



## What to Expect at your Child's Well Visit

A yearly physical exam by your pediatrician is an important part of your child's health care. This annual appointment allows the pediatrician to give your child a thorough physical examination, perform routine screenings (e.g., vision and hearing tests), make sure vaccinations are up-to-date and obtain any recommended laboratory testing. It's also a good opportunity to address important questions relating to nutrition, sleep habits, safety, and development.

During the check-up, we can often address other problems so you don't have to make another trip to the office. Please note, however, that we will have to bill your insurance for an additional office visit when we address these issues. Depending on the terms of your insurance plan, you may be subject to an additional copay and/or deductible amount for the additional services.

Please let us know if you have any questions.

Cockerell & McIntosh Pediatrics

## Things You Should Know: Your Teen 14 - 15 Years

### NUTRITION

- It is often a challenge to eat nutritious food from all 4 food groups every day. Eat healthy food for meals and snacks. Avoid junk food, excess salt, sugar and fat. Eat fruit and vegetables.
- **It is important to eat a healthy breakfast.** Teens who eat breakfast are more likely to have more energy, work faster, be more creative and even do better in school.
- **Avoid energy drinks.** They contain caffeine, sugar and no nutrients. **Limit sugary drinks** including juice, kool-aid, sweet tea, soda and sports drinks. Water is better than sports drinks while playing sports and exercising.
- Milk is important for bone growth. **Get three servings a day of skim milk or high calcium foods.**
- **The major contributors to obesity are 1) sugar-containing drinks 2) fast food 3) large portion sizes and 4) lack of exercise.**

### SLEEP PATTERNS

- Adolescents often have erratic sleep patterns, but on average **need a minimum of 8 hours of sleep per night.** They often deprive themselves of sleep during the week and catch up on the weekends.
- **Excessive sleeping or difficulties falling and staying asleep can be signs of depression.**

### SAFETY

- **It is essential that everyone wear a seat belt!** Don't leave the driveway until everyone is buckled up.
- A helmet should always be worn when riding a bike.
- Be sure you have working smoke detectors as well as a fire safety plan in place.
- Carbon monoxide detectors are recommended.
- **Loud noises can damage your hearing through the misuse of headphones.**
- Never accept a ride in a car if the driver has been drinking, using drugs or acting recklessly. Do not accept rides from strangers and do not hitchhike.
- **Teens under the age of 16 should not use all-terrain vehicles (four-wheelers).**
- It is dangerous to ride unrestrained in the back of a pickup truck.
- **Limit sun exposure and use sunscreen.**
- Avoid locations where tobacco smoke is present.
- If a gun is kept in a home, the gun and ammunition should be locked up in different locations.
- Learn CPR and know how to access emergency medical systems.
- If you are active in sports, injury prevention should include wearing proper equipment and avoiding over-exercising, fatigue and stress.

### GOOD HEALTH HABITS

- Weight can be managed through a good diet, sensible eating habits and routine exercise. Avoid crash diets, medications, laxatives or forced vomiting.
- **Exercise is very important** to stay healthy. Teens who exercise regularly sleep better, have more energy and build strong bones and muscles. It also helps teens feel good about themselves.
- Brush your teeth twice a day and see a dentist every 6 months.

- **Avoid tobacco, alcohol and drugs.** Stand up to peer pressure to use tobacco, drugs and alcohol. Illicit drugs increase health risks because of the uncertainty of their concentration or composition. Abuse of alcohol and other drugs interferes with a person's judgment and self-control. Driving accidents and drowning frequently occur in individuals who are drunk. Participating in violent behavior often occurs when the person is under the influence of drugs or alcohol.
- Computer gaming addiction is a growing problem. **To achieve healthy psychological and social development, limit your screen time (TV, computer games, internet usage and texting) to 2 hours per day.**

## **SEXUAL ACTIVITY**

- **Practice sexual abstinence.** You have the right to refuse sexual contact and report sexual abuse.
- **If you are sexually active or plan to be, it is important to take action to prevent pregnancy and sexually transmitted diseases.**

## **GOOD PARENTING PRACTICES**

- **Include your teen in establishing and enforcing fair rules for the home.** Discipline of your teen serves as an educational tool, just the same as when they were younger. When your teen does not obey a rule, there must be consequences. The punishment should "fit the crime." Many parents find that grounding is an effective form of discipline.
- **Keep communications open and comfortable.** You can do this by attending events in which your teen is participating and giving praise for your teen's school and extracurricular achievements. Your relationship will also be better if you express appreciation for the teen's contributions at home, such as helping with chores. Despite these efforts, difficulties between a parent and teen are quite common.
- **Continue to play a role in your teen's sex education,** perhaps with the aid of books recommended by the physician, followed by discussions between you and your teen.
- **If your teen is sexually active or plans to be, stress the importance of preventing pregnancy and sexually transmitted infections.**
- Parents may feel uncertain about their teen's sexuality and increasing needs for independence from the family. Show respect and confidence in your teen.
- **Encourage independence and responsibility.** Assign chores around the house.
- Encourage your teenager to invite friends to your home but avoid saying negative things about your teenager's friends.
- **Respect your teen's privacy.**
- Adolescents should be encouraged to make age-appropriate decisions and selections, including friends and activities.
- Teach your teen to resolve conflicts without violence.
- Remember you are the parent. Parents serve as role models for behavior and moral judgment and in some cases may need to supervise potentially dangerous activities.

## **IMMUNIZATIONS AND WELL VISITS**

- Your teen continues to need yearly well exams and may need a catch-up dose of the HPV vaccine.

**Please call the office with any questions or concerns!**



# Preventive Care Schedule

Age	Procedures
4-5 Day	Physical Exam Immunizations Hep B (if not given at birth) Labs: None
2 Weeks	Physical Exam
1 Month	Physical Exam Immunizations: Hep B
2 Months	Physical Exam Immunizations: DTaP, Hib, IPV, PCV, Rotavirus
4 Months	Physical Exam Immunizations: DTaP, Hib, IPV, PCV, Rotavirus
6 Months	Physical Exam Immunizations: DTaP, Hib, PCV Rotavirus, Hep B
9 Months	Physical Exam Immunizations: IPV
12 Months	Physical Exam Immunizations: MMR, Varivax, Hep A Labs: Lead, Hematocrit
15 Months	Physical Exam Immunizations: DTaP, Hib, PCV
18 Months	Physical Exam Immunizations: Hep A
2 Years	Physical Exam Immunizations: May need catch-up dose of Hep A Labs: Lead, Hematocrit
30 Months	Physical Exam
3 Years	Physical Exam Labs: Lead Hematocrit
4-5 Years	Physical Exam Immunizations: Immunizations: DTaP, IPV, MMR, Varivax Labs: Lead, Hematocrit, Urinalysis
6-8 Years	Yearly Physical Exam
9-10 Years	Yearly Physical Exam Immunizations: HPV Labs: Cholesterol
11-15 Years	Yearly Physical Exam Immunizations: Tdap, Meningococcal, may need catch-up does of HPV Labs: Hematocrit, Urine, Cholesterol at 11 years if not obtained at 9-10 years
16-18 Years	Yearly Physical Exam Meningococcal Labs: Hematocrit (females only), Cholesterol screening at 17-18 years if not previously performed

Immunization/Lab Key
<b>Cholesterol:</b> blood test to screen for high cholesterol
<b>DTaP:</b> Diphtheria, Tetanus and acellular Pertussis vaccine
<b>Hematocrit:</b> test for anemia
<b>Hep A:</b> Hepatitis A vaccine
<b>Hep B:</b> Hepatitis B vaccine
<b>Hib:</b> Haemophilus Influenzae type B vaccine, an anti-meningitis vaccine
<b>HPV:</b> Human Papillomavirus vaccine for preventing genital warts, cervical cancer and anal cancer
<b>IPV:</b> Inactivated Polio vaccine
<b>Lead:</b> test for lead poisoning
<b>Meningococcal:</b> Meningococcal vaccine, an anti-meningitis vaccine
<b>MMR:</b> Measles, Mumps and Rubella vaccine
<b>PCV:</b> Pneumococcal vaccine, an anti-pneumonia and anti-meningitis vaccine
<b>Rotavirus:</b> Rotavirus vaccine for preventing Rotavirus stomach flu
<b>Tdap:</b> Tetanus, Diphtheria and acellular Pertussis vaccine
<b>Urinalysis:</b> urine test
<b>Varivax:</b> Chickenpox vaccine