

TEENAGE VISIT

Child's name: _____

Today's Date: _____

TODAY'S MEASUREMENTS:

HEIGHT: _____ (_____ %ile)

WEIGHT: _____ (_____ %ile)

BODY MASS INDEX: _____ (_____ %ile)

BLOOD PRESSURE: _____/_____ mmHg

Immunizations

- Gardasil/HPV (human papilloma virus). It protects against a virus that causes genital warts and is the leading cause of oral, cervical, and penile cancers
- Menactra (Meningococcal). It protects against a devastating form of bacterial meningitis (inflammation of the brain and its coverings)
- Meningococcal B. It covers a strain not included in Menactra.

Leading a Healthy Life

Eating well and exercising regularly helps maintain a healthy weight. Obesity can lead to serious health problems such as diabetes, high blood pressure, cardiovascular disease, and joint problems. Here are some simple ideas that everyone should follow:

- Eat regular meals and healthy snacks such as fruits, vegetables, nuts, and cheeses. Avoid snacks that are high in fat or are "empty" calories (chips, crackers, cookies)
- Eliminate juices, soda, and sports drinks from your diet. Drink water or non- or low-fat milk for hydration. One soda contains about 300 calories and contains 10 tsp of sugar!
- Avoid processed foods by preparing meals with fresh ingredients
- Eat together as a family, and not in front of the TV. Put away your electronics during meals
- Drink non- or low-fat milk and lots of water
- Limit how often you eat at restaurants or fast-food
 - Restaurants portions tend to be much larger than needed. Share a meal or save half for a future meal
- Limit screen time to no more than 2 hours per day
- Exercise or be physically active at least 3-5 times a week for 40-60 minutes each time
- Calcium is needed to build strong, healthy bones. Weight-bearing exercise also helps. Aim for 1300mg per day (about 4 servings). Some calcium-rich foods are dairy products, most leafy green vegetables, and some cereals. Also consider a multivitamin with vitamin D, folic acid, and iron, especially if you are a vegetarian.



Sleep

As a teenager, you may often go to bed late. This may make getting up for school in the morning difficult!

- Try to get 8 hours of sleep per night
- Set regular bedtimes and wake times, and be consistent with them on the weekends
- Let your doctor know if you snore, as this may be a sign of a health problem

Becoming Independant

- Take new challenges; you'll increase your confidence
- Learn about yourself, what you believe in, and what is important to you. Discuss these things with your parents
- Participate in organized activities such as school clubs, sports, or youth groups
- Discuss limits and consequences for unacceptable behavior with your parents. Continue to discuss as a family rules such as curfews or driving
- Get help with big choices such as college, job training, and career ideas
- Discuss current events and social responsibility with your family and friends
- You have the right to confidentiality. Your doctor will keep personal issues between the two of you, unless you are planning to harm yourself or others

Mood and Stress

Signs of a mood problem like depression or anxiety may include:

- Prolonged and consistent sadness
- Lack of energy or constantly feeling tired
- No longer enjoying activities that you used to like
- Withdrawing from friends and family
- Becoming more irritable or angry
- Inability to concentrate
- Significant weight changes
- A notable change in sleeping patterns
- Feeling of guilt, helplessness, or hopelessness

If you notice any of these signs, it is very important to tell your doctor or another trusted adult ASAP. Help is available!

NEXT VISIT

In 1 year

SEX, DRUGS, AND ROCK & ROLL

- The only way to avoid pregnancy and STDs 100% is to not be sexually active
- If you are sexually active, always use a condom. If you are interested in other birth control methods, ask your doctor
- Sexually active teens should be checked for STDs regularly. Some infections have no symptoms, and can lead to infertility or even death if not treated
- Confidential testing is available through your doctor or Planned Parenthood
- Drugs can cause permanent changes to your brain, especially because it is still developing, as well as serious legal consequences. If you have a problem with or questions about drugs or alcohol, please talk with your doctor or another trusted adult. Help is available!

Acne

- If you have acne:
 - Wash your face twice a day with a mild facial cleanser (such as Neutrogena or Clean & Clear), and moisturize with a facial lotion. Scrubs can sometimes make acne worse by irritating the skin
 - Always wash your face after exercise
 - Try using an OTC benzoyl peroxide wash once a day. While this may irritate the skin at first, this should subside with regular use
- Facts about acne:
 - Foods do not make acne worse
 - Acne does not go away overnight. With dedication to regular hygiene (and using medications if needed), you should see improvements after a few months
- If you are concerned about your acne despite these measures, ask your doctor