

## Care for Adolescents (Ages 11 to 21 Years)

CHECK-UP	
Physical Exam	Your adolescent should have a physical exam every year from ages 11 to 21. This includes having blood pressure taken. A comprehensive exam should be done three times, once each during the early, middle, and late teen years.
Measure Growth	To make sure your adolescent is growing well, height and weight should be checked every year from ages 11 to 21. Your adolescent's Body Mass Index (BMI) should be calculated for their risk of obesity.
Mental and Physical Development	To make sure your adolescent is developing well, mental and physical development should be tested every year from ages 11 to 21.
Physical Sexual Development	Your adolescent's physical development of adult male/female physical features should be determined every year from ages 11 to 21.
Dental Exam	Your adolescent should have dental check-ups and cleanings twice a year for healthy teeth and gums.
TESTS/SCREENINGS	
Eye Test	To make sure your adolescent is seeing well, an eye test should be done at ages 12, 15, and 18
Hearing Test	To make sure your adolescent is hearing well, a hearing test should be done at ages 12, 15, and 18
Hematocrit (HCT) or Hemoglobin (HGB) Blood Test	Your adolescent daughter should get this test once after her period begins. It should be done again if her health history or symptoms suggest the need.
Lead Screening	Your adolescent should have this test if health history or symptoms suggest the need.
Sickle Cell Screening	If your family has a history of sickle cell disease or if your child has sickle cell symptoms, he or she should get a sickle cell disease test
Cholesterol	To make sure your adolescent's cholesterol is normal especially if there is a family history of heart disease or hyperlipidemia, a cholesterol test should be done once each during the early, middle, and late teen years.
Tuberculosis Test	To make sure your adolescent does not have tuberculosis, a TB assessment or test should be done once each during the early, middle, and late teen years.
Urinalysis	To make sure your adolescent is healthy, urine should be tested each year from ages 11 to 21.
Sexually Transmitted Disease Screening	If your adolescent is sexually active, your doctor should screen for sexually transmitted diseases every year from ages 15 to 21.
Pelvic Exam/Pap Smear	If your adolescent daughter is sexually active, she should get a pelvic exam/pap smear every year. If she is not sexually active, she should start getting a pelvic exam/pap smear every year starting at age 18.
SHOTS	
Please see the age-appropriate immunization schedule available for downloading at <a href="http://www.netcarelifeandhealth.com/wellness">www.netcarelifeandhealth.com/wellness</a>	
TALK TO YOUR DOCTOR	
To make sure your adolescent is staying safe and healthy, your doctor should discuss these topics with you and your child throughout adolescence	<p>Injury prevention</p> <ul style="list-style-type: none"> <li>▪ Lap shoulder belts</li> <li>▪ Bicycle, motorcycle, ATV, skateboard, and rollerblade helmets</li> <li>▪ Smoke detector and carbon monoxide detector</li> <li>▪ Safe storage, handling, and/or removal of firearms</li> <li>▪ Protection from UV light</li> </ul>

## Care for Adolescents – continued

### TALK TO YOUR DOCTOR (continued)

- Abuse and violence at home, school, and social situations
- Depression
- Eating disorders
- Risk for suicide

#### Diet and Exercise

- Limit fat and cholesterol
- Maintain caloric balance
- Emphasize:
  - Grains
  - Fruits
  - Vegetables
  - Adequate calcium intake (females)
  - Regular physical exercise
- Check Body Mass Index (BMI) for risk of obesity (Body Mass Index calculator and charts for children and adolescents is available for downloading at [www.netcarelifeandhealth.com/wellness](http://www.netcarelifeandhealth.com/wellness))

#### Substance Use

- Avoid tobacco use
- Avoid underage drinking and illegal drug use
- Avoid alcohol/drug use while driving, swimming, boating, etc.

#### Sexual Behavior

- Sexually Transmitted Disease (STD) prevention: history, abstinence, avoiding high risk behavior, condoms/female barrier
- Unintended pregnancy: history, abstinence, contraception

#### Dental Health

- Regular visits to dental care provider
- Floss, brush with fluoride toothpaste twice daily

#### Psychosocial

- Healthy lifestyle
- School performance