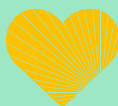


The Adolescent Gynaecology Clinic

A Safe Space for Girls
aged 10-19 to Grow!



fernandez

Adolescence is not easy. It's a rollercoaster of emotions, hormones and questions, especially for girls between 10 and 19 years. At Fernandez, we've created a safe, non-judgmental, expert-led clinic just for them!

From first periods to mood swings, cramps to body image issues, we're here for every phase. Our specialised healthcare service is focused on adolescent girls' physical, emotional, and mental health.



What is an Adolescent Gynaecology Clinic?

An **Adolescent Gynaecology** Clinic is a specialised healthcare service aimed at addressing the unique physical, emotional, and psychological needs of adolescent girls. The clinic provides a safe, non-judgmental, and confidential space for young girls to seek medical advice, counselling and preventive care.

How Does Adolescence Affect Teen Girls?

Not only does adolescence bring about physical changes in a young woman's body, but it also brings about emotional and psychological changes. The most common challenges faced during adolescence are:

- Development of breasts and body hair
- Acne and body odour
- Weight changes and metabolic shifts
- Mood swings and hormonal changes
- Cramps and Painful Periods

At Fernandez, we provide personalised care to help manage these changes with ease.



Why Choose Us?

Our clinic is led by some of the best gynaecologists in Hyderabad, who provide age-appropriate care in a safe, supportive space. We focus on:

- Healthy growth and development
- Early detection and management of health issues
- Nutrition, mental health, and lifestyle education
- Menstrual and reproductive health guidance
- Building health awareness and confidence in teens

Our Comprehensive Adolescent Health Package Includes:

- General health check-ups
- Menstrual and puberty-related care
- Blood tests (haemograms) and screenings
- Mental health counselling
- Nutrition and body image support
- HPV and other recommended vaccinations
- Sexual and reproductive health education
- Substance use awareness

Additional tests and consultations may be suggested for acne, sleep issues, or lifestyle concerns.

When Should You Seek Help?

Seek medical advice if:

- First periods start before age 9 or after 15
- Periods are extremely painful, irregular, or prolonged (over 8 days)
- Periods are missed for more than 2 months
- There's foul-smelling discharge, itching, or burning (possible infection)



A New Phase in Your Life

Adolescence isn't just a phase, it lays the foundation for lifelong health. With expert guidance, compassionate care, and a safe environment, we help teens build confidence and take charge of their health.

We're here to support you every step of the way on your journey to better **Adolescent Gynaecological Health**. Our team is ready to provide the care and guidance you need.

The Adolescent Gynaec Clinic Schedule

- **Every Sunday**
- **2 PM – 4 PM**
- **Fernandez Stork Home, Banjara Hills**

TO BOOK YOUR
APPOINTMENT TODAY, CALL

 **1800 419 1397**

