Adolescence is a unique, challenging and complex period in a person’s life. It’s a time of rapid change and increasing autonomy. During this stage, medical needs shift, too. To better serve this distinct population, the Adolescent Medicine Program at the Joseph M. Sanzari Children’s Hospital at Hackensack University Medical Center offers teens and young adults ages 12 to 21 the opportunity to meet with a provider who specializes in issues affecting adolescents.

Jennifer Northridge, M.D., is a board certified pediatrician who’s undergone an additional three-year fellowship in Adolescent Medicine. She provides consultations for a variety of conditions, including adolescent gynecology, menstrual disorders, eating disorders, mental health screenings and more.

“While in medical school, I gravitated toward adolescents and young adults,” Dr. Northridge says. “I enjoyed talking with them and providing guidance to help them take more control of their health and establish health-promoting behaviors.”

Typically during an appointment, the adolescent first fills out depression screenings. Dr. Northridge then meets with the family and also has one-on-one time with the adolescent to discuss his or her concerns. “I try to strike a balance between providing confidential care so that patients can speak with me honestly and candidly, while also encouraging communication with parents and families,” Dr. Northridge says. “As a comprehensive multidisciplinary clinic, the Adolescent Medicine Program has social workers and nutritionists who may be part of a visit depending upon the needs of the adolescent and his or her family,” she adds. Dr. Northridge takes a holistic approach to treating patients. She makes sure to address the issue that brought the patient to her office — whether it be a menstrual disorder or symptoms of an eating disorder, for example — and also takes the time to get to know her patients and discuss any other issues that may be impacting their well-being.

Adolescence isn’t just a stepping-stone between childhood and adulthood. It’s a crucial stage of a person’s life in which lifelong behaviors begin to take root. By providing compassionate care and education, Dr. Northridge hopes to have a lasting impact.

“Dr. Northridge took the time to get to know the patient and establish health-promoting behaviors,” Dr. Northridge says. “In return, I hope to provide comprehensive health care and education to help empower them to make healthy choices now and in the future.”

Our Adolescent Medicine Program team of board certified pediatrician, Magnet® award-winning nurses, social workers, certified medical assistants and administrative staff.

Our goal is to provide comprehensive health screening and consultation to keep our community’s adolescents healthy with compassionate care and health-promoting education. We will partner with your pediatrician or primary care physician to provide consultation and treatment for the following:

- Evaluation and/or medical management of eating disorders
- Adolescent gynecology
- Irregular menstrual periods
- Comprehensive contraceptive counseling
- Birth control
- IUD and contraceptive implant services
- Mental health
- Depression screening
- Anxiety screening
- Sexually transmitted diseases
- Substance use/abuse
- Puberty evaluation
- Breast masses or disorders

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A WELCOMING ENVIRONMENT

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