

Partners in Pediatrics



Naturally Healthy Kids Since 1977

Well Care

For Teens
13 – 18 Years*

*for parent and patient to read

Age: _____ years

Weight: _____ lbs. (_____ %)

Height: _____ in. (_____ %)

Body Mass Index: _____ %
(10-85%) desired for good health

Vision: _____ / _____ R _____ / _____ L

Blood Pressure: _____ / _____

Urinalysis (optional): _____

Mental Health Questionnaire

Hemoglobin (optional): _____ g/dL
(test for anemia)
(normal is between 12.0-16.5 g/dL)

Lipid Screening
(optional)

IMMUNIZATIONS

Hepatitis A or B if not completed
Meningococcal Vaccine (A, C, W, Y) and/or (B)
Tetanus-pertussis booster
Human Papilloma Virus (HPV) series (2)
Flu Vaccine (today; this fall)
Covid

“How Am I Growing?”

You have grown _____ inches in _____ years and have gained _____ pounds. Your height or weight percentile means that when we compare your height or weight with that of 100 other teens of the same gender, with your same birthday, you are taller than _____ out of 100. At your age, if you're staying healthy and eating, sleeping, and exercising well, we expect you to grow approximately _____ inches each year and to gain _____ pounds each year until your body reaches maturity. Body mass index (BMI) describes how well proportioned your body is as we look at weight to height. BMI >85% has been associated with an increased risk for heart disease and type II diabetes.

“How Do I Eat to Stay Healthy? Eat Well!”

First of all, eating breakfast every day before school is one of the best ways to help your body and your brain. Students who eat breakfast do better on testing in the morning than those who skip that meal, probably because the brain has an easier time getting the fuel it needs for thinking. Even a quick serving of oatmeal, a yogurt smoothie or peanut butter on toast will provide that needed **protein** for you to start your day.

Get four servings of **calcium-rich** foods each day to help your bones grow strong and to help keep you from “settling” or shrinking in height as you get older. Some examples of foods rich in calcium are:

- yogurt
- milk, especially skim or 1%
- cheese
- cottage cheese

“What Are Other Ways I Can Take Good Care of My Body?”

- 1) Daily bathing and good handwashing before meals and after you go to the bathroom will help keep germs from getting into your body.
- 2) We recommend regular visits to the dentist every 6 months as well as daily brushing and flossing of your teeth.
- 3) Most teens find that the use of an underarm deodorant every day helps prevent unpleasant body odor.
- 4) The use of a **PABA-Free Zinc Oxide, Titanium Dioxide** Sun Protection Factor 30+ sunscreen every time you get out in the sun will help pre-

vent painful sunburns and damage to your skin. The more you are out in the sun without sunscreen, the earlier you will get those wrinkles and brown age spots you see on many older people. Skin cancer is much more likely as well if you don't protect your skin. Try to use a “waterproof” or “rubproof” sunscreen for swimming and sports, reapplying the lotion every 1-1/2 hours while you are outside. Remember, the best way to protect against sun damage and skin cancer is to limit your sun exposure, especially during the peak exposure hours between 10 a.m. and 2 p.m.

“What’s Reasonable for Others to Expect of You?”

- 1) Take responsibility for completing homework and projects **without** nagging from others.
- 2) Be able to develop and keep good friendships with others.
- 3) Take responsibility for **caring** for your body. Develop and keep good exercise, eating and dental habits. Learn how to seek care when you become ill or are injured.
- 4) Recognize the need for rules and fair play.
- 5) **Feel good** about the things you do well!
- 6) Be able to talk with your parents about the things that interest or worry you.
- 7) Take responsibility for helping with the work in

- your home; for example, do your chores, help with laundry without others having to remind you to do so. (Remember, someday when you leave home, you'll have to be able to do **all** of those chores and **more**—better get some practice!)
- 8) Be able to learn how to save and manage money.
 - 9) Be able to recognize situations or activities that may be dangerous or bad for your body. Have a **plan in mind** as to how you would react when faced with such a situation. **Rehearse saying “NO”** in a way that you know you can do!

“What’s Reasonable for Parents to Do at This Age?”

- 1) Establish fair rules to be followed at home.
- 2) Spend time with you.
- 3) Be open and ready to answer your questions and talk to you about things that go on around you, at school, and in the world.
- 4) Be present at home or make arrangements for your supervision in their absence.
- 5) Assign chores and provide an allowance. A weekly “family meeting” may be a good time for you to discuss these and other important issues.
- 6) Take seriously their function as a “role model” for you.
- 7) Get to know your friends.

- 8) Provide an important role in your education about sex and body development. Be open to questions about sexuality and choices.
- 9) Encourage you to make age-appropriate decisions and begin to accept more self-responsibility.
- 10) Take an active role in supporting what you do; for example, attend events in which you participate, help you feel **encouraged** and **proud** of what you do and who you are!
- 11) For more information on how to stay healthy, pick up the “Obvious Parenting” Guide.

Notes:

If you are still deciding about getting any vaccines we recommended today, please discuss this issue with your parents. Call us for an appointment when you are ready to come in for any shots.

We hope this handout has helped you learn more about taking good care of your body. If you have any questions or would like to learn more, feel free to call our office.

Coming Next:

The next check-up is in 1 year. We recommend **yearly** physical exams for our patients ages 11 to 19.

Healthcare TRANSITIONS discussion. When's the best time to move on to an internist, family practitioner or gynecologist?

Partners in Pediatrics

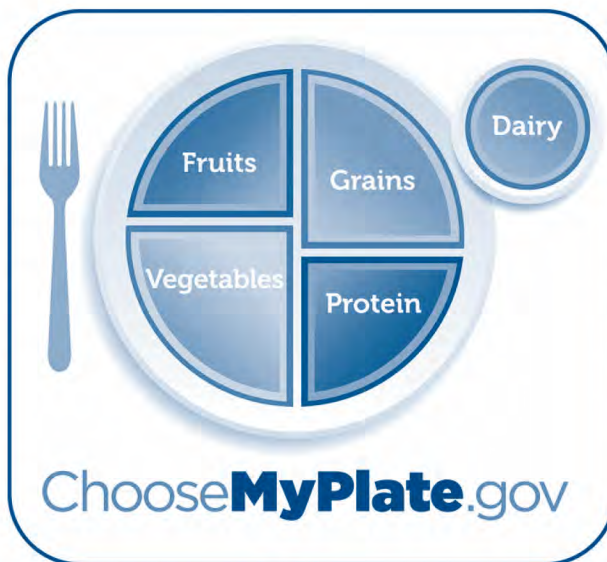
visit us at

www.partnersinpediatrics.com

- “calcium-fortified” orange juice
- “calcium-fortified” soy milk and rice milk
- broccoli, several other vegetables, and nuts (listed on our separate blue calcium sheet in the exam rooms).

Have you heard of the **food plate**? The basic idea is that you can help your body grow well and stay healthy by eating foods in proportions shown on the “plate”. For example, it’s a good idea to fill half your plate with vegetables and fruits. **Soda has no real nutritional value for you.** Drinking water as often as you can will do so much more for your body’s good growth and performance. Be sure to eat protein at each meal or snack to give your muscles what they need to grow.

Many people prefer to be **vegetarians**, avoiding meat, poultry, and fish when they eat. If you are careful to eat a good balance of other foods the vegetarian way of eating can be very healthy for you. Grains (especially pasta, rice, and corn), beans, nuts, peanut butter, cheese, tofu, eggs, and many other foods can be healthy substitutions for meats. Some vegetarians also prefer to exclude milk products and eggs from their diets. Doing so may make it harder for you to get enough **Calcium, Iron and Vitamin B12**, so be sure to talk to us about adding



those to your diet, if you choose this route.

Do try to choose fresh, broiled, steamed, or baked foods instead of fried or greasy foods. When you add butter, margarine, or mayonnaise to your food, you are adding fat. A little fat is okay during the day. In fact, we need a small amount for proper growth and performance each day. But eating too many fat-rich foods in the day can lead to

a bigger weight gain than we expected for you and to diseases of the heart and blood vessels when you get to be an adult. Even if your grandparents have heart disease or diabetes, you don’t have to – eating well can help put you in control of your body’s health and future.

You are going to be making many more of your own food choices as you grow up (in the

school cafeteria, fast food restaurants, etc.). By remembering these principles about good eating you can make choices that will help keep you healthy and strong. In fact, with the information your generation has at your fingertips, yours can be the healthiest generation yet! For more information about your body’s nutritional needs visit www.choosemyplate.gov.

“What Are Some Examples of Good Food Choices?”

Least Healthy Choice	Better Choice	Best Choice
soda pop, caffeinated drinks, sports beverages cookies (rarely needed) cinnamon roll	juice graham crackers bagel/toast with margarine, jelly frozen yogurt	water, skim/1% milk popcorn, no butter bagel/toast with fruit spread, no margarine fruit, sorbet, popsicle made from fruit juice
ice cream sundae	broiled burger	broiled, skinless chicken sandwich with lettuce, tomato
hamburger /chicken nuggets cooked in oil or grease, with “special sauce” or mayonnaise potato chips, fries	baked potato baked snack crackers or chips	crunchy veggie sticks, carrots

Social Media Use Precautions & Website Guidance For Parents

According to the Harvard Center on Media and Child Health, “Young people now spend more hours each day using media (e.g., TV, internet, video games, smart phones and tablets) than any other activity except sleep.” Excess and/or inappropriate use of media can put us at risk for a variety of problems (e.g., depression, anxiety, work and school problems, obesity, attention issues) and can even put their very safety at risk. So what’s a parent to do? Be a good example. Commit to “tech-free times/

zones”. Start by pledging to keep TV and internet viewing only in public places in your home, NOT in the child’s bedroom. Address use and safety rules with your child early, often and in “age-appropriate” terms. For up to date information and some of the best, age-specific guides we have found, visit the Digital Wellness Lab at Children’s Hospital Boston/Harvard Medical School at digitalwellnesslab.org – this is one website you’ll want to “bookmark” and use again!

“How Much Sleep Do I Need?”

Most of us need at least 8-11 hours of sleep each night. If we stay up too late and don’t get a good night of sleep, it can make us too drowsy to stay awake and learn in school or to perform well in our sports or special activities. Our bodies tend to **grow** the most and **heal** the quickest **during sleep**, so it’s

easy to see why sleep is so important! Also, be sure to get “unplugged”. TV & computer lights, cell phone calls and texts interfere with restful sleep. See our Sleep Classes recorded on PIP website.

“What About Exercise?”

Biking, walking, rollerblading, jogging, swimming, dancing, and playing organized sports are all examples of good exercise for us. Find activities you **enjoy**, do them for at least 60 minutes, 5-6 days each week, and you’ll be meeting the minimum activity requirement for good health and conditioning. Avoid watching too much TV/computer/video entertainment (we hope you’ll watch less than 60 minutes a day). Regular exercise also reduces feelings of stress and helps you feel more

in control of your situation and body. Find something you like to do and keep moving! If you have an injury or a hard time getting over soreness of a particular part of your body, you may need to cut back on your exercise for a while. Give us a call if your pain doesn’t improve. Using weights in your training is usually reserved for age 14 or older (ask us for advice when you think you’re ready to start). Resistance training (push-ups, pull-ups, etc.) can be started at any age.

“How Am I Most Likely to Be Hurt?”

- Bike accident –** Especially if you are not wearing a well-fitted bike helmet. Make it a **habit** to wear that helmet **every time you are on a bike**. Remember, it’s the only brain you have, so protect it!
- Car accident –** Especially if not wearing seat belt properly. Remind those you care about to wear their seat belts, too!
- Cigarette Smoking – Vaping/Juuling** It’s an **expensive, addicting habit** that’s **hard to break**. The chemicals in the smoke start hurting your lungs and decreasing your exercise endurance **from the very first puff you inhale**. Vapers and smokers suffer from more frequent bronchitis, sinus infections and flu. The skin of a user also **starts to age** and **wrinkle** much faster than that of a nonsmoker.
- Alcohol/Drugs –** Use of these can cause loss of control of your body, inadequate breathing, heart irregularities, coma, and even death. **Never let anyone** who’s been using alcohol or drugs drive you anywhere! Call a cab, a friend, or a parent. Learn the facts about drug use, especially marijuana use, from a reputable source. Check out the <http://teens.drugabuse.gov>. You can search for specific drugs, ask questions, and watch videos.
- Sexually Transmitted Infections & Pregnancy** STI’s are infections and diseases that can be spread through all forms of sexual contact. They may present in a variety of different ways, and if left untreated, can lead to long term health issues ranging from cancer to infertility. Pregnancy can also be a result of having sex. To protect yourself and your partner, it is important to make sure to use protection (condoms) with **EVERY** sexual encounter, should you decide to be sexually active. The providers at PIP are always happy to discuss any concerns or answer any question about these sensitive topics!

Hands on the wheel, not your phone - it's the law.

Colorado law now prohibits drivers from using a cellphone while driving, unless they use a hands-free accessory.

- Effective Jan. 1, 2025.
- The law excludes individuals reporting emergencies, utility workers, first responders and individuals in parked vehicles.
- Penalties for violating the law start at \$75 and two license points for the first offense, with higher fines and points for repeat offenses.

Hands-free accessories include Bluetooth, dashboard mounts, CarPlay, Android Auto and speakerphone systems.

Research shows using a mobile device while driving increases crash risk by two to six times.



Learn more at
codot.gov/handsfreeco.



Colorado's Graduated Driver Licensing Laws



Colorado's Graduated Driver Licensing (GDL) laws are designed to help new teen drivers under the age of 18 develop important driving skills gradually while adhering to crucial restrictions during the first years of driving.



Learn More

Remember:

- No passengers under 21 for the first 6 months and no more than one passenger under 21 during the second 6 months (siblings and medical emergencies are exempt).
- No cell phone use while driving. Visit codot.gov/handsfreeco for more information on Colorado's hands-free driving law.
- Drivers and all passengers under 18 must wear a seat belt.
- No driving between midnight and 5 a.m. unless accompanied by an instructor, parent or legal guardian.
- Never drive under the influence of alcohol or drugs.
- Always carry proof of auto insurance.
- Breaking any driving laws, including GDL restrictions, can put you at risk of losing your license or being involved in a car crash.

Did you know?

Over the past 20 years, GDL laws have contributed to a near 50% reduction in traffic fatalities involving young drivers. GDL laws mean safer roads for everybody.



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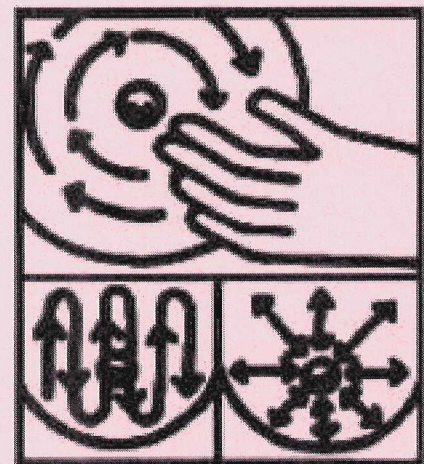
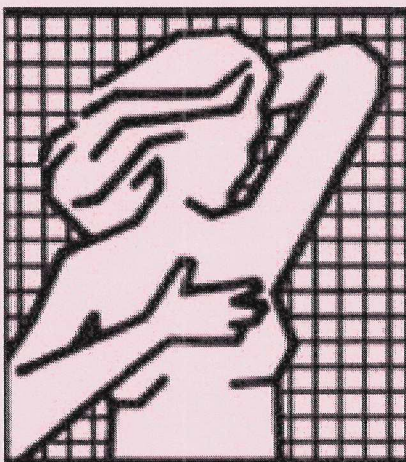
Breast Self-Examination

As a teen we expect you to learn some health care skills that will carry you into adulthood. One of those important skills is a **monthly self-breast exam**. As awkward as it may seem, these steps take time to practice and get comfortable with. We encourage you to regularly try these steps so you get to know your body and learn what is normal or new FOR YOU over the years. Breast cancer in adolescence is extremely RARE but its incidence increases throughout the years into adulthood. It remains one of the most common cancers for women but with early detection can be treated! Many of us know of someone who has courageously battled this disease. Be sure to talk with one of us if women in your family have had breast cancer. As with any disease it's best to know your family's history and risk.

Make sure to do these series of steps on, or around your period, or the same time each month (if you do not have periods yet) as your breast will change throughout a typical monthly cycle. Some find it more comfortable during or just after your period due to breast tenderness the hormones might produce before your cycle begins. Again, this monthly self-breast exam will better allow you to get to know what your breasts feel like without the physical variations your hormones will allow.

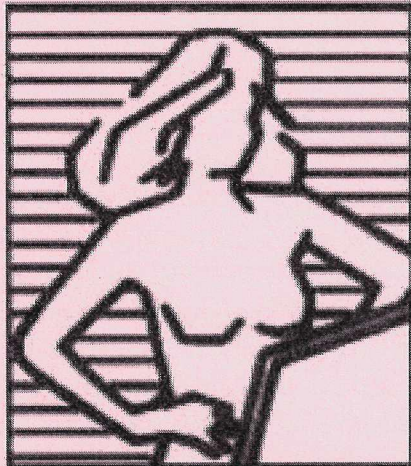
STEP 1: LYING DOWN WITH A PILLOW UNDER YOUR SHOULDER (OR STANDING IN THE SHOWER)

1. Raise the arm of the breast you are examining and place that hand behind your head.
2. Use the pads of the 3 middle fingers of the opposite hand to check your breast.
3. Press with gentle, medium, and then firm pressure in a small circle following either a tightly woven up-and-down pattern or a circular pattern throughout the breast tissue and armpit, including directly over the nipple.
4. Squeeze the nipple gently looking for any discharge.
5. Follow the same steps for the opposite breast.



STEP 2: STANDING IN FRONT OF A MIRROR

1. Stand in front of a mirror with your hands on your hips and look for abnormalities.
2. Then, flex your chest muscles and look.
3. Finally, raise your arms above your head looking for any differences.



Abnormal Findings

Lump or hard knot

Swelling, redness, or warmth

Change in the shape or size between breasts

Dimpling or pucker of the overlying skin

Itchy, scaly sore or rash on the nipple

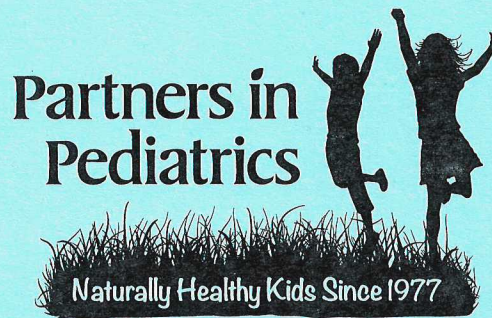
Pulling in of the nipple or other skin of the breast

Nipple discharge that starts suddenly

New pain in one spot that does not go away

Remember many "lumps" are NOT cancer, so please call your health care provider to ask any questions or report any suspicious findings right away.

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Testicular Self-Examination

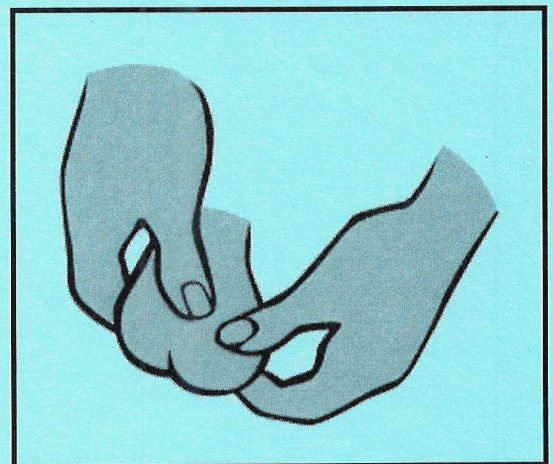
As a teen we expect you to learn some health care skills that will carry you into adulthood. One of those important skills is a **monthly testicular exam**. As awkward as it may seem, these steps take time to practice and get comfortable with. We encourage you to regularly try these steps so you get to know your body and learn what is normal or new FOR YOU over the years. Testicular cancer is RARE but is the most common cancer in men age 15-35 years old. Early detection remains one of the cornerstones of treatment as it is one of the most treatable cancers in early stages. And, as with any disease, it's important to know your risk (such as some childhood testicular conditions) and your family's history.

The exam should be done monthly. The best time to perform the exam is immediately following, or during, a warm shower when the skin and scrotum are relaxed and its contents can be easily felt.

1. Hold your penis out of the way while you check each testicle individually.
2. Gently roll the testicle between your thumb and second two fingers in an effort to detect any irregularities listed below.
3. Keep in mind there are NORMAL structures such as the epididymis (a soft tubular, "worm-like" structure on the backside of the testis) or vas deferens (a firm small tube up into the groin area).
4. Repeat for the other side.

Abnormal Findings

Irregularities on the surface or texture of the testis
Lumps or bumps (usually pea sized)
An enlargement of a testicle or asymmetry between the two
Loss of size in one testicle
Feeling of heaviness in the scrotum
New stomachache or groin pain
Sudden collection of fluid in the scrotum
Enlargement or tenderness of the breasts



Remember many "lumps" are NOT cancer, so please call your health care provider to ask any questions or report any suspicious findings right away.