

17 and up WELL VISIT

NUTRITIONAL/ EXERCISE COUNSELING:

WT: _____ **HT:** _____ **BMI:** _____ (healthy is 19.5-25) **Ideal weight** _____ **to** _____ **Weight to lose:** _____

1. You need healthy eating habits now to avoid health problems in the future. Food is eaten to satisfy hunger, but not to fulfill boredom or particular food cravings.
2. You need **32 oz. of low fat or preferably skim milk** per day. This can be replaced with 3-4 servings of other low fat dairy products such as cheese, yogurt, or non- dairy such as soy milk.
3. Drink water and **AVOID all juices even 100% juices and all sodas and juice drinks.** Sports drinks are only to be consumed during sports or to treat a virus.
4. Watch your **portions** and eat only **1 snack per day.** **Read labels** to see proper healthy portion size. If you cannot understand the ingredients in a prepared food it may mean it has too many chemicals to be a healthy choice.
5. No media, T.V., computers being, watched/played while eating.
6. You should have **60 minutes of exercise** per day. Exercise as part of family activities.

MEDICAL TESTING DONE: Complete results on the web site. The following tests, depending on age and patient request may be done during this visit.

Hemoglobin / urinalysis / urine test for chlamydia & gonorrhea/ hearing / vision / depression screening / PPD/TB screen

- **Schedule an appointment for 48 to 72 hours with MD to have TB screen checked on:** _____

VACCINES: MEN B HPV FLU OTHER: _____

DENTAL: Twice yearly cleaning and exam

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. Remember healthy dating relationships are built on respect, concern, and doing things both of you like to do. Leave a relationship if you see signs of violence. In dating situations, remember that "No" means "NO." Protect yourself sexually – abstinence is always the best choice. However, if that is not your choice then be wise: use condoms 100% of the time, get regular STD testing, and remember your risks both physically and mentally increase as the number of partners increase. Become aware that the choices you make now will impact your future. Drinking is illegal in all states until the 21st birthday. Be aware of substance abuse problems in yourself and others. 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. The following mnemonic may help recognize a problem in yourself or someone you know, (any yes = a problem).

- C - Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drugs?
- R - Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?
- A - Do you ever use alcohol/drugs while you are by yourself, ALONE?
- F - Do you ever FORGET things you did while using alcohol or drugs?
- F - Does your family or FRIENDS ever tell you that you should cut down on your drinking or drug use?
- T - Have you gotten into TROUBLE while you were using alcohol or drugs?

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:

- Vaccine Information Sheets (VIS) are available for review on our web site pcpmds.com under "forms and handouts". They have also been sent to your own personal portal account. Laminated copies are available for your review in the office.