

15-18 Year Check Up

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Cedar Park Pediatric
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HEIGHT _____ WEIGHT _____ BMI _____

HEALTH SCREENS/IMMUNIZATIONS _____

NUTRITION



Nutrition is very important to your health. As an adolescent, you are developing strong bones & muscles. You should be active in sports & exercise and you should be learning how to keep yourself healthy into your adulthood. You need to eat the right amounts of calories, carbohydrates, proteins, vitamins, & even fat.

Food Groups	Daily Recommendation	Tips
Grains: (at least 1/2 should be whole grain)	6-10 ounces	One ounce is considered: <ul style="list-style-type: none"> ▪ A slice of bread or ▪ A cup of dry cereal or ▪ Half a cup of cooked rice, pasta, or cereal
Vegetables: (eat more dark green and orange vegetables, and more dry beans and peas)	3-5 cups	One cup is considered: <ul style="list-style-type: none"> ▪ A cup of cooked/raw vegetables or ▪ A cup of vegetable juice or ▪ 2 cups of green leafy vegetables ▪ 1 cup of cooked dry beans or peas
Fruits: (eat a variety of fruits, go easy on fruit juices)	2 to 4 cups	One cup is considered: <ul style="list-style-type: none"> ▪ A cup of fruit (fresh, frozen or canned) or ▪ One half cup of dried fruit or
Milk and Milk Products: (preferably low-fat)	3-4 cups	One cup is considered: <ul style="list-style-type: none"> ▪ A cup of milk or yogurt or ▪ 1 ½ ounces of natural cheese or ▪ 2 ounces of processed cheese
Meat and Beans	5 to 7 ½ ounces	One ounce is considered: <ul style="list-style-type: none"> ▪ An ounce of meat, poultry or fish (4 oz is about the size of a deck of cards) ▪ ¼ cup of cooked dry beans or ▪ One egg or ▪ A tablespoon of peanut butter or ▪ ½ ounce of nuts or seeds

DIETARY GUIDELINES

The USDA published new Dietary Guidelines in 2005. The Guidelines describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free (skim) or low-fat milk (1%) and milk products. (*2% milk is not considered low fat.*)
- Includes lean meats, poultry, fish, beans, and eggs
- Is low in saturated fat, Trans fat, cholesterol, salt, and added sugar.

This report also emphasizes the need for daily exercise. All children & adolescents should spend at least 1 hour a day in moderately-vigorous exercise. This report is available at <http://www.mypyramid.gov>

Each of these food groups provides some, but not all, of the nutrients for you. Therefore, it is important to eat proper amounts of each group.

Some teenagers are concerned about their weight. They worry that they do not weigh enough or that they weigh too much. It is important that you do not go to extremes. If you are concerned about your weight, the 1st step is to check with your provider. Over-eating and obesity, anorexia & extreme dieting can cause major medical problems. If your doctor feels that your weight is a problem, she can give you specific advice. Here are some DO's and DON'Ts:

-DO eat healthy foods every day, including milk & calcium-rich foods. Use the FIVE-A-DAY rule to eat at least 5 servings of fruits & vegetables each day. Eat fiber-containing foods, such as fruits, vegetables, and grains, which can decrease cholesterol, heart disease, and the risk of some cancers.

-DO exercise and keep active (20-30 minutes at least 3 times a week)

-DO think about your long-term goals. Losing or gaining weight should be GRADUAL. If you lose weight quickly, you slow your metabolism and will gain back the weight. Most people gain back more than they lose.

-DO remember that what you weigh is NOT who you are. Do talk to your provider if you have questions.

-DO NOT go on fad diets, especially those with only one type of food or those that seriously decrease the amount of calories you are allowed to have.

-DO NOT skip meals, esp. breakfast.

-DO NOT starve yourself, throw-up to decrease your weight, or take any "weight loss" medications without checking with your provider.

TIPS FOR HEALTHY EATING

Five-A-Day Rule

Your teenager and you should have at least 5 servings of fruits & vegetables a day. Think of this "rule" every day as you plan your family's meals and snacks. Make sure every meal has one or both of these food types.

Tips include:

- Serve fruit every morning at breakfast
- Make a big salad at the beginning of the week and serve salad with every evening meal
- Serve at least 1, preferable 2 vegetables at every evening meal.
- Have fruit available and in view in your kitchen at all times.

Following the "Five-A-Day Rule" is the best way to teach your child how to eat for life & prevent major medical problems such as obesity, heart disease, high blood pressure, and some cancers.

Eliminate Soft Drinks (liquid candy) from your home.

Soft drinks, Fruit Drinks, & Sports Drinks are empty calories & the nutritional equivalent of candy. Do not have soft drinks in your home. Sport drinks are nutritionally equivalent to soft drinks. Offer your child water or low-fat milk (skim or 1%) between meals & with snacks.

DEVELOPMENT

During your late teens, your body will reach its adult size & shape. Almost every part of your body has changes over the last few years. It is not unusual for you to have many questions about your body's changes. Your height &/or weight may be different than your friends. Your sexual development may also be different than your friend's. You may wonder why you have acne and friend does not seem affected. You may have heard that masturbation is dangerous to you or may cause diseases or abnormalities (it does not cause any diseases and it is perfectly normal). Females: Your breasts may be smaller, larger, not developing as quickly, or developing sooner than your best friend's. Males: You may notice that other boys have larger or smaller penises, more or less hair, or smaller or larger muscles. You may see some boys who penises are circumcised and some that are not. Also, you may see some boys with breast development that later disappears. Most of these differences are NORMAL. Rest assured that everyone, even your parents, has had questions about these changes. Ask your provider or your parents if you are concerned. Even if you feel embarrassed, it is better to get the facts from someone, such as your provider, who knows. Your friends many not be able to give you the correct information.

Sexual Development

Females:

For most girls in the US, breast development begins between 9 & 11 years. As the breasts grow, pubic hair will begin to appear. The 1st menstrual period occurs about 2 years after breast development begins, but periods may be irregular for the first 1-2 years. There is a broad range of normal timing for puberty. Consult your child's provider if your teenage girl has not started breast development by age 13 or has not had her 1st menstrual period by age 16.

It is important that you become aware of your body and what is normal for you. Girls need to learn how to do a breast examination. Once a month (about a week after your period) while you are taking a bath or shower. Use soap & water on your breast to heal you feel under the skin. Use the flat part of you hand and move in small circles in each quarter of your breast. Make sure to check under your arm and in the nipple area. Use your right hand to check you left breast and then switch to your left hand to check your right breast. Everyone has some lumpy places. As you check yourself, you will be come more familiar with your normal texture-and be able to tell if something is different than usual. If you notice a lump, nipple discharge, a dimple, or irregular texture, please see your provider.

Males:

For most boys, puberty begins with enlargement of the scrotum & the lengthening of the penis, usually between 10-12 years old. Pubic hair appears as the penis and scrotum enlarge. There is a broad range of normal timing for puberty. Consult your son's provider if puberty changes do not start by age 14.

Boys should learn how to do a testicular self-exam. One a month, while taking a bath or shower, use soap & water on your scrotum to help you feel inside the scrotal sac. Roll each testicle gently between the thumb & fingers of both hands. The testicles should be firm & smooth—like hard-boiled eggs without the shell. Feel for the small, comma-shaped cord (about the size of a pea) that is attached at the back of each testicle. This is a natural part of your testicles called the epididymis. Learn what it feels like so you will be able to know if something is different than usual. Check each testicle for lumps. If you find a lump, contact your provider immediately. Also, contact your provider if one of your testicles gets larger than the other, you have a dull ache in your groin that does not go away, or your testicles feel heavy. Not all lumps are cancer, but only your provider will be able to tell the difference. Do not let fear keep you from getting medical help. Testicular

cancer is a serious problems that affects men 15-34 years-old. Nearly all cases of testicular cancer can be cured when found early.

School, Sports, Peer Relationships

High school is an important transition period. You will be expected to take more responsibility for your own work. You will need to keep track of all of your assignments & projects. You will need to get along with many different people including teacher and fellow students.

If you have a problem in school, either a conflict with a teacher or a difficult with a subject, try to get some help. Ask for the help at school or at home. There may be resources available specific to the problem you are having. The worst thing to do is to just ignore the problem, hoping it will go away—the problem usually gets worse.

It is good to exercise & be active daily. You may be interested in an organized sports program or may find an individual sport or activity that you enjoy. Try to find sports or activities that you enjoy and are willing to do regularly. A perfect exercise program is to do an aerobic-type activity for 20-30 minutes at least 3 times a week and a muscle-strengthening activity twice a week. You will want to find ones that you feel comfortable doing and that match your skills/abilities.

Emotional Development & Safety

As a part of becoming an adult, you will be learning to make your own decisions. Some of these decisions will not be too hard, but some will be very difficult and may have consequences that affect the rest of your life. The important thing is to get all of the information you need to make a good choice. Before making a decision that can have serious consequences, get the facts. Ask questions of your parents, teachers, doctors, or other adults that you trust. Do the research and look up information in the library, check the Internet (make sure the info is from a reliable source), and ask for books or pamphlets.

If you feel that things are out of control, if you are having a major conflict with your parents, if you feel angry often, if you have trouble sleeping, or if you have feelings that you might hurt yourself or someone, seek help from your provider. An experiences counselor can be very helpful. Sometimes it is much easier to talk about problems with someone outside of your family. Getting help does not mean you have failed. In fact, it shows a positive approach to improving a negative situation.

Alcohol, Smoking, and Drugs

You are exposed to an ever changing & ever expanding world of illegal drug use. Illegal drugs are more dangerous & more easily accessible than ever before. You may find yourself in a situation where your friends or co-workers are tempting you to try recreational drugs or alcohol. You must decide for yourself whether to join in or not.

Your friends are an important part of your life. Being accepted can seem like the most important thing of all. Remember to maintain your principles, your own ideas or right & wrong. It is okay to question the things you learned from your parents, your grandparents, and your teachers—but use your good judgment to make appropriate choices. If your friends are involved in sex, drugs, drinking, &/or smoking, ask your self hard

questions: Are you just trying to be popular? What will be the consequences of those activities? How will you feel about yourself if you just follow the crowd? Can you make the choice not to do something you feel is wrong? Can you handle the consequences of participating or not participating in these activities? You must decide what is right for you.

Sexual Activity

Before you even think about having sex with another person, make sure you know how to protect yourself against pregnancy & sexually transmitted diseases including gonorrhea, herpes, syphilis, and AIDS. Do NOT rely completely on the advice and information from your friends—they may not have all the facts themselves and they may exaggerate or brag about their experiences. Or they might have information that is just wrong. Remember that abstinence from sex is still the best protection against sexually transmitted diseases and pregnancy.

Car Safety

Always wear your seat belt. When you are the driver, you are responsible for EVERYONE in the vehicle. If they do not wear their seat-belt, YOU could get the ticket! If they do not want to wear them, tell them they can walk. Use good driving skills. Car accidents are still a major cause of death of teens & young adults. Never drive if you have been drinking alcohol or taking any drugs. Never ride with someone who has been drinking or taking drugs. Volunteer to be the designated driver if you go to a party.

Parents: Your Adolescent's Emotional Development

The teenage years are a complex, challenging time for your adolescent as well as for the rest of your family. Your teenager is making an important transition from being a child to being an adult. He is becoming more independent & is learning to look at the world in new ways, comparing his ideas & values with those of others.

He may question things- including your household rules, your beliefs, & your authority. This is normal & is part of the maturing process, but keep in mind it is your responsibility to set appropriate limits. As your teenager is changing, changes in the family will also occur. However, even during the most stressful times, remember these basic ideas:

- Continue to listen to each other, even if you are different sides of the fence.
- Do not confuse the thing you are unhappy about with the person who is doing it. At times, you may have strong feelings about your teenager's behavior, but this is not a sign that you have stopped loving your child.
- Avoid constant criticism. Pick the important battles and let the unimportant ones take care of themselves.
- Show interest in what he is doing. When there are disagreements, try to find a common ground or area of compromise. If nothing else, agree to disagree and be clear about where each of you stands and why.
- Do not preach & do not nag. Try to keep your conversations rational & respectful of your teenager's feelings.

If you feel that you have lost control because your teenager's behavior is so impulsive, antisocial, or self-destructive; seek help from your child's provider. A referral to an experienced counselor can be very helpful. An adolescent who will not listen to his parents will usually open up to someone outside the family who can take the time to develop a relationship with him & help him work through some of the problems that are leading to the inappropriate behaviors. Getting help for your family by using a counselor, psychologist, or psychiatrist is not a sign that you have failed as a parent. This shows a positive approach to improving a negative situation. If you are not comfortable with a particular professional, discuss this with your teen's provider and request a referral to another person. You need a therapist who can work best with your family, your teenager, and the specific problems you may be having.

Your teenager's relationship with his peers will be very important over the next few years. Your child needs friends to test his ideas, actions, & roles. He probably worries about himself & whether he is normal. Most importantly, he just wants to be accepted. Although your teenager will be selecting friends from a variety of people (some you will like & some you will not), these choices are an important part of his development. If your teen's friends start experimenting with alcohol, drugs, or smoking, increase your attention. These friendships place your teen at higher risk for these behaviors. Your support and guidance is invaluable.

Most teenagers will feel much more comfortable spending time with you. If you have treated him fairly & consistently, you have given him room to grow. If you have continued to give him love (even during the most difficult times), he will probably enter adulthood with a strong, healthy attitude.

Alcohol, Smoking, & Drugs

Although you cannot make the decision for them, you need to make sure they know in advance the dangers of experimenting with mood-altering drugs. It's important for you to get involved before a drug problem develops:

- Talk with him frequently about subjects relevant to his life, including drugs & how they play a role in his relationships to his peers. Give him the facts about the danger of drugs. Teach him to make

independent judgments, no matter what his friends are doing or saying. Let him know how you feel about drugs.

- Remind him there are other ways to handle his feelings or problems without drugs. Most of all, let him know you will always be there to help with his problems.
- Build his self-esteem, praise his accomplishments.
- Encourage him to participate in enjoyable activities, which could help him from using drugs out of boredom.
- Let your teenager know that if he used drugs, you will take away valued privileges.

Make sure your teenager knows the legal consequences of taking drugs.

Set a good example by limiting your own use of alcohol & medications. If you drink at home, keep it at moderate levels and make it clear to your teenager that you do not use alcohol to cope with your problems. Never drink under unsafe conditions (such as when driving) or make light of excessive drinking.

If you discover your that teenager is abusing drugs or alcohol, early counseling &/or treatment is vital. Instead of lecturing, try to find out why your adolescent is using drugs. Ask your child's provider for guidance.

For resources on talking to your teen about drugs/alcohol, please review the "Teens" section at www.cedarparkdoctors.com

Vaccinations:

Your teen will be due for 2-3 vaccines if they were not received at the 11 year-old well child check: Tetanus booster, Menactra, & possibly Gardasil.

Menactra is a newer vaccine that is for meningitis. Meningitis is a serious illness that is often caused by bacteria. Even though these meningococcal infections can be treated by drugs, many adolescents may suffer permanent consequences or even death. The Menactra vaccine is recommended for all teens ages 11-12.

Gardasil is the Human Papilloma Virus (HPV) vaccine which is recommended for all females ages 11-12. HPV is the most common sexually transmitting virus in the United States. While most HPV infections do not cause symptoms, some strains may cause genital warts or cervical cancer. This vaccine is recommended at this age because it is important for the girls to become vaccinated BEFORE their 1st sexual encounter because they have not yet been exposed to HPV. While your child will probably wait many years before engaging in their 1st sexual contact, their partner may not have. Gardasil protects against 4 major types of HPV—2 that cause about 70% of all cervical cancer cases & 2 that cause about 90% of genital warts.

For more information, please visit www.cdc.gov

Check out our website at
www.cedarparkdoctors.com
for more helpful tips and information
regarding your child's health.