

The Adolescent Medicine Program

Division of General Pediatrics

Alfred I. duPont Hospital for Children- Nemours Children's Clinic

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The Adolescent Medicine Program provides evaluation and treatment for a wide range of health issues concerning male and female adolescents. Our goal is to promote the health and well-being of adolescents in our community. Services include preventive care, comprehensive reproductive health care, and provision of a medical home for children with chronic illness, developmental challenges, and for those in the foster care or juvenile justice systems.

Developmentally appropriate health education is provided to patients at each visit. Confidential health services are provided for adolescents with concerns for pregnancy, sexually transmitted infections, and/or drug or alcohol abuse.

Inpatient and outpatient services are available. Adolescents between the ages of 10 and 18 can be referred to the Program. Typical referrals include evaluation and treatment of the following conditions:

- Menstrual cycle problems (irregular, absent, painful, or excessive menstruation)
- Polycystic Ovarian Syndrome (PCOS)
- Menstrual suppression for the management of chronic disease
- Breast disorders
- Scrotal/testicular disorders
- Sexually transmitted infections (including HIV testing and counseling)
- Vaginal and penile discharge

In addition the Adolescent Medicine Program also provides:

- Pap smears/pelvic exams: specializing in expert first-time exams
- Family planning: abstinence and contraceptive counseling
- Pregnancy testing, diagnosis, and subsequent referrals for services
- Sexuality education
- Comprehensive camp, school, sports and pre-college check-ups
- Smoking cessation: counseling and treatment
- Screening evaluations for substance abuse



Krishna White, MD, MPH, Director of Adolescent Medicine Program, is a pediatrician and adolescent medicine specialist at duPont Hospital for Children. She is a graduate of Eastern Virginia Medical School in Norfolk, VA. She completed her residency in pediatrics at The Children's Hospital of Philadelphia in Philadelphia, PA and served her fellowship in Adolescent Medicine at Children's National Medical Center in Washington, DC. She also obtained a Masters of Public Health in Health Policy at The George Washington University. Dr. White is certified by the American Board of Pediatrics.