

Pediatric Associates of North Texas
972-867-6880
www.drCarolynAshworth.com

Carolyn D. Ashworth, M.D.

Wt. _____ % Ht. _____ % BMI _____ % B/P _____ P _____

LATE ADOLESCENCE

Healthy Habits

- *Get adequate sleep
- *Exercise five times/week
- *Discuss athletic conditioning, weight training, fluids, weight changes

Injury and Violence Prevention

- *Use seat belts, follow speed limits
- *Use helmets, mouth guards, protective sports gear
- *Use sunscreen, avoid tanning salons
- *Review job safety rules
- *Do not use alcohol, tobacco, drugs, or carry weapons
- *Learn to swim
- *Learn to protect yourself from abuse, deal with anger, resolve conflicts

Promotion of School Achievement

- *Identify talents and make plans for future/career (college, vocational training, the military, career)

Nutrition

- *Eat three meals a day (especially breakfast) and nutritious snacks
- *Eat in pleasant environment with companions
- *Limit high fat, high sugar food
- *Choose and prepare fruits, vegetables, breads, cereals, and other grain products, lean meats rich in iron and low-fat dairy products rich in calcium
- *Manage weight through appropriate eating and regular exercise

Mental Health

- *Explore new challenges, clarify values, recognize your strengths
- *Listen to good friends and valued adults, and trust your feelings
- *Seek help if you often feel angry, depressed, or hopeless
- *Set reasonable but challenging goals
- *Recognize and deal with stress
- *Fulfill spiritual needs

Prevention of Substance Abuse

- *Do not smoke or use spit tobacco, alcohol, drugs, diet pills, or steroids
- *Do not sell drugs
- *Discuss how to quit
- *Avoid situations where drugs or alcohol are present
- *Support friends who choose not to use
- *Become a peer counselor

Sexuality Education

- *Educate yourself about birth control and sexually transmitted diseases
- *Discuss gay and lesbian issues, celibacy, and other issues related to sexuality
- *Do not have sex if you do not want to; having sex should be a well-thought decision
- *Abstinence is the safest way to prevent pregnancy and sexually transmitted diseases, including HIV infections and AIDS
- *If having sex, ask for exam, discuss birth control and safer sex
- *Practice safer sex
- *Limit the number of partners and use condoms correctly

Promotion of Responsibility

- *Respect the rights and needs of others
- *Serve as an ethical role model
- *Follow family rules
- *Share household chores
- *Take on new responsibilities for family, peers, and community
- *Learn useful new skills (e.g. job skills, CPR)

Promotion of Social Competence

- *Participate in social activities
- *Develop good relationships with peers and siblings, and other social support systems
- *Discuss strategies for handling peer pressure
- *Practice peer refusal skills

Oral Health

- *Brush teeth
- *Learn dental emergency care
- *See dentist

AT THIS VISIT THE FOLLOWING IMMUNIZATIONS MAY BE GIVEN:

Tdap HepA Menactra HPV Flu

NEXT WELL VISIT: One year.