

14-16 Year Check-Up

LATE ADOLESCENCE: BECOMING AN ADULT

Name _____

Height _____

Age _____

Blood Pressure _____

Date _____

Vision _____

Weight _____ lbs.

DIET

Eat three meals per day. Breakfast is especially important. Choose and learn to prepare a variety of healthy foods. Choose nutritious snacks and include foods high in calcium and iron. At this age, you need 1200 mg of calcium and 400 IU of vitamin D that can be obtained by four helpings of dairy daily. Limit high-fat or low-nutrient foods and drinks, such as candy, chips or sodas. Regular exercise 5 times per week for 45 minutes is important in maintaining good health.

Brush your teeth twice daily, floss and have routine visits to the dentist. You need at least eight hours of sleep. It's very common for sleep needs to increase during the growth years.

DEVELOPMENT

- This is a time of your life that is characterized by change. It is a time when you are figuring out who you are.
- If you are struggling in school, help is available, but you may need assistance finding it. Speak to a trusted adult. Remember your doctor can give you guidance.
- It is common to be very aware of peer groups and want to fit in. Peer pressure is powerful. You may experiment with changes to the style of your clothes, hair, music interest and even your speech.
- It is a period when you may develop very strong opinions and be frustrated with those that disagree. Disagreement over household rules and expectation often arise. If this occurs try to sit down and talk with your parents in a calm mature manner. Remember that there is seldom anything productive accomplished during the heat of an argument.
- Hormonal changes at this age often lead to some moodiness. It is common to feel sad for brief lengths of time. If the time period extends to weeks or you are depressed and considering injuring yourself or others you should immediately contact this office or a trusted adult.
- You will be undertaking new responsibilities including driving. Obey the driving rules for everyone's safety on the road. Involvement with school activities, and supervised clubs offer excellent opportunities to develop new skills, new friends and build self-confidence.
- Serious decisions are made during this time regarding your response to available drugs and your evolving sexuality.

- The brain is going through significant changes making it susceptible to toxic effects of drugs. Exposure can cause long term changes in brain wiring and puts the users at serious risk for complications. Consider the long-term consequences of your decisions. Refrain from the use of tobacco, alcohol and other drugs.
- It is a parent's responsibility to know where their child is and with whom.
- Parties need some adult oversight and should be liquor and drug free.

SAFETY/ACCIDENT PREVENTION

(Please see previous well-check prevention also.)

- Always wear a seatbelt while driving or riding in a car.
- Guns, if in the home, should be locked up and ammunition stored separately. A trigger lock is an important precaution.
- Always wear a helmet when using bicycles, motorcycles, skateboards or rollerblades.
- Always follow safe driving rules and never get in the car with a person who is high or has been drinking.
- Know what to do and who to call in case of an emergency.
- Use sun block for all sun exposure. It's the sunburn that you sustain as a youth that sets you up for skin cancer as an adult.
- The computer can be a risk to you physically and emotionally. Become computer smart. Be aware that you are a prime target for predators and scam artists; do not share personal information about yourself on web sites. Suspicious or dangerous contacts should be reported to the police.
- Obtain accurate information about birth control and sexually transmitted diseases
- Plan B is medication that can prevent pregnancy if taken within 48 hours of unprotected intercourse to prevent pregnancy.

IMMUNIZATIONS

Tdap	Given/Not given
Menactra	Given/Not given
HPV	Given/Not given

Other : _____

LAB

Cholesterol Done/Not done

Hgb Done/Not done

Next health care visit is when your child is _____ years old.

COMMENTS
