

# 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