Anxiety About Transitioning Pediatric Patients to Adult Care

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This issue of *Pediatric Annals* is part 2 of our discussion about the transition process of patients from pediatric to adult health care providers. The guest editors, Drs. Jeremy Nicholarsen and Jill Weissberg-Benchell, have compiled an insightful collection of clinically relevant articles to help general pediatric providers understand the care transition process as it relates to patients with chronic conditions and illnesses. To adequately transfer adolescents and young adults to adult health care providers, there is a plethora of clinical information to share and to discuss for the successful transition of the patient’s long-term care.

This issue features articles on the transition of patients with allergies/immunologic diseases, cardiology challenges, as well as autism spectrum disorders. There is also an article about a new program that medicine-pediatrics physicians have devised to help patients and their families, as well as physicians, with this transition process. I am confident that our readership will benefit from these articles as much as I have.

**ANXIETY IN CHILDREN AND ADOLESCENTS**

Dr. Sabrina Fernandez, a columnist for our “Healthy Baby/Healthy Children” section of the journal, presents a dynamic summary of anxiety disorders in children and adolescents. Some of the strategies she details for helping patients and their families deal with anxiety may also be useful when assuring a smooth transition from pediatric to adult health care providers.