

17-20 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. Include foods high in calcium and iron. You should have 1200 mg of calcium daily and at least 400 IU of vitamin D. This can be obtained by having 4 helpings of dairy daily. Limit high-fat or low-nutrient foods and drinks, such as candy, chips, juice or sodas.

Regular exercise (45 minutes) 5 times per week is important in maintaining good health. Brush and floss your teeth twice a day and keep routine dental visits.

You will need at least eight hours of sleep. This is frequently sacrificed in a teenager's busy lifestyle. Inadequate sleep leads to exhaustion and illness.

DEVELOPMENT

- Friendships at this age are usually more intense and not as superficial as in previous years. The bonds of friendship are usually strongest with peers working toward a similar goal, such as sports team members, college plans, etc.
- With puberty now complete, your emotional development becomes focused on entering adulthood. Your relationship with your parents is typically easier than the last several years. You are in the position of continuously making decisions on your own. You will enjoy the rewards of your good decisions and suffer the consequences of the poor ones. Remember that mistakes are often our best teachers. There is frequently a lot of stress as you decide on your future, whether planning additional schooling or entering an occupation. Your decisions are not permanent. Most people change their careers multiple times during their adult life.
- Your relationships with your parents tend to change and take on an adult-to-adult nature. They may feel a sense of loss as you shed your childhood.
- You will soon be physically separating from your family. Risk-taking behaviors and their consequences often peak at this time. These include car accidents, drug and alcohol related problems, unplanned pregnancies and contracting sexually transmitted diseases.

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.
- Stay focused while driving. Do not talk on the phone, eat or allow passengers to behave wildly.
- Obtain accurate information about birth control and sexually transmitted diseases
- Intimacy does not require a sexual relationship.
- Plan B is medication that can prevent pregnancy if taken within 48 hours of unprotected intercourse.
- Refrain from the use of tobacco, alcohol and other drugs.

IMMUNIZATIONS

Tdap Given/Not given

Menactra Given/Not given

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

COMMENTS
