



It's Not Just Growing Pains: A Guide to Childhood Muscle, Bone, and Joint Pain, Rheumatic Diseases, and the Latest Treatments

Thomas J. A. Lehman M.D.

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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.

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Verna Smith:

A lot of people always spent all their free time to vacation or maybe go to the outside with them family members or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or playing video games all day long. If you want to try to find a new activity that is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you read you can spent all day every day to reading a guide. The book It's Not Just Growing Pains: A Guide to Childhood Muscle, Bone, and Joint Pain, Rheumatic Diseases, and the Latest Treatments it doesn't matter what good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. In case you did not have enough space to bring this book you can buy often the e-book. You can m0ore easily to read this book through your smart phone. The price is not very costly but this book features high quality.

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