



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

By Thomas J. A. Lehman

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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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Editorial Review

Review

"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. Klippel, 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

From the Author

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.

About the Author

Thomas J. A. Lehman, MD, FAAP, FACR, is Senior Scientist, Attending Physician, and Chief, Division of Pediatric Rheumatology, Hospital for Special Surgery, and Professor of Clinical Pediatrics, Weill Medical College of Cornell University. He is a fellow of both the American Academy of Pediatrics and the American College of Rheumatology and a member of the New York Academy of Medicine. He lives in New York City.

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