

# Other subspecialties of internal medicine

Our focus on adolescents and young adults is similar to the focus of other internal medicine subspecialties concerned with specific organs, conditions, diseases, or age groups. Other subspecialties include gastroenterology (digestive tract), cardiology (heart), pulmonology (lungs), endocrinology (diabetes and other glandular disorders), nephrology (kidneys), hematology (blood), hepatology (liver), oncology (cancer), infectious diseases, allergy and immunology, rheumatology (arthritis), sports medicine, and geriatrics.



# Clearing up some confusion

We doctors of internal medicine are also known as “internists.”

This should not be confused with “interns,” who are doctors in their first year of training after medical school.

Nor are we the same as “general practitioners” (GPs), or “family physicians” (FPs), whose practices may include surgery, obstetrics and pediatrics, and whose training is not solely concentrated on adults.

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representing

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ADOLESCENT MEDICINE  
INTERNAL MEDICINE  
DOCTORS FOR ADULTS™

# Your Internist is an Adolescent Medicine Specialist



# We specialize in adolescents and young adults

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Adolescent medicine focuses on the physical, psychological, social and sexual development of adolescents and young adults.

We must first complete seven or more years of medical school and postgraduate training and attain Board Certification in Internal Medicine.\* Then, for an additional one to three years, we study conditions specific to adolescents before taking the examination for the Certificate of Added Qualifications in Adolescent Medicine (C.A.Q.).



\*or pediatrics.

# What we do

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After consultation with the referring internist, we evaluate medical and behavioral problems within the context of puberty and tailor management to the patient's developmental needs. These problems include growth and development disorders, vision and hearing disorders, learning disabilities, musculoskeletal problems (often sports related), allergies, acne, eating disorders, substance abuse, psychosocial adjustment problems, sexually transmitted diseases, contraception and pregnancy, and sexual identity concerns.

# When you need an adolescent medicine specialist

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Often your primary care physician will refer you to one of us adolescent medicine specialists when a problem associated with adolescence requires special attention. In some cases, a family member might recognize this need and suggest you consult us.

# How we work with your primary care physician

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Sometimes we work with other physicians, advising them about a specific diagnosis or treatment plan. In other cases, we act as a manager, relying on many skilled professionals — other subspecialists of internal medicine,\* nurses, physical and occupational therapists, psychiatrists, psychologists, pharmacists, and social workers.



\*or pediatrics.