



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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