

## **17 and up WELL VISIT**

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Wt: \_\_\_\_\_, \_\_\_\_\_% Ht: \_\_\_\_\_, \_\_\_\_\_%

### **DIET:**

- Always remember that food is eaten to satisfy hunger, but not to fulfill boredom or particular food cravings.
- Try to educate yourself on good nutrition.
- If you are battling a weight issue or striving to be healthier, challenge yourself to a sugar-free diet for 3 weeks. Read labels for hidden sugars and try to prepare as much of your own food for this limited time. Be aware of how your body feels when you eat different foods. When you return to a less limited diet, remember that 1 “cheat day” each week may help you to keep on track for the other 6 days.
- Try to avoid eating in front of the TV or when distracted by another activity.
- Shop wisely so your house contains mostly healthy food.
- You require approximately 1200 mg of calcium each day which equals 3-4 servings of dairy products (low fat milk, cheese, yogurt, cottage cheese). A calcium supplement may be necessary in addition to dairy products to meet this daily requirement.
- Fruits and vegetables continue to be important. If they are not included in daily eating, a multivitamin is needed.
- It is important to learn to read food labels so you can understand what you are putting into your body. If you cannot understand the ingredients in a prepared food, it may mean it has too many chemicals to be a healthy choice. It is also important that to read the label for fat, sugar and caffeine content (e.g.: soda, Red Bull, Performance enhancing supplements, chips).
- *“Nothing tastes as good as feeling good feels.”*

### **DENTAL:**

- Teeth need to last a lifetime. Brushing and flossing at a minimum of twice daily. Dental visits every 6-12 mos. Contact your insurance company for the name of a dentist who is covered under your plan. No referral is necessary.

### **EXERCISE:**

- Recommendations for healthy living include 60 mins of exercise at least 5 days each week. Start with 30 mins/day if you have been inactive.
- Studies show that people who include daily exercise have more energy and enthusiasm for other aspects of their lives.
- Everyone can find some TV time to cut out of their day! Replace it with a healthy activity- or get on the treadmill or stationary bike while watching your favorite show.
- Make sure it is something you enjoy doing. Vigorous dancing that raises the heart rate and produces a sweat is an excellent choice.

- Set attainable goals of increasing time each week.
- Make it fun and social by getting together with friends for an “active date,” or join soccer or volleyball or other recreational league.

**FAMILY/SOCIAL/ACADEMIC:**

- Continue to maintain family relationships even as you move out on your own. Family will support you forever even as friends come and go.
- Become aware that the choices you make now will impact your future. Drinking is illegal in all states until the 21<sup>st</sup> birthday.
- Do not be afraid to take control in a situation to keep friends and loved ones safe- take car keys away from an impaired driver, do not let your friend leave a party with an unknown person, confront someone you love if you see destructive behavior.
- Do not be afraid to seek help for yourself if you feel down or are faced with overwhelming problems. Everyone needs a shoulder to lean on once in a while. Any of the doctors in our office can help guide you, but you need to ask. We are only a phone call away-even if you are at school out of town.
- Discuss Advance Directives with your family. This is also known as a living will. Once you turn 18, the medical profession views you as an adult and considers you as independent to make your own health care choices. This means that if you are injured and mentally incapable of choosing your medical care, your parents cannot make choices for you unless you sign documents ahead of time giving them permission.

**VACCINES:**

- GARDASIL- this will protect young women from cervical cancer and both sexes from venereal warts. This is a 3 dose series which is completed over 6 mos. To be most effective, it must be completed before there is any chance of sexual activity. It can be started at any time
- Tetanus booster will be needed if it has been 5-10 years since the last dose.
- Meningitis booster will be needed if it has been 5 years since the last dose.
- Hep A, Varicella- as catch up doses if not already given.

**FOLLOW UP APPOINTMENTS:**

PPD: If you had a PPD done today as a screening test for tuberculosis you need to return to the office to have it checked in 48-72 hours. Just walk in – no appointment needed

Your next HPV vaccine is: \_\_\_\_\_

Other : \_\_\_\_\_

