Lehman--the head of one of the most prestigious pediatric rheumatology programs in the world--offers easy-to-understand information on the causes, symptoms, tests, and treatments for a wide variety of rheumatic diseases and childhood pain. Dr. Lehman writes with great clarity, providing numerous case examples that illustrate the topic at hand and offering practical, down-to-earth advice. Equally important, he answers the questions that parents are most likely to ask: What should they observe in their children? What questions should they ask their doctor? Which tests are necessary? What risk factors should they be aware of? And how can they help their children cope with the social and psychological aspects of their illness. The book summarizes diagnostic tests, discusses the most effective medications, and discusses physical therapy, alternative therapy, and surgical options that are available. Clearly written, thorough, authoritative, and up-to-date, *It's Not Just Growing Pains* is the definitive resource available on the subject for parents and health care professionals, helping them to understand the children's pain and find the best available care.

## Book Information

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## Customer Reviews

"Lehman is incredibly thorough while writing in an easily understandable manner. His chapter on laboratory and diagnostic tests is particularly helpful. An excellent addition to all consumer health and parenting collections."--Library Journal (starred review)"Dr. Tom Lehman's experience and compassion are evident on every page of this book, and help guide the reader--child, parent, and healthcare professional alike--through the world of childhood arthritis. The book is an absolute gem written with a single goal in mind--improving the lives of kids with arthritis. " --John H. Klipper, M.D., President and CEO, Arthritis Foundation"Dr. Lehman has given parents and families of children with arthritis the first book that speaks to the parent and child as equals. His book explains the illnesses, the medications, the lab tests, and the disease course in simple, understandable lay language and gives them valuable insight into how a pediatric rheumatologist thinks. Bravo!" --Charles H. Spencer, MD, Professor of Clinical Pediatrics, University of Chicago/La Rabida"A must have for any family with a child who has a rheumatic disease! I personally found this book to very informative. Dr. Lehman, as always, gives families a clear understanding of their choice of treatments and what they can expect from their child's rheumatic disease." --Kathy Gaither, Juvenile Scleroderma Network, Inc."This comprehensive guidebook is a must-read for pediatricians and health care professionals who treat children and adolescents. For parents of children who have already been diagnosed with rheumatic disease, as well as children who have baffling, undiagnosed symptoms, this book will be a valuable resource." --Enid Engelhard, CSW, Director of Social Services, S.L.E. Foundation, Inc."Navigating the health care system as an adult can be daunting, but doing so with a child who has a rheumatic disease can be a particularly anxiety-provoking experience for the entire family. Education is the key to understanding and to reducing the stress and fear that goes along with caring for an ill child. Dr. Lehman's book provides a thorough explanation of disease process, therapeutics, diagnostics and coping strategies all in a very friendly easy to read manner. The Scleroderma Foundation is excited about this guide and believes that it would be a great addition to the family library and to providing the insight necessary to becoming an informed, effective partner in their child's care."--Donna Kohli, President & CEO, Scleroderma Foundation

This book is written to help the parents of children with joint pain and childhood arthritis and the many nurses, teachers, therapists and physicians who care for them understand the conditions

which cause joint pain and make sure these children get the proper diagnosis, the best care, and the best possible outcome.

i used this book to help me research all the problems i experienced as a sickly child. the title caught my attention because i suffered from very severe daytime growing pains as a child. i was on a quest to trace my disease roots as my recent lupus diagnosis seemed to be a culmination of a lifetime of illness. i found much information to help me understand my past. i only gave this book three stars, however, because the author greatly minimizes the disease processes of chronic fatigue syndrome and fibromyalgia. parents should be alerted to understand that these syndromes can be much more serious and debilitating than what is depicted in this book. these syndromes can be disabling. if your child has been diagnosed with either syndrome, please dig deeper and find help from rheumatologists, pain management specialists, and authors such as mark pelligrino, md.

This book has helped me out so much as a parent of 2 daughters. One has chronic pain issues and one just finished a rough recovery on a broken ankle. This book has been helpful and explained things to me a very straight forward way.

My wife refers to this book as "The Bible" because it appears to be the authoritative source for information on JRA. This disease struck our child in the Systemic Onset version, and after months of fumbling around by the local care providers we got a diagnosis that led us to this book and to an appointment with Dr.Lehman personally in NYC. We found the book to be very useful and after meeting Dr. Lehman we regard it as indispensible. We would highly recommend the book to anyone with a child suffering from this family of afflictions.

Very well written and informative book. Helpful for a mom who's 11 year old daughter is always hurting.

The best rheumatologist there is !

Great service. I received it in no time, and in perfect condition. Wouldn't hesitate to use this seller again in the future. Thanks!

Helpful

This book was very well written, easy to understand and in depth enough for the average person. If a child you know is having undiagnosed pain this would be an excellent sourcebook. It gives you the questions to ask the specialists, tons of disease specific information, and details about why certain diagnostic tests will/will not be performed on a child. You will also better understand the possible causes and various diseases that present bone and joint pain in children. If a child you know has been diagnosed with a specific disease (as mine was), this book provides many more answers about many specific conditions than you can find online or during a single doctor visit. It also gives a realistic prognosis for a variety of diseases which many doctors are shy about giving. While this book is slightly lacking in scientific depth, it does get one started in understanding a child's condition and finding additional sources. It is geared for the parent/caregiver but would also be great for general practitioners and nurses because of the information presented regarding diagnosing bone/joint pain in children. The information regarding juvenile arthritis is particularly up-to-date, interesting and helpful. If you are looking for a therapy guide for children's pain management this is not the book. This book thoroughly explains prescription medications, surgeries, and labs, but does not delve deeply into the therapeutic realm. (I am still looking a book regarding OT/PT therapy approaches for juvenile arthritis.)

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