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Northwest Clinic for Children, P.A.



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Phone (602) 866-1974
Fax (602) 375-3949
Website: nwcchildren.com

Date _____ Ht _____ % _____
Wt _____ % _____ BMI _____ BP _____

Poison Control:
602-253-3334
1-800-362-0101

14 YEAR & BEYOND CHECK

- **YOU ARE GROWING UP AND MIGHT WONDER** - why am I going to a baby doctor? There are as many high school and college patients as babies - you don't see as many as they don't come in as often. Your health care needs are, generally, better met by a pediatrician.
- **YOU ARE, OR SOON WILL BE, DRIVING** - always buckle up!! Distracted driving (texting, talking, friends) is almost as dangerous as using alcohol or drugs while driving. Remember - DRIVING IS PROBABLY THE MOST DANGEROUS THING YOU WILL EVER DO. Take care of yourself and others.
- **MORE OF YOUR CLASSMATES WILL BE SMOKING, DRINKING ALCOHOL, AND/OR ABUSING DRUGS.** Don't be pressured into risky behaviors. Talk to your parents, family, or doctor about your concerns. Parents should be alert to changes in behavior, friends, school and work changes, etc.
- **MANY TEENS ARE SEXUALLY ACTIVE IN MIDDLE SCHOOL AND HIGH SCHOOL** - the internet, texting or sexting CAN EASILY LEAD TO OTHER RISKY BEHAVIORS. What you do today will stay with you forever. Obviously, unplanned pregnancy and sexually transmitted disease are not desirable outcomes. Testing for sexually transmitted disease is recommended in this age group. TALK TO YOUR PARENTS!! TALK TO YOUR CHILDREN!! LISTEN TO EACH OTHER!!
- **THINK BEFORE YOU PIERCE OR TATTOO** - you may not want these when you are older - they can be difficult (or impossible) and expensive to remove. Serious diseases may be acquired by piercing/tattooing.
- **AS YOU GROW AND YOUR BODY CHANGES, SO WILL YOUR THOUGHTS AND EMOTIONS** - take care of your mind and body - be happy and have a good self image. Please communicate with your parents or doctor if you don't feel good about yourself, frequently feel sad or alone, or ever have feelings of hurting someone or yourself. DON'T KEEP THESE FEELINGS INSIDE. TALK TO SOMEONE YOU TRUST.
- **BEING OVERWEIGHT IS BEING AN UNHEALTHY WEIGHT** - make good food choices and practice portion control. Avoid empty calories. EXERCISE is IMPORTANT to PHYSICAL and MENTAL HEALTH. Try for one hour exercise per day. Don't be a couch potato - limit non-school screen time to 1-2 hours per day.
- **WEAR PROPER HELMETS AND PROTECTIVE GEAR FOR SPORTS ACTIVITIES.**
- **WEAR SUNSCREEN** - apply large amounts every 1-2 hours when outside. Be aware and notify us of any changes in moles or freckles.
- **BRUSH AND FLOSS TWICE A DAY** - see dentist twice a year.
- **NEVER BE A BULLY OR HARM ANYONE** - if you are ever bullied, injured or touched inappropriately by anyone, notify us or someone you trust.
- **THIS IS YOUR EARTH** - treat it kindly. BE GREEN - RECYCLE - GIVE BACK - VOLUNTEER.

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10-13 YEAR CHECK

- **BUCKLE UP - YOUR CHILD AND YOURSELF. SET A GOOD EXAMPLE. NO FRONT SEAT RIDING UNTIL 13 YEARS OLD.**
 - **DON'T SMOKE AROUND YOUR CHILD** - (hopefully, don't smoke at all). **AVOID AREAS OF SECOND HAND SMOKE.**
 - **SAFETY AT HOME:**
 - Teach your child to swim but **NEVER LET CHILDREN SWIM ALONE.** If you have a **POOL**, be sure it is **FENCED AND LOCKED.**
 - Have your child wear a **BIKE HELMET.** For skating, rollerblading, scooters, quads etc., be sure your child wears a helmet and appropriate padding.
 - **MAKE YOUR HOME AND YARD CHILD PROOF** - be especially aware of locking weapons (be sure firearms are left unloaded), medications, matches, chemicals, etc.
 - **CONTINUE TO BE AWARE OF SUN SAFETY** - use sun blocks. Check moles and freckles regularly. Let the doctor know if you have concerns in this area.
 - **TEACH YOUR CHILD TO EAT A WELL BALANCED, HEALTHY DIET** - avoid junk food and empty calories such as pop, Kool-aid, excessive juices, Gatorade, etc.
- **ELEVATED CHOLESTEROL AND/OR TRIGLYCERIDES** - can be hereditary and can occur as early as the toddler years. Surprisingly, some children require dietary and/or medical treatment to prevent early atherosclerosis (hardening of the arteries), heart attack or stroke. Please notify us if there is a family history of elevated cholesterol or triglycerides or premature (under age 50 years) heart attack or stroke.
- **BRUSH & FLOSS THOSE TEETH REGULARLY & CONTINUE REGULAR DENTAL CHECKUPS** - ask about fluoride.
 - **Obesity** is a major health problem in our country. Stress a balanced, healthy diet and **REGULAR PHYSICAL EXERCISE.** Exercise is the best prevention and control for obesity. Exercise also improves general health and self-esteem. Help your child find an exercise they can be successful with and **EXERCISE WITH THEM WHEN YOU CAN.** One hour of vigorous exercise per day is recommended. Limit non-school screen time to 1-2 hours per day.
 - Talk to your child about puberty, development, menstruation, sexual relations, sexually transmitted diseases, pregnancy, etc. **IT IS NEVER TOO SOON TO START. KEEP THE LINES OF COMMUNICATION OPEN.** Ask the doctor if you have questions or concerns.
 - **DRUG, ALCOHOL, AND TOBACCO ABUSE ARE STARTING AT YOUNGER AND YOUNGER AGES. PEER PRESSURE** is frequently a problem. Talk to your child about these problems. **BE ALERT AND WATCH FOR SUDDEN CHANGES IN BEHAVIOR, FRIENDS SCHOOL WORK, ETC.** Let us know if you have concerns.
 - **NEVER BE A BULLY OR HARM ANYONE** - If you are ever bullied, injured or touched inappropriately by anyone, notify us or someone you trust.