

# Pediatric Specialist Guide

*A referral guide for health care providers*



James Kasser, MD



Children's Hospital Boston

2009-2010

CHILDRENSHOSPITAL.ORG

## ADOLESCENT MEDICINE

The Division of Adolescent/Young Adult Medicine provides state-of-the-art, comprehensive primary care and specialty care to patients, ages 10 to 23 years old. We offer physical examinations, immunizations, sexuality and contraceptive counseling, gynecologic examinations, Pap smears and STD screenings and expert preventive health care to adolescents and young adults. We also provide consultation for patients with complex medical problems, such as eating disorders, menstrual problems, male and female reproductive health problems, weight problems, and chronic fatigue. Our practice includes physicians, nurse practitioners, nurses, nutritionists, HIV counselors, and mental health clinicians.

In addition to offering expert preventive care, our experienced, multidisciplinary staff provides specialty care for adolescents and young adults with a variety of complex medical problems and issues, including:

- chronic fatigue
- delayed puberty
- eating disorders
- family planning
- gynecologic problems
- HIV infection
- hormonal changes
- menstrual problems
- osteoporosis
- polycystic ovary syndrome
- sexually transmitted diseases (STD)
- teen pregnancy
- weight problems

### CLINICAL PROGRAMS:

#### Adolescent/Young Adult Medical Practice

Provides expert evaluation and medical treatment for adolescents and young adults with common and complex medical problems. By taking thorough histories, providing physical exams and diagnostic testing and offering expert counseling services, the practice enables adolescents and young adults to lead healthy and productive lives.

Scheduling: 617-355-7181

#### Eating Disorders Program

Evaluates and treats adolescents who struggle with an eating disorder. Patients benefit from the multidisciplinary approach to their eating disorder. The team combines the talents of experts in adolescent medicine, mental health (social work, psychology and psychiatry) and nutrition.

Scheduling: 617-355-7178

#### Reproductive Endocrine Practice

Diagnoses and treats adolescents and young adults with reproductive endocrine problems, such as delayed development, menstrual problems, osteoporosis, and polycystic ovary syndrome. Using state-of-the-art diagnostic testing and treatments, the practice can provide solutions to many reproductive problems.

Scheduling: 617-355-7181

#### Bone Health Program

Provides comprehensive evaluation of adolescents with low bone density or at risk for low bone density.

DXA Center (bone density measurement) Scheduling: 617-355-3789

General Information/Clinical Appointments: 617-355-0469

#### Boston HAPPENS Program

Provides clinical care and support services to HIV positive and at-risk youth and provides confidential HIV counseling and testing for all clients ages 12 and up.

Scheduling: 617-355-2735

#### Breast Clinic

Provides comprehensive, interdisciplinary care to patients who present symptoms of benign breast conditions, such as breast asymmetry or macromastia in girls and gynecomastia in boys. This program is run in collaboration with the Department of Plastic Surgery.

Scheduling: 617-355-4964

#### Center for Young Women's Health

Provides comprehensive health and education resources. The center empowers adolescent girls and young women to take a more active role in their health and health care decisions. For health information and to learn about a variety of programs and services designed to educate and empower girls and young women ages 12-22, contact 617-355-2994 or visit [youngwomenshealth.org](http://youngwomenshealth.org).

#### Eating Disorders Program

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Scheduling: 617-355-7178

## ADOLESCENT MEDICINE

### Reproductive Endocrine Practice

Diagnoses and treats adolescents and young adults with reproductive endocrine problems, such as delayed development, menstrual problems, osteoporosis, and polycystic ovary syndrome. Using state-of-the-art diagnostic testing and treatments, the practice can provide solutions to many reproductive problems.

Scheduling: 617-355-7181

Children's Division of Adolescent and Young Adult Medicine sees patients at our Boston campus on the fifth floor of 333 Longwood Avenue, and in the following communities throughout Greater Boston:

COMMUNITY	LOCATION	SCHEDULING
Boston	Children's Hospital Boston 333 Longwood Avenue, 5th floor	617-355-7181
Lexington	Children's Hospital Boston at Lexington 482 Bedford Street	781-672-2100
Peabody	Children's Hospital Boston at Peabody Lahey Clinic North, One Essex Center Drive	978-538-3600
Waltham	Children's Hospital Boston at Waltham 9 Hope Avenue	781-216-2100
Weymouth	Children's Hospital Physicians at South Shore Nevin Bldg., 851 Main Street, Suite 6	781-331-4715

URGENT APPOINTMENT TRIAGE	LOCATION	SCHEDULING
Adolescent Medicine	All sites	617-355-7181, option 1
Outpatient Eating Disorders	All sites	617-355-7178

To make an appointment at any of our office locations, please call the appropriate scheduling office telephone number above or visit [childrenshospital.org/adol](http://childrenshospital.org/adol) and select Request An Appointment.

## ADOLESCENT MEDICINE

### **Emans, S. Jean, MD**

Chief, Division of Adolescent Medicine  
Co-Director, Center for Young Women's Health  
Professor of Pediatrics, Harvard Medical School  
Children's Hospital Boston  
☎ 617-355-4958 (appointments)  
☎ 617-730-0185  
✉ jean.emans@childrens.harvard.edu

**Board Certifications:** Pediatrics, Adolescent Medicine

**Specialties:** adolescent/young adult medicine; gynecology (pediatric and adolescent); reproductive endocrinology

### **Woods, Elizabeth R., MD, MPH**

Associate Chief, Division of Adolescent/Young Adult Medicine  
Director, Community Asthma Program  
Chair, Asthma Quality Improvement Program  
Associate Professor of Pediatrics, Harvard Medical School  
Children's Hospital Boston  
☎ 617-355-7181  
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**Other Office:** Lexington

**Board Certifications:** Pediatrics, Adolescent Medicine

**Specialties:** adolescent/young adult medicine; eating disorders; medical gynecology

### **Brooks, Traci L., MD**

Instructor in Pediatrics, Harvard Medical School  
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**Board Certifications:** Pediatrics, Adolescent Medicine

**Specialty:** adolescent/young adult medicine

### **Cooper, Henrietta Elizabeth, MD**

Assistant in Medicine and Psychiatry  
Instructor in Psychiatry, Harvard Medical School  
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**Board Certifications:** Adult Psychiatry  
**Specialty:** psychiatry

### **DiVasta, Amy Desrochers, MD, MMSc**

Instructor in Pediatrics, Harvard Medical School  
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**Other Office:** Weymouth

**Board Certifications:** Pediatrics, Adolescent Medicine

**Specialties:** adolescent/young adult medicine; gynecology (pediatric and adolescent); reproductive endocrinology

### **Forman, Sara F., MD**

Director, Outpatient Eating Disorders Program  
Director, Resident and Medical Student Training in Adolescent Medicine  
Assistant Professor of Pediatrics, Harvard Medical School  
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**Board Certifications:** Pediatrics, Adolescent Medicine

**Specialties:** adolescent/young adult medicine; eating disorders

### **Gordon, Catherine M., MD, MSc**

Director, Bone Health Program  
Associate Professor of Pediatrics, Harvard Medical School  
Children's Hospital Boston  
☎ Adol Med: 617-355-7181 <br>Endocrine: 617-355-7476  
☎ 617-730-0195  
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**Board Certifications:** Pediatrics, Pediatric Endocrinology, Adolescent Medicine

**Specialties:** bone health; reproductive endocrinology; young women's health

### **Grace, Estherann M., MD**

Clinical Chief  
Associate Clinical Professor of Pediatrics, Harvard Medical School  
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**Specialties:** adolescent/young adult medicine; eating disorders; menstrual disorders

### **Hassan, Areej, MD, MPH**

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**Board Certifications:** Pediatrics

**Specialty:** adolescent/young adult medicine

### **Mansbach, Jonathan, MD, MPH**

Adolescent Physician and Hospitalist  
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**Board Certifications:** Pediatrics, Adolescent Medicine

**Specialty:** adolescent/young adult medicine

### **O'Brien, Rebecca Flynn, MD**

Associate Clinical Chief  
Assistant Professor of Pediatrics, Harvard Medical School  
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**Other Office:** Peabody

**Board Certifications:** Pediatrics, Adolescent Medicine

**Specialties:** adolescent/young adult medicine; eating disorders; medical gynecology; reproductive endocrinology

### **Pettinato, Andrea Agnello, MD**

Instructor in Pediatrics, Harvard Medical School  
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**Other Offices:** Lexington; Waltham  
**Board Certifications:** Pediatrics, Adolescent Medicine  
**Specialties:** adolescent/young adult medicine; eating disorders; menstrual disorders

## ADOLESCENT MEDICINE

### **Pitts, Sarah, MD**

*Instructor in Pediatrics, Harvard Medical School*

Children's Hospital Boston

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✉ sarah.pitts@childrens.harvard.edu

**Board Certifications:** Pediatrics

**Specialty:** adolescent/young adult medicine

### **Richmond, Tracy, MD, MPH**

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**Board Certifications:** Pediatrics, Adolescent Medicine

**Specialties:** adolescent/young adult medicine; eating disorders; reproductive endocrinology

### **Shrier, Lydia A., MD, MPH**

*Director, Clinic-Based Research*

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**Other Office:** Weymouth

**Board Certifications:** Pediatrics, Adolescent Medicine

**Specialties:** adolescent/young adult medicine; eating disorders; medical gynecology

### **Rich, Michael, MD, MPH**

*Director, Center on Media and Child Health*

*Director, Video Intervention/Prevention Assessment*

*Professor of Pediatrics, Harvard Medical School*

*Professor of Society, Human Development and Health, Harvard School of Public Health*

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**Board Certifications:** Pediatrics, Adolescent Medicine

**Specialty:** adolescent/young adult medicine

### **Samples, Cathryn L., MD, MPH, AAHIVS**

*Clinical Director, Boston HAPPENS*

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**Board Certifications:** Pediatrics, Adolescent Medicine

**Specialties:** adolescent/young adult medicine; HIV prevention/care