



15–18 Year Check Up

Well-Check Appointments can be made online at AustinRegionalClinic.com.

At this age, the American Academy of Pediatrics recommends annual well-check appointments.

Your height, weight, and BMI along with health screens and immunizations performed will be in the *After Visit Summary (AVS)* that your provider or nurse will give you at the end of the visit. You can also view this information on MyChartARC.com

NUTRITION

You are in your teen years, an important period of growth and increasing independence. This is a great time to reevaluate all of your health habits. Establishing a healthy diet, regular sleep routine, and an active lifestyle are important both now and for your future health as an adult.

An easy to remember message about important healthy habits is “9-7-5-2-1-0”:

- **9: Teens need at least 9 hours of sleep.** Getting the proper amount of sleep helps you learn more and helps you feel better. It’s also vital in maintaining a healthy weight. iPads and iPhones should be out of bedrooms at night when you sleep. Turn on your Do Not Disturb button or turn it off at least 30 minutes before your bedtime. Any electronics in your bedroom contributes to disordered sleep.
- **7: Eat breakfast 7 days a week,** and try to sit together for a meal with your family 7 days a week. Sitting together with your family sets a specific time in your day to allow you and your parents time to “catch up” with one another. Breakfast jump starts your metabolism, helps you perform better in school, and helps prevent overeating later in the day.
- **5: Eat at least 5 servings of fruits and vegetables a day.** Use the MyPlate visual guide: for meals, make 1/2 of your plate fruits and vegetables and for snacks make sure to include fruits and vegetables every day. For specific recommendations on the amount of each food group you should eat per day based on age, sex, and activity level, please visit ChooseMyPlate.gov.



- **2: Spend less than 2 hours a day on screen time.** This includes TV, video games, recreational computer time, smart tablets and smart phones. Turn off the TV during meals and keep the TV and computer out of bedrooms.
- **1: Participate in at least 1 hour of physical activity per day.**
- **0: Drink almost no soda, diet soda, sports drinks, sweet tea and fruit drinks.** Even 100% fruit juice contains a large amount of sugar. Water and nonfat (skim) or lowfat (1%) milk are the best drinks for you.

Healthy Tips

Here are some tips other people have found help them stay healthy and energized.

1. **Eat about the same time every day:** breakfast, lunch and dinner. Random snacking and stopping for fast food leads to skipping meals and can contribute to excess weight gain. Many teens decide to skip breakfast or lunch but this makes you crave the quickest food you come across. You are more likely to eat foods that aren’t healthy, like chips or fast food.
2. **Make exercise a priority.** Getting your heart beating fast for 60 minutes a day helps you feel happier and helps you burn off worries to sleep better.



- View your medical records.
- Book your next appointment.
- Review your AVS (After Visit Summary)

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Visit: MyChartARC.com

3. **Avoid oversized portions.**
4. Talk to your doctor if you have decided to limit certain food groups (dairy, meat, gluten, etc).
5. You might not be in charge of the foods your family buys, but it doesn’t hurt to ask. Ask your parents to keep the sweets and snacks that tempt you out of your house. What fruits and vegetables do you love? Ask them to buy them every week. Then be sure to pack them with you and eat them up.

Do I Have Excess Weight?

Obesity is increasing at an alarming rate in the United States. Excess weight can be associated with feeling badly about how you look to others, worse sleep, slower sports performance, and overall sadness.

		Recommended Daily Calories		
Gender	Age (Years)	Sedentary	Moderately Active	Active
Female	14–18	1800	2000	2400
Male	14–18	2000–2400	2400–2800	2800–3200

Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life.

Moderately active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

When you have extra weight it can cause health problems, such as high blood pressure and diabetes, that can shorten how long you live. Body Mass Index (BMI) is widely used to help categorize weight. BMI compares height and weight, and norms vary by age and sex. A BMI between the 85th and 95th percentile is defined as overweight, and a BMI at or above the 95th percentile is defined as obese. If your BMI is in the overweight or obese zone, talk to your doctor about healthy goals.

SHOULD I TAKE A DAILY MULTIVITAMIN?

The best way to take in vitamins is by eating fruits, vegetables, and food made with whole grains. However, many teens' diets are lacking in essential nutrients. It is recommended that all women ages 15–45 take 0.4mg (400 micrograms) a day of folic acid (a B vitamin), the amount in a daily multivitamin, to prevent two common birth defects—spina bifida and anencephaly.

Talk to your doctor if you are vegetarian or vegan. You might need extra supplements, too.

BONE HEALTH

The teen years are a critical time for bone formation. Close to half of a person's bone mass is accumulated during these years. If you do not have adequate calcium and vitamin D in your diet, you can get stress fractures that keep you out of sports for 6-9 months.

The recommended daily intake of calcium is 1300 mg (that's about 3-4 glasses of milk). Make sure that your diet provides this amount of calcium. Most adolescents only get 400-800 mg of calcium a day. One of the major reasons why adolescents have such low calcium intake is because soft drinks have replaced milk in their diet.

- Drop soft drinks from your diet, including diet/calorie free sodas.
- Calcium fortified foods like cereals can supply needed calcium, especially if you do not like milk/milk products or do not tolerate milk.
- Calcium in green leafy vegetables is poorly absorbed. It is not possible to obtain a large amount of your calcium needs from vegetables alone.
- Foods that are high in salt make your body lose calcium. High salt is found in chips, canned or frozen foods, and foods from restaurants.

If you do not consume enough calcium in your diet, you should consider taking a

calcium plus vitamin D supplement. Make sure to only take a 500-600 mg calcium supplement at a time. If you need more, then take it multiple times in the day.

PHYSICAL HEALTH

Am I Still Growing?

Although there are exceptions, most girls reach their adult height by 15 or 16 years of age. Most boys reach their adult height by 17 or 18 years, although there are significant numbers of "late bloomer" boys who continue to grow in height beyond 18 years of age. Even after adult height is reached, your shoulders, hips and pelvis will continue to broaden for several years. This "filling-out" of the skeleton ends in most girls by 18 years, but continues in boys for several years after age 18.

Vaccines

It is important to keep vaccines current. Hopefully you have already received a series of three **HPV** (human papillomavirus) vaccines. But, if you haven't, it's not too late. This vaccine is recommended for boys and girls to prevent certain cancers. The vaccine prevents against cervical, penile, anal, mouth, and throat cancers. The vaccine so far has decreased the amount of virus in teenagers by 64%. That's about 2 out of every 3 teenagers who would have had the virus, and now don't. HPV vaccine has been in use since 2006 and is very safe.

At age 16, you will need your 2nd dose of the meningococcal vaccine (**MCV**), which prevents a deadly brain infection. This second dose is required in Texas for all those entering college. There is another type of meningococcal vaccine (**MenB**) that may be recommended to those 16-18 years old.

Are you 18 years old? Do you tend to lose those shot records we've given you? There is a statewide system to keep those records for you forever, called ImmTrac. But if you don't tell them to keep your shot record, they're going to get rid of them after you're an adult. If you agree that you'd like for them to keep them for you, you have to fill out a form. Ask your doctor for this form or check online at <http://immtracforeveryone.com/assets/downloads/F11-13366.pdf>.

Testicular Cancer

Cancer of the testicles is the most common solid cancer in young men. You should seek medical care if any swelling, lumps, or changes in your testicles are noticed. Cancer of the testicles often is not painful, so many men do not notice unless they are checking regularly.

Acne

While you may have had acne for some years, now it really bothers you. Make sure that you are washing your face morning and night with a gentle cleanser. Never pop your pimples; this leads to more scars. It is also commonly thought that foods cause pimples, but this is a myth.

For just a few pimples to your face, try using a cream or face wash with benzoyl peroxide morning and night every day (this is sold over the counter). Choose ones that have a lower percentage (2-5%) and make sure that you use it at least 6 weeks before you decide that it's not working. These sorts of acne medications can bleach fabrics; be sure to wash it all off before you wipe your face and hands on your towel or clothing. Sometimes this medicine is too drying, especially if you've had eczema in the past.

If this nonprescription treatment has not worked or you feel it's too drying, schedule an appointment with your doctor to talk about other prescription medications. There are lots of medications that we use for acne, so if you don't see any changes after using a prescription every day for 4-6 weeks, be sure to return to talk it over with your doctor.

PSYCHOLOGICAL HEALTH AND GROWTH

Although you are close to reaching your final height, you will continue to grow and change psychologically throughout your life. At this point in your life, things may feel like they are getting more intense. School classes, sports and music interests and even relationships require a deeper commitment from you. It's important to practice finding the balance between all these different areas of your life. How do you balance the needs of your body for sleep and regular meals with the demands that others ask of you?

The choices that you make now will absolutely affect your future success. You are creating yourself, who you are now, and who you want to be.



You can choose to do your best in school, show respect to the people around you, and prepare for living on your own after high school.

By doing this you gain respect for yourself and from others, including teachers, parents, and other teens. Doing well in school will ensure that you can achieve your future college and/or career goals. If you are planning on going to college, lots of teens tell us it takes more time than they thought. This is a large project with many smaller deadlines. Start in your junior year learning about where you would like to apply, how you will pay for college and what you would like to include in your application essays. Talk to your school's counselors, especially if your parents didn't go to college themselves.

While you are still at home, it's a good idea to practice independent living. All these management skills will help you prepare for life on your own.

- Do you have medications you get from your doctor? Start ordering your refills from the pharmacy yourself and learn to schedule and keep your own doctor visits. Practice checking in at the doctor's office by yourself, as well.

You can choose to stay away from drugs and alcohol.

Surround yourself with people who make good choices and avoid those who bring you down. New research shows that drugs and alcohol affect teens differently than adults. Your friends who drink too much are more likely to still be able to be awake and walking around more than adults who drink the same amount. Don't try to judge how "buzzed" your friends are. **Never ride in a car with anyone who has had any alcohol, pot or other drugs.**

If you find that **you** regularly are using drugs and alcohol, get help. Talk to your parents or to a trusted adult. You may also call the National Drug Abuse Hotline for local drug treatment options : 1-800-662-HELP (4357) or www.samhsa.gov.

- Many new substances claim to be safer than the older drugs and can be easier to get. Even though caffeine can be found in coffee and tea, there are also powder and pill forms of this. There are some "energy" drinks that have this added, as well. These "energy" products can increase your anxiety and hurt your body. Some people have had sudden death related to them.

- Using medications prescribed to other people can make you addicted or so sick that you need to go to the hospital. Only use prescription medications that were given to you by your doctor.
- Many teens are trying flavored vapes or electronic cigarettes. These produce a water vapor which can still be harmful. Even though some sellers claim that e-cigarettes or vapes are not as addictive as cigarettes, there is no proof of that.

You can choose to protect yourself from unplanned pregnancy and sexually transmitted infections.

The only way to 100% protect yourself is to not have sex. If you choose to have sex, be responsible. Use condoms every time to prevent infections. But to prevent pregnancy, make sure to use condoms as well as another method, e.g. birth control pills plus condoms. If you have questions talk to your doctor.

If you have sex you need to be checked yearly for sexually transmitted infections (STI's). If you have symptoms (such as yellow or green drainage from your penis or vagina, abnormal bleeding, or sores on your privates) you should be checked right away.

You can choose to get help when you need it.

If you are a gay, lesbian, bisexual, or transgender youth who needs support, contact Out Youth via phone at: 512-419-1233, via e-mail at: hello@outyouth.org, or go directly to www.outyouth.org.

Adolescence can be a difficult time. Relationships with family members, peers, and friends are changing. Teens can often feel lonely or worried or sad. For some people, these feelings can be overwhelming. Are you feeling that way?

Signs that you may need help might be:

- You feel no energy for spending time with friends or doing your work.
- You feel tired all the time or you have trouble sleeping.
- You have lost control of eating—eating way more than you need or missing meals.
- You noticed you're crying often.
- You feel the stress is wearing you down.
- You have trouble focusing or getting the work done.
- You have thought about or have hurt your body by cutting.
- You feel there is no way out.

Please talk to your parents or your doctor if you are experiencing any of these. We strive

to screen all teens for depression at your check-up and have many ways to help you. If you need someone to talk to or have plans to hurt yourself call:

National Suicide Prevention Hotline:
1-800-273-TALK

Other places of help:

- www.namiauustin.org/crisis-resources has information for all of Central Texas
- Texas Youth Hotline for any teen needing guidance on where to turn: 1-800-989-6884 Text 512-872-5777
- **Travis County Mental Health Crisis:** 512-472-HELP (4357) see more at: www.integralcare.org/content/psychiatric-crisis-and-support-services
- For mental health crisis in counties surrounding Austin call Bluebonnet Trails **1-800-841-1255**. This covers the counties of: Bastrop, Elgin, Georgetown, Giddings, Gonzales, Hutto, La Grange, Luling, Marble Falls, Round Rock, Schulenburg, Seguin, and Taylor.
- For mental health crisis in the hill country south of Austin call **1-877-466-0660**. This covers the counties of Blanco, Hays, and surrounding counties.

SAFETY

Relationship Safety

You can suffer abuse from family, friends, partners, and peers. Abuse is not always hitting. Forms of non-physical abuse include yelling, threatening, name-calling, extreme possessiveness, and manipulation. An abuser may bully you, boss you around, get angry or jealous when you spend time with others, swear at you, blame you for his/her problems, insult or embarrass you, or pressure you to do drugs or have sex. If you are in an abusive relationship, get help. Talk to a parent or another trusted adult. The following resources are available also.

- Sexual Assault Legal Hotline: 1-888-296-SAFE and www.texasadvocacyproject.org
- Texas Youth Hotline for any teen needing guidance on where to turn: 1-800-989-6884 Text 512-872-5777
- National Domestic Violence Hotline: **1-800-799-SAFE (7233)**

Car Safety

Motor vehicle accidents are the leading cause of death for teenagers. Teens are much more likely to have a car accident than adults.

- Always wear your seat belt.
- Never drive if you've been drinking alcohol or taking drugs, even marijuana.

- Never allow someone who has been drinking or taking drugs, even marijuana/pot, to drive you anywhere.
- Do not use your phone while you are driving for any reason. No texting, no answering the phone.

Sport Safety

- **When you get a hard hit to your head or body that violently shakes your head, you can get a concussion.** Concussions are a brain injury that affects how your brain works. If you have a hit or fall and then feel a bad headache, "out-of-it," dizzy, or you notice that you're having trouble balancing or seeing, stop whatever activity you're doing and tell someone. That might be your coach, trainer or parents. Don't go back to any exercise until you've talked to your doctor.
- **Protect your head!** Always wear a helmet when you are on wheels or playing sports. Bikes, skateboards, hoverboards, and different activities increase your chances of hitting your head. Remember there are different types of helmets for different activities. Check the label to make sure it protects your head while doing your sport.
- If you cycle after dark, use appropriate lights, reflectors, and reflective vests.

Sun Safety

Skin damage from the sun causes premature wrinkles, age spots, and most importantly cancer.

- Wear sunscreen outside. Sunscreen should protect against UVA and UVB rays, and offer at least SPF 30.
- **Do not use tanning beds.** The damaging rays can be more than 15 times the strength of the sun.
- Self-examine moles using the Melanoma Identification Alphabet.

Melanoma Identification Alphabet

If any of the following describe your mole or moles, please see your physician. Also let us know if you see a mole or spot on your skin changing over time.

Asymmetry – one side of the spot different from the other

Border – irregularity, with notched, blurred, or ragged edges

Color – not uniform, ranging from tan to black

Diameter – larger than a pencil eraser

Internet Safety

Here are some general ideas of how to protect yourself online.

- Be respectful. If you wouldn't say something to someone's face, then don't text it, IM it, or post it. Even messages and photos that

promise to self-delete can be saved and shared by others.

- Set your privacy settings on every app or website you access, so only close friends and family members can see your stuff.
- Don't send pictures to people you don't know in real life and don't view pictures that strangers send to you.
- Try to cut yourself out of digital drama. If you're not sure that your friend would like the picture you took of them, ask before you post it. If they're not your friend, don't post pictures of them. And don't post cringepics of other people.
- Never give out your name, address, birthday, email or phone number to web sites or people, unless you are the one trying to buy something and you know they are using a secured HTTPS site.
- Don't impersonate or pretend to be other people to create accounts. Report people who try to impersonate you to the company's website.
- Don't use location apps that help your friends find you in a crowd. Strangers who are not your friends can hack in and track you, plus companies use this to lure you to buy their stuff.

Gun Safety

It is best to keep guns out of your home. If your family chooses to keep a gun, it should be stored unloaded in a locked place with ammunition stored separately. It is best not to visit homes where guns are not stored properly. Want to learn more about gun safety? Visit the Hunter Safety Education Course at www.hunter-ed.com/texas

Hearing Safety

Although you may not realize it, life would be very different if you didn't hear well.

Noise induced hearing loss cannot be surgically or medically fixed once it occurs. The Centers for Disease Control estimates that 5.2 million children and adolescents have suffered permanent damage to their hearing from excessive exposure to noise. This can happen with a one-time loud noise exposure or repeated exposures over time.



Preventing Hearing Loss

- Turn it down!
- Avoid (or, if you can't, then shorten) the time you're around loud sounds.
- Use earplugs and other hearing protection devices.
- Keep your distance from the source of the sound (e.g. speakers).

RESOURCES

Books

Letting Go with Love and Confidence: Raising Responsible, Resilient, Self-Sufficient Teens in the 21st Century
by Kenneth Ginsburg M.D.
M.S.Ed. and Susan Fitzgerald

Websites

www.healthychildren.org

A parenting website developed by the American Academy of Pediatrics. This has great articles on how to be a responsible teen parent as well as teen physical, sexual and mental health. Now available in Spanish.

www.vaccineinformation.org

Answers to questions about vaccines for teens.

www.cdc.gov/parentsarethekey

Information on keeping your teen safe as they learn to drive.

www.dfps.state.tx.us/youth_hotline

Texas Youth Hotline: for any teen needing guidance on where to turn or for parents whose teen has run away: 1-800-989-6884 OR Text 512-872-5777

www.texasadvocacyproject.org

Texas Advocacy Project provides legal assistance with those who have domestic violence, sexual assault or stalking concerns.

www.common sense media.org

How do parents keep up with the online generation? For up to date information on cyberbullying, haters and trolls.

24-Hr Appointment Scheduling
visit MyChartARC.com or
ARCappointments.com

Same-Day & After Hours Care
call your ARC clinic and press "1"

24-Hr Phone Nurse
call your ARC clinic and press "4"

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