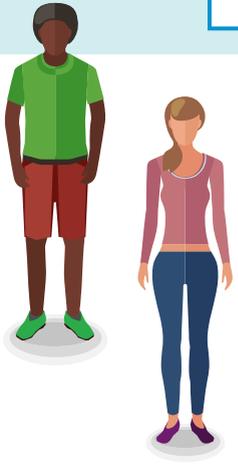


Teen Health CHECKLIST

General health and wellness



- Routine exam:** A physical exam and measurement of height, weight, body mass index, blood pressure, and other screenings are generally conducted.
- Vision and hearing:** The doctor can conduct screenings for eye and ear health during an annual wellness visit.
- For teen boys:** The doctor can discuss changes to his body (e.g., growth spurts, genitals, facial hair, lowering of voice).
- For teen girls:** The doctor can discuss changes to her body (e.g., shape, breasts, menstrual cycle).

Immunizations



Vaccines are not just for infants and toddlers. In fact, there are important immunizations and boosters for teens that may be recommended to help reduce the risk of disease. These may include immunizations for influenza, meningococcal meningitis, chicken pox, hepatitis A, hepatitis B, human papillomavirus (HPV), and tetanus.

Emotional check



Your teen's visit should include discussion about physical, behavioral, and social-emotional issues. Topics that may be discussed include puberty, weight gain, normal sexual development, body image, eating disorders, bullying, and depression. The doctor can even offer advice on bullying and resolving conflict without violence.

Alcohol and drug use



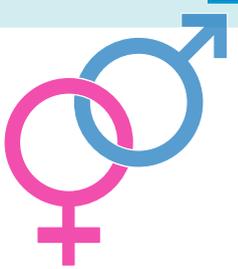
Discussions about the dangers of under-age drinking and drug use can be started at home and reinforced during a doctor's visit. Other topics to address include not driving while under the influence, as well as not getting into a car with friends who may be under the influence of alcohol or drugs.

Smoking



Counseling about tobacco use is recommended for teens. Health care providers may recognize if your teen is smoking. Annual visits should cover the dangers of the use of tobacco and smokeless tobacco products as well.

Sexual health



The doctor can discuss normal sexual development with your teen. Screenings for sexually transmitted infections (such as HIV, herpes, chlamydia) may be conducted depending on certain risk factors. The doctor can also advise about using protection when sexually active to prevent pregnancy and sexually transmitted diseases (STDs), as well as setting limits: saying "no" and respecting "no" for both male and female teens.

Healthy habits



Teaching your teen healthy behaviors at a young age can help him or her practice them in adulthood. Be sure that you, your teen, and his or her doctor discuss general health topics, such as:

- Getting regular exercise and eating healthy
- Establishing healthy sleep habits
- Visiting the dentist twice yearly to check for signs of tooth decay, abnormal tooth development, and dental injuries
- Using protective gear, such as seatbelts, helmets, and sports pads
- Encouraging your teen to ask questions and to speak up about his or her health concerns