



www.fresnochildrens.com

## Late Adolescence 15–18 years

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ BMI \_\_\_\_\_

This educational handout is intended to be read by the adolescent and his/her parents together. A health supervision exam (physical, checkup) is recommended every year.

### **IMMUNIZATIONS as recommended by the American Academy of Pediatrics:**

**Tdap booster** (Tetanus, Diphtheria, & Pertussis) required at age 11-12 and every 10 years,

**Varicella** (Chicken Pox), **Hepatitis A**, **Meningococcal**, **Human Papilloma Virus**, **Influenza**

**NUTRITION:** The USDA (U. S. Dept. of Ag.) Dietary Guidelines describe a healthy diet as one that:

- Emphasizes fruit, vegetables, whole grains, and fat-free or 1% milk and milk products.
- Includes lean meats, poultry, fish, beans, and eggs.
- Is low in saturated fat, trans fats, cholesterol, salt and added sugar.
- In addition, be sure to get enough **IRON**, generally 12 mg (males) to 15 mg (females) per day. For information on iron-rich foods, please see our website at [www.fresnochildrens.com](http://www.fresnochildrens.com).

We recommend drinking mostly plain water. Soft drinks and sport drinks are empty calories and the nutritional equivalent of candy.

USDA Dietary guidelines also emphasize the need for daily exercise. Adolescents should spend at least one hour a day in moderately vigorous activity. Your personalized calorie requirements and nutritional guidelines are available at [www.choosemyplate.gov](http://www.choosemyplate.gov).

**BONE HEALTH:** The teen years are a critical time for bone formation. Between 11 and 18 years, 40% of a person's bone mass is accumulated. The recommended daily intake of calcium for children and adolescents 9 to 18 years old is 1300 mg. For more information on calcium rich foods, visit our website at [www.fresnochildrens.com](http://www.fresnochildrens.com). Exercise is also important for developing and maintaining strong bones. Engage in moderately strenuous physical activity (for example walking, biking, aerobics, soccer).

**PHYSICAL DEVELOPMENT:** Most females have started their period between the ages of 9 and 16 years old. Most males enter puberty with increased testicular size between the ages of 9 and 13 ½ years old.

**Testicular Self-Examination:** The most common solid cancer in men ages 15 – 35 is testicular cancer. Men should start monthly testicular self-exams during the teen years. For more information on how to perform a testicular self-exam, see our website at [www.fresnochildrens.com](http://www.fresnochildrens.com).

**Breast Self-Examination:** Breast cancer is most common in women over 35 years of age, and it is important for a young woman to know that there is a greater than 1 in 10 chance that she will develop breast cancer at some point in her lifetime. The American Cancer Society recommends that women age 20 years and over perform monthly Breast Self Exam (BSE), therefore late adolescence is a good time to learn the BSE technique. For more information on how to perform a breast self-exam, see our website at [www.fresnochildrens.com](http://www.fresnochildrens.com).

#### **PSYCHOLOGICAL GROWTH:**

Adolescents are learning to manage school, family and peer relationships. Many teens have difficulty dealing with these and other stressors and they can become anxious or depressed. If you are experiencing any of this, discuss it with your parents and appropriate school personnel. Your health care provider can also help guide you and your parents to get appropriate care.

#### **SAFETY:**

- **Car Safety:** Traffic crashes are the leading cause of death for teenagers and young adults. Drivers who are 16 years old are more than 20 times as likely to have a car accident as are other drivers. When driving, stay focused on driving. Do not use text messaging, adjust the radio, or let passengers distract you. Never get in a car with a driver who has been drinking alcohol or taking drugs.
- **Bicycle, Skateboard, and Snowboard Safety:** Wearing a helmet is the best prevention against traumatic brain injury at any age.
- **Gun Safety:** The American Academy of Pediatrics recommends that homes be free of guns and that if it is necessary to keep a gun, it should be stored unloaded and locked with the ammunition locked separately from the gun.
- **Sports Safety:** Always perform proper warm-ups before engaging in athletic activities.
- **Prevent Concussion:** Concussion is a relatively common, but under reported brain injury. Reduce the risk of concussion by wearing protective gear including helmets for playing sports, biking, skateboarding, or snowboarding. An athlete should never return to play the same day as experiencing the concussion, even if he has no symptoms or while still symptomatic at rest or with exertion from a concussion experienced on another day.
- **Prevent Heat Exhaustion:** Painful muscle cramps, flushed, moist skin, mild fever, nausea, vomiting, headache, fatigue, weakness, confusion, and agitation are signs of heat exhaustion. Prevent heat exhaustion during sports by drinking plenty of fluids, avoid fluids with caffeine, dress in light clothing, schedule vigorous activity for cooler times of the day.

#### **PARENTS:**

**Teen Sexuality:** Please consider initiating a frank discussion with your teenager regarding teen pregnancy and pregnancy prevention. For more information, visit [www.healthychildren.org](http://www.healthychildren.org) and search for "teen sex".

**Bullying:** Teens may experience bullying in the form of physical, psychological, and cyberbullying. Cyberbullying is a serious issue. Parents need to be aware of the texting and internet activity that their teens are participating in. For more information, visit [www.healthychildren.org](http://www.healthychildren.org) and search for "cyberbullying".

**This and other information is on our Website at [www.fresnochildrens.com](http://www.fresnochildrens.com). If you do not have access to the internet, please call our office to have them mailed to your home.**