

## BOOK REVIEWS



### Smile Baby Book

ALOK C BHARDWAJ AND

ASHOK RAI

*Smile Healthcare Pvt Ltd (India)*

[www.smilebabybok.com](http://www.smilebabybok.com)

First Edition, 2010, pages 99,

Price Rs. 495.00 USD 17.95

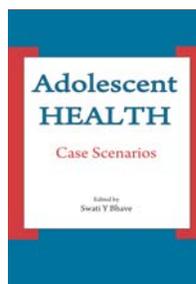
The arrival of a newborn baby brings unparalleled joys in the life of parents and relatives. Every action of the baby whether a tiny step or a big milestone, is keenly anticipated and cherished. The Smile Baby Book is a structured scrapbook to document and store such memories, with pictorial aids for parents on vaccination and monitoring of growth and development. A unique innovation is use of attractive animal theme. Information of complementary foods and development of good food habits could enhance the value of the book. The authors have shown considerable innovation in the design of the book by providing pockets for audio DVD, Video DVD, baby snaps DVD in the book. Smile Baby Book is highly recommended for all parents.

**PANNA CHOUDHURY,**

*National President ,*

*Indian Academy of Pediatrics 2009,*

[pannachoudhury@gmail.com](mailto:pannachoudhury@gmail.com)



### Adolescent Health: Case Scenarios

SWATI BHAVE

*New Delhi: Byword Books*

*Private Limited; 2011.*

Page: 384. Price: Rs.995/-.

This excellent treatise on adolescent health speaks of volumes about the passion, zeal and knowledge of its editor, a renowned name in adolescent health. Dr Swati has used a pedagogical technique for learning that is very appropriate for busy practitioners; *i.e.* by discussing the problems of adolescents through case-studies. The case-studies span over a wide variety of topics related to ethics, growth, nutrition, sexuality, and mental and physical health. The book is hardbound and printed in a single color on good quality paper. The practical utility could have been enhanced by representative illustrations, and an Index for quickly locating the desired material. Overall, a must read for all pediatrics practitioners, postgraduate students and those involved in care of adolescents.

**CP BANSAL, Chairperson,**

*IAP Chapter on Adolescence, Gwalior, MP.*

[cpbansal@gmail.com](mailto:cpbansal@gmail.com)

## IMAGES

### Carbon Baby Syndrome (Universal Acquired Melanosis)

A 5-years-old girl born to non-consanguineous parents presented with progressive generalized hyperpigmentation since 3 months of age. The darkening of skin was first noticed over the feet and face at the age of 3 months and gradually progressed to involve the entire body. There was no history of prior drug intake or other skin lesions, no history of discoloration of urine or photosensitivity. On examination, baby had generalized dark-black hyperpigmentation, oral mucosa was involved; genitalia were spared. Face showed patchy areas of normal skin. [Fig.1] The skin texture and sweat secretion were normal. Systemic and ophthalmological examination was normal.

Her weight was 15 kg and blood pressure was 104/70 mm Hg. Liver function tests, electrolytes, thyroid profile, serum cortisol, and ferritin were within normal limits. Skin biopsy revealed excessive melanin pigmentation of the epidermis with few melanophages in the dermis. A diagnosis of universal acquired melanosis (carbon baby syndrome) was made.

Addison disease (low blood pressure, hyponatremia, hyperkalemia, low serum cortisol level), Cushing disease (obese patient, cushingoid habitus, hyperglycemia, hypokalemia, elevated serum cortisol level), hemochromatosis (high transferrin saturation and ferritin level, genetic tests for the C282Y and H63D), and lichen planus pigmentosus (usually macular lesions, rarely diffuse hyperpigmentation, characteristic histopathology findings-lichenoid infiltration, basal vacuolar change and prominent