

Thirteen - Fourteen Year Well Check

www.cedarparkdoctors.com



Cedar Park Pediatric
& Family Medicine

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Phone: 512-336-2777

HEIGHT _____ WEIGHT _____ BLOOD PRESSURE _____

IMMUNIZATIONS

It is common for children to experience some discomfort from today's Vaccine. The Following are NORMAL side effects.

_ Soreness, redness, swelling, tenderness where shot is given

_ Fever (usually low grade)

For relief, you may apply ice for first 24 hours/and Tylenol _____ dosage

Received vaccines to prevent:

- Tdap Hib Hepatitis A Hepatitis B Influenza MMR
 Prevnar Menactra Polio Varicella (Chickenpox)
 Other _____

SHOULD YOUR CHILD EXPERIENCE

_ Streaking @ Site of Injection _ Difficulty breathing _ Hoarseness or Wheezing

_ Swelling of the throat _ Weakness _ Fast heart beat _ Dizziness _ Hives

CONTACT THIS OFFICE IMMEDIATELY 512-336-2777

NUTRITION

Nutrition is very important to your adolescent's growth development, and health. Your child is moving into a period of dramatic growth and change. He needs to eat well during this time. It is a parent's duty to provide nutritious foods and to set a good example in their own eating habits.



DIETARY GUIDELINES

The USDA published new Dietary Guidelines in 2005. The Guidelines describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free (skim) or low-fat milk (1%) and milk products. *(2% milk is not considered low fat.)*
- Includes lean meats, poultry, fish, beans, and eggs
- Is low in saturated fat, Trans fat, cholesterol, salt, and added sugar.

This report also emphasizes the need for daily exercise. All children & adolescents should spend at least 1 hour a day in moderately-vigorous exercise. This report is available at <http://www.mypyramid.gov>

Food Groups	Daily Recommendation	Tips
Grains: (at least 1/2 should be whole grain)	6-10 ounces	One ounce is considered: <ul style="list-style-type: none"> ▪ A slice of bread or ▪ A cup of dry cereal or ▪ Half a cup of cooked rice, pasta, or cereal
Vegetables: (eat more dark green and orange vegetables, and more dry beans and peas)	2 ½ to 3 ½ cups	One cup is considered: <ul style="list-style-type: none"> ▪ A cup of cooked/raw vegetables or ▪ A cup of vegetable juice or ▪ 2 cups of green leafy vegetables ▪ 1 cup of cooked dry beans or peas
Fruits: (eat a variety of fruits, go easy on fruit juices)	2 to 2 ½ cups	One cup is considered: <ul style="list-style-type: none"> ▪ A cup of fruit (fresh, frozen or canned) or ▪ One half cup of dried fruit or ▪ A cup of 100% fruit juice
Milk and Milk Products: (preferably low-fat)	3 cups	One cup is considered: <ul style="list-style-type: none"> ▪ A cup of milk or yogurt or ▪ 1 ½ ounces of natural cheese or ▪ 2 ounces of processed cheese
Meat and Beans	5 to 7 ½ ounces	One ounce is considered: <ul style="list-style-type: none"> ▪ An ounce of meat, poultry or fish (4 oz is about the size of a deck of cards) ▪ ¼ cup of cooked dry beans or ▪ One egg or ▪ A tablespoon of peanut butter or ▪ ½ ounce of nuts or seeds

Is my child overweight/obese?

Childhood obesity is increasing at an alarming rate in the United States. Obesity is associated not only with significant health problems during childhood, but it is a risk factor for medical problems in your child's adult life. Medical problems that can be seen in obese children include high cholesterol, high blood pressure, diabetes, obstructive sleep apnea (heavy snoring & difficulty breathing during sleep), depression, & low self-esteem.

Body Mass Index (BMI) is widely used to help define overweight & obese children. BMI compares height & weight, and varies by age and sex. In general, a BMI between 85th and 95th percentile is considered at risk for being overweight and a BMI above 95th percentile is considered elevated. BMI will be calculated at your child's well visit. Do not hesitate to ask your child's provider about any concerns you have about your child's weight or diet.

Today, many children suffer from high cholesterol. At your child's visit, he may be checked for elevated lipids.

Bone Health

The childhood & teen years are a critical time for bone formation. Between 11 & 18 years, 40% of a person's bone mass is accumulated. Scientists are finding that if bones are not developed well during these growth years, catch-up later in adult life is NOT possible. If your child does not have adequate calcium intake at this age, he will be at risk for osteoporosis (weak bones) as an adult and he may even be at a higher risk for fractures now.

The recommended daily intake of calcium for children 9 to 18 is 1300 mg. Make sure that your child's diet provides this amount of calcium. Current surveys indicate that calcium intake has been steadily decreasing in our children over the past 2 decades. Most adolescents only get 400-800 mg of calcium a day, with girls consuming the least. Milk & milk products are the best sources of calcium. Calcium in green leafy vegetables is poorly absorbed.

Food	Amount	Calcium (mg)
Dairy Products		
Milk	1 cup	300
Yogurt	1 cup	300
Cheese, natural or processed	1 ounce	200
Cottage Cheese	¼ cup	60
Cream Cheese	1 Tbsp	10
Ice Cream	½ cup	110
Meat and Other Proteins		
Meat, poultry, fish	3 ounces	20-20
Canned fish with bones	3 ounces	250
Egg	1	30
Cooked dry beans	½ cup	70
Nuts and seeds	2 Tbsp (1 ounce)	20-40
Grains		
Bread	1 slice	25
Calcium Fortified Bread	1 slice	160-200
Cereal, dry	1 cup	15
Pasta	½ cup	15
Corn tortilla	1	60
Vegetables and fruit		
Cooked vegetables	½ cup	20-40
Green leafy vegetables	1 cup	100
Fruits	½ cup	20-40
Orange juice w/ added calcium	1 cup	300

If your child does not consume enough calcium in his diet, you may consider a calcium supplement. There are different types of calcium supplements. Supplements in the form of calcium lactate (not recommended for lactose intolerant people) or calcium carbonate are well absorbed. Avoid supplements made with dolomite or bone meal because they may contain lead & other trace elements that are not good for your child. If you are giving your child more than 500 mg calcium a day, split the dose. More than 500 mg of calcium supplements at a time is not well absorbed by the body. Weight-bearing exercise such as most sports (not swimming), weight training, and running are also important for developing and maintaining strong bones. Foods that are high in sodium, such as most fast foods, chips and most prepared foods, increase calcium loss and are detrimental to bone development.

TIPS FOR HEALTHY EATING

Five-A-Day Rule

Your child (and you) should have at least 5 servings of fruits & vegetables a day. Think of this “rule” every day as you plan your family’s meals and snacks. Make sure every meal has one or both of these food types.

Tips include:

- Serve fruit and offer 8 ounces of 100% fruit juice every morning at breakfast
- Make a big salad at the beginning of the week and serve salad with every evening meal
- Serve at least 1, preferably 2 vegetables at every evening meal.
- Have fruit available and in view in your kitchen at all times.

Following the “Five-A-Day Rule” is the best way to teach your child how to eat for life & prevent major medical problems such as obesity, heart disease, high blood pressure, and some cancers.

Eliminate Soft Drinks (liquid candy) from your home.

Soft drinks are empty calories & the nutritional equivalent of candy. Do not have soft drinks in your home. Sport drinks are nutritionally equivalent to soft drinks. Offer your child water or low-fat milk (skim or 1%) between meals & with snacks.

Healthy Snacks

With their busy schedules many middle & high school children have erratic eating habits. Help your child maintain good eating habits. Have snacks readily available that are low in fat & sugar and are high in vitamins, fiber, and protein. Select fresh and dried fruits, 100% fruit juices, raw vegetables, nuts, cheese, whole grain crackers, and yogurt. Limit poor quality food such as candy, chips, cookies and soft drinks.

- Do not skip meals & be sure that your child eats a large nutritious breakfast to help her start the day.

Prevention of Eating Disorders

Today’s media inundates us with unrealistic images stressing extreme thinness as good and healthy which is often not the case. In fact, the pressure to be ultra-thin can lead to unhealthy and destructive behaviors and even eating disorders. Despite these pressures from media, eating disorders can be prevented and parents play a key role in this process. The following are some ways to create a healthy environment for the growth of your child’s self-esteem and prevent negative self-destructive behavior:

- Give your family the gift of a healthy role model. Get comfortable with your own body no matter what size or shape it is. Never criticize your appearance or for that matter anyone else’s appearance. This only teaches kids to be overly concerned about externals and critical of their own bodies.
- Emphasize the importance of fit and healthy bodies, not thin bodies.
- Praise children for who they are, their personal qualities and achievements – not how they look.
- NEVER DIET. The three most powerful risk factors for the development of eating disorders are (1) a parent who diets, (2) a sister who diets and (3) a friend who diets. Dieting does not work and sends a

dangerous and unrealistic message to kids about quick-fix solutions. Instead focus on nutritious eating and fitness.

- Talk to your child about normal body changes with puberty. In particular, womanly curves are necessary for healthy childbearing in the future.
- Make mealtime enjoyable and relaxing. Don't forbid certain foods or become obsessed with too much attention on calorie counting.
- Talk to your child about unrealistic images they see in magazines and on TV. Inform them that some models have to resort to plastic surgery and eating disorders to achieve their "look".
- For more information go to www.anred.com/prev.html

If you have concerns that your son or daughter may be experiencing some early signs of an eating disorder, please schedule an appointment with your medical provider. Early detection and intervention is vital in promoting recovery.

Puberty and Sexual Development

Females:

For most girls in the US, breast development begins between 9 & 11 years. As the breasts grow, pubic hair will begin to appear. The 1st menstrual period occurs about 2 years after breast development begins, but periods may be irregular for the first 1-2 years. There is a broad range of normal timing for puberty. Consult your child's provider if your teenage girl has not started breast development by age 13 or has not had her 1st menstrual period by age 16.

Males:

For most boys, puberty begins with enlargement of the scrotum & the lengthening of the penis, usually between 10-12 years old. Pubic hair appears as the penis and scrotum enlarge. There is a broad range of normal timing for puberty. Consult your son's provider if puberty changes do not start by age 14.

Your teen may have many questions about his body changes, but he may be embarrassed to discuss these questions with you. Unfortunately, many teens gain information from their friends and most of what they learn from them may be inaccurate or wrong. Therefore, it is important for you to insure that your teen learns correct information from you & that he/she feels comfortable approaching you with questions.

Bring up the subject with your child & discuss changes in an open manner. Using books & other educational materials may be helpful. Telling your child that puberty changes are normal can be very reassuring. Discuss issues of sexuality with your teenager openly and honestly. Birth control, sexually transmitted disease prevention, AIDS information, & handling peer pressure regarding sexual activity are areas which your teen needs more information.

You must spend time talking about these subjects with your teenager. Let them know your feelings and values. Identify any misinformation your teenager may have & answer her questions. Even if you have already discussed these subjects, do not stop now. Keep the lines of communications open. Discussing sex with your child is not a one-time event, but rather, it needs to be an on-going dialogue

DEVELOPMENT

Physical Growth

During this period, your child will grow more quickly than any time since the 1st year of life.

Boys: In the year of greatest growth, a boy will gain up to 4 or 5 inches in height. By the time his growth spurt is over, he would have grown about 8 or more inches. Boys may gain 40 pounds, (mostly muscle). The voice box (larynx) in boys becomes larger causing the voice to “crack.” Hair begins to grow in the armpits & legs.

Girls: The average height gain in females during their peak year approximately 3 inches. After menstruation begins, the growth rate for girls slows down & most girls stop growing in height about 2 years after their 1st period. Girls may gain 25 pounds by the end of puberty. Hair begins to grow in the armpits & legs.

Many human organs (such as the heart, liver, kidneys, & digestive tract) become larger. At the same time, many glands are changing- some increasing their activity, other becoming less important. Sweat glands change. Teenagers begin to need deodorant daily & will need to pay more attention to their body hygiene.

School, Sports, Peer Relationships

Middle school is an important transition period. Your teenager will be expected to take more responsibility for his own work, demonstrate maturing organizational skills, and be challenged by a variety of subjects. Continue to be involved in your teenager’s education. Meet the teachers & find out their expectations for your child’s work and classroom behavior. If you feel that your child is having difficulties, discuss your concerns with your teenager and his teacher. If you are concerned about a learning disability, ask the teacher (or school counselor) to have your child tested to see if he is eligible for special education services. It is a good idea for your child to have a complete check-up to assess for any medical problems that could be affecting your child’s learning.

Encourage your teenager to exercise & be active daily. Your adolescent may be interested in an organized sports program or may find an individual sport or activity that she enjoys. Since your teenager is growing & developing quickly, the type of exercise your adolescent participates in may vary with her strength, weight, muscle development, & coordination. Be involved with your child to find what sport or physical activity best suits her personality.

Your teenager’s relationship with his peers will be very important over the next few years. Your child needs friends to test his ideas, actions, & roles. He probably worries about himself & whether he is normal. Most importantly, he just wants to be accepted. Although your teenager will be selecting friends from a variety of people (some you will like & some you will not), these choices are an important part of his development. If your teen’s friends start experimenting with alcohol, drugs, or smoking, increase your attention. These friendships place your teen at higher risk for these behaviors. Your support and guidance is invaluable.

Emotional Development

The teenage years are a complex, challenging time for your adolescent as well as for the rest of your family. Your teenager is making an important transition from being a child to being an adult. He is becoming more independent & is learning to look at the world in new ways, comparing his ideas & values with those of others.

He may question things- including your household rules, your beliefs, & your authority. This is normal & is part of the maturing process, but keep in mind it is your responsibility to set appropriate limits. As he passes into middle adolescence, he is more likely to just ignore you, spend more time with peers, & even experimenting with new ideas. This can be a frightening time for a parent, especially if your teen starts experimenting with sex, alcohol, and/or drugs. As your teenager is changing, changes in the family will also occur. However, even during the most stressful times, remember these basic ideas:

- Continue to listen to each other, even if you are on different sides of the fence.

- Do not confuse the thing you are unhappy about with the person who is doing it. At times, you may have strong feelings about your teenager's behavior, but this is not a sign that you have stopped loving your child.
- Avoid constant criticism. Pick the important battles and let the unimportant ones take care of themselves.
- Show interest in what he is doing. When there are disagreements, try to find a common ground or area of compromise. If nothing else, agree to disagree and be clear about where each of you stands and why.
- Do not preach & do not nag. Try to keep your conversations rational & respectful of your teenager's feelings.

If you feel that you have lost control because your teenager's behavior is so impulsive, antisocial, or self-destructive; seek help from your child's provider. A referral to an experienced counselor can be very helpful. An adolescent who will not listen to his parents will usually open up to someone outside the family who can take the time to develop a relationship with him & help him work through some of the problems that are leading to the inappropriate behaviors. Getting help for your family by using a counselor, psychologist, or psychiatrist is not a sign that you have failed as a parent. This shows a positive approach to improving a negative situation. If you are not comfortable with a particular professional, discuss this with your teen's provider and request a referral to another person. You need a therapist who can work best with your family, your teenager, and the specific problems you may be having.

The good news is that by late adolescence, most teenagers will feel much more comfortable spending time with you. If you have treated him fairly & consistently, you have given him room to grow. If you have continued to give him love (even during the most difficult times), he will probably enter adulthood with a strong, healthy attitude.

Getting the Sleep Your Child Needs

Pre-teens & teenagers need about 9 hours of sleep a night. Sleep is important in enabling the brain to encode new information (learn), to regulate emotions, and to make decisions. Adequate sleep also enhances immune functions and growth. Growth hormone is released during sleep hours.

Alcohol and Drugs

Our teenagers are exposed to an ever changing & ever expanding world of illegal drug use. Illegal drugs are more dangerous & more easily accessible than ever before. Most teenagers will find themselves in a situation where friends are tempting them to try recreational drugs or alcohol. They will have to decide for themselves whether to join in or not. Although you cannot make the decision for them, you need to make sure they know in advance the dangers of experimenting with mood-altering drugs. It's important for you to get involved before a drug problem develops:

- Talk with him frequently about subjects relevant to his life, including drugs & how they play a role in his relationships to his peers. Give him the facts about the danger of drugs. Teach him to make independent judgments, no matter what his friends are doing or saying. Let him know how you feel about drugs.
- Remind him there are other ways to handle his feelings or problems without drugs. Most of all, let him know you will always be there to help with his problems.
- Build his self-esteem, praise his accomplishments.
- Encourage him to participate in enjoyable activities, which could help him from using drugs out of boredom.
- Let your teenager know that if he used drugs, you will take away valued privileges.

- Make sure your teenager knows the legal consequences of taking drugs.

Set a good example by limiting your own use of alcohol & medications. If you drink at home, keep it at moderate levels and make it clear to your teenager that you do not use alcohol to cope with your problems. Never drink under unsafe conditions (such as when driving) or make light of excessive drinking.

If you discover your that teenager is abusing drugs or alcohol, early counseling &/or treatment is vital. Instead of lecturing, try to find out why your adolescent is using drugs. Ask your child's provider for guidance.

For resources on talking to your teen about drugs/alcohol, please review the "Teens" section at www.cedarparkdoctors.com

ELECTRONICS AND MEDIA IN YOUR HOME

Screen Time Recommendations

Helping children develop healthy media use habits early on is important. The American Academy of Pediatrics recommends the following guidelines:

- For children younger than 18 months of age, use of screen media other than video-chatting, should be discouraged.
- Children ages 18-24 months may be introduced to high quality programming/apps if parents use them together with their children. Children learn best when interacting with parents/caregivers.
- For all children older than 2 years, limit screen use to no more than 1 hour per day of high quality programming. Co-viewing with your child is recommended.
- All children and teens need adequate sleep, physical activity, and time away from media. Designate media-free times to be together as a family and media-free zones. Children should not sleep with electronic devices in their bedrooms, including TVs, computers, ipads and smartphones.
- Parents are encouraged to develop personalized media use plans for their children taking into account each child's age, health, personality and developmental age. Plans should be communicated with caregivers and grandparents so that media rules are followed consistently.

Smoking

The use of cigarettes & smokeless tobacco is not uncommon even in younger teenagers. Teenagers may know about the risks of tobaccos, but they may not realize how addictive smoking can be. Discuss the risks honestly with your teenager. If you smoke, show your teenager that quitting is a good idea. Children of smokers are more likely to smoke. Parents can make a difference in the choice their teenager makes.

Car & Bicycle Safety

Do not start the car until everyone is buckled in safely. Set a good example for your teenager by always wearing your seat belt & by teaching your pre-driver good driving habits.

Be sure your teenager follows bicycle safety rules. Bicycle helmets should be worn every time your teen rides a bike. Helmets are also recommended with inline-roller skates & skateboards. Teach your adolescent road safety. Ride on the right side of the street; signal for turns; wear reflective gear, & use lights if riding after dark.

Fire Safety

Teach and practice an escape plan for your house in case of fire. Change smoke detector batteries at least twice a year on dates you'll remember, like Day Light Savings and Standard Time change date. Do not smoke or allow smoking in your home. Remind your teenager how dangerous smoking is.

Firearm Safety

Do not keep a gun in your home. If you must keep a gun, store it unloaded in a locked place, separate from the ammunition. Children in a home where guns are present are more likely to be shot by themselves, their friends, or family members than by an intruder. Handguns are especially dangerous. Teach your teenager to leave a house or situation immediately if they see a gun.

Vaccinations:

Your teen will be due for 2-3 vaccines at his 11-year-old well child check: Tetanus booster, Menactra, & possibly Gardasil.

Menactra is a newer vaccine that is for meningitis. Meningitis is a serious illness that is often caused by bacteria. Even though these meningococcal infections can be treated by drugs, many adolescents may suffer permanent consequences or even death. The Menactra vaccine is recommended for all teens ages 11-12.

Gardasil is the Human Papilloma Virus (HPV) vaccine which is recommended for all females ages 11-12. HPV is the most common sexually transmitting virus in the United States. While most HPV infections do not cause symptoms, some strains may cause genital warts or cervical cancer. This vaccine is recommended at this age because it is important for the girls to become vaccinated BEFORE their 1st sexual encounter because they have not yet been exposed to HPV. While your child will probably wait many years before engaging in their 1st sexual contact, their partner may not have. Gardasil protects against 4 major types of HPV—2 that cause about 70% of all cervical cancer cases & 2 that cause about 90% of genital warts.

For more information, please visit www.cdc.gov

Check out our website at
www.cedarparkdoctors.com
for more helpful tips and information
regarding your child's health.

This visit we want to talk to you about how we can help protect you against cervical cancer and other diseases caused by HPV.

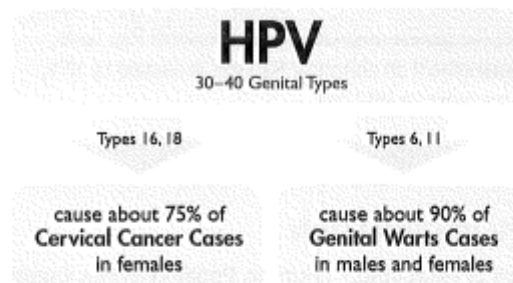
HUMAN PAPILLOMAVIRUS (HPV)

What is HPV?

HPV is a widespread virus that can infect most males and females in their lifetime. For most, HPV clears on its own. But, for others who don't clear certain types of the virus, HPV could cause significant consequences: cervical, vaginal, and vulvar cancers in females. Other types could cause genital warts in both males and females. And there's no way to predict who will or won't clear the virus.

Who gets HPV?

HPV affects both females and males. HPV can be transmitted with any kind of genital contact with someone who has HPV—intercourse isn't necessary. Many people who have HPV don't even know it, because the virus often has no signs or symptoms. That means you can get the virus or pass it on to your partner without knowing it.



What else we think you should know:

- For many people, HPV is transmitted during their first 2 to 3 years of sexual contact.^a
- Males can't get screened for HPV. So there's no way to know if a male has the virus or is passing it on.

^aNumber represents 30 to 40 genital HPV types, not just HPV types 6, 11, 16, and 18.

CERVICAL CANCER

Each day in the United States, 30 women are diagnosed with cervical cancer (about 11,000 women a year).

What is cervical cancer?

Cervical cancer is cancer of the cervix (the lower part of the uterus that connects to the vagina). Unlike some other cancers, cervical cancer is not considered to be passed down through family genes.

When a woman is infected with certain types of HPV and the virus doesn't go away on its own, abnormal cells can develop in the lining of the cervix. If these abnormal cells are not found early and treated, precancers and then cervical cancer can develop.

What else we think you should know:

- Half of all women diagnosed with cervical cancer are between 35 and 55 years old.
- Many women with cervical cancer were probably exposed to cancer-causing HPV types in their teens or 20s.

GENITAL WARTS

It is estimated that each minute in the United States, there is a new case of genital warts.

What are genital warts?

Genital warts are usually flesh-colored growths that can be raised or flat, small or large, and alone or in clusters. In females, some warts can grow inside a woman's vagina, or on the cervix, making them hard to see. In males, genital warts can appear on the surface of the penis or groin.

How are genital warts treated?

Treatment for genital warts can be a painful process and can involve cutting, freezing, or burning the warts. Even after treatment, genital warts can come back. In fact, 25% of cases come back within 3 months.

What else we think you should know:

- About 2 out of 3 people will get genital warts after having any kind of genital contact with someone infected.
- Condoms may not fully protect against genital warts because the warts can affect areas not covered by a condom.

CERVICAL CANCER SCREENING

Why are Pap tests important?

Having regular Pap tests is one of the best ways to help protect against cervical cancer in the future. A Pap test doesn't diagnose HPV. But it can look for abnormal cells (caused by HPV) in the lining of the cervix before the cells become precancers or cancer. All HPV types that affect the genital area can cause abnormal Pap tests. To determine if an abnormal Pap test is caused by HPV, we can order an HPV test.

What else we think you should know:

- Cervical cancer is one of the most preventable cancers thanks to cervical cancer screening.
- According to the American College of Obstetricians and Gynecologists, a woman's first Pap test should be at age 21. To be sure, follow your health care professional's recommendation for cervical cancer screening.

HPV VACCINATION

What is GARDASIL® [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]?

GARDASIL is the only human papillomavirus (HPV) vaccine that helps protect against 4 types of HPV.

In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases.

In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.

GARDASIL also helps protect girls and young women ages 9 to 26 against 70% of vaginal cancer cases and up to 50% of vulvar cancer cases.

Who should get vaccinated with GARDASIL?

GARDASIL is for females and males ages 9 to 26.

Like other vaccines, GARDASIL works to help prevent illness. GARDASIL works when given before there is any contact with the relevant HPV types.

What if you're already sexually active?

If you're already sexually active, you may still benefit from GARDASIL.

That's because even if you have been exposed to HPV, you may not have been exposed to the types of the virus covered by this HPV vaccine. GARDASIL could still help protect you against the relevant HPV types to which you haven't been exposed.

INFORMATION ABOUT GARDASIL

GARDASIL may not fully protect everyone, nor will it protect against diseases caused by other HPV types or against diseases not caused by HPV. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

IMPORTANT SAFETY INFORMATION

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care professional.

Only a doctor or health care professional can decide if GARDASIL is right for you.

Please read the accompanying Patient Product Information and Prescribing Information and discuss it with your doctor or health care professional.

HPV vaccination is important. We recommend you get vaccinated today.



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Adolescent Risk Screening Questions



Cedar Park Pediatric
& Family Medicine

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Phone: 512-336-2777

Name: _____

Date of Birth: _____

Date: _____

VISION

- | | | |
|--|------------------------------|-----------------------------|
| 1. Is the blackboard difficult to see? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Do you hold books close to your face when you read? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Do others say you squint? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. Have you ever failed a school vision test? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Can you recognize faces at a distance? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

HEARING

- | | | |
|--|------------------------------|-----------------------------|
| 1. Do you have any problems hearing over the phone? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Is it difficult to follow the conversation when two or more people are talking? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Do people complain you turn the volume of the TV too high? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. Do you have to strain to understand conversations? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Do you have trouble hearing with a noisy background? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. Do you have to ask people to repeat themselves? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7. Do many people seem to mumble or not speak clearly? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 8. Do people get annoyed because you misunderstand what they say? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

ANEMIA

- | | | |
|---|------------------------------|-----------------------------|
| 1. Does your diet include iron-rich foods such as meat, eggs iron-fortified cereals or beans? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Are you a vegetarian? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Have you ever been diagnosed with iron deficiency anemia? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| For females: | | |
| 4. Do you have excessive menstrual bleeding or other blood loss? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Does your period last more than five days? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

DYSLIPIDEMIA

- | | | |
|---|------------------------------|-----------------------------|
| 1. Do you smoke cigarettes? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Have your parents or grandparents, before fifty-five years of age had: | | |
| A heart attack (MI)? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Chest pain (angina)? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Peripheral vascular disease? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Coronary atherosclerosis? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Sudden cardiac death? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Do you consume excessive amounts of saturated fats and cholesterol? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

SUBSTANCE USE

- | | | |
|---|------------------------------|-----------------------------|
| 1. Have you ever had an alcoholic drink? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Have you ever used marijuana? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Have you ever used any other drug to get high? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

SEXUAL ACTIVITY

- | | |
|-----------------------------|----------------------------|
| 1. Are you sexually active? | <input type="checkbox"/> Y |
|-----------------------------|----------------------------|

TB Questionnaire

Name of Child _____ Date of Birth _____

Organization administering questionnaire _____ Date _____

Tuberculosis (TB) is a disease caused by TB germs and is usually transmitted by an adult person with active TB lung disease. It is spread to another person by coughing or sneezing TB germs into the air. These germs may be breathed in by the child.

Adults who have active TB disease usually have many of the following symptoms: cough for more than two weeks duration, loss of appetite, weight loss of ten or more pounds over a short period of time, fever, chills and night sweats.

A person can have TB germs in his or her body but not have active TB disease (this is called latent TB infection or LTBI).

Tuberculosis is preventable and treatable. TB skin testing (often called the PPD or Mantoux test) is used to see if your child has been infected with TB germs. No vaccine is recommended for use in the United States to prevent tuberculosis. The skin test is not a vaccination against TB.

We need your help to find out if your child has been exposed to tuberculosis.

Place a mark in the appropriate box:	Yes	No	Don't Know
TB can cause fever of long duration, unexplained weight loss, a bad cough (lasting over two weeks), or coughing up blood. As far as you know: has your child been around anyone with any of these symptoms or problems? or has your child had any of these symptoms or problems? or has your child been around anyone sick with TB?			
Was your child born in Mexico or any other country in Latin America, the Caribbean, Africa, Eastern Europe or Asia?			
Has your child traveled in the past year to Mexico or any other country in Latin America, the Caribbean, Africa, Eastern Europe or Asia for longer than 3 weeks? If so, specify which country/countries? _____			
To your knowledge, has your child spent time (longer than 3 weeks) with anyone who is/has been an intravenous (IV) drug user, HIV-infected, in jail or prison or recently came to the United States from another country?			

Has your child been tested for TB? Yes___ (if yes, specify date ___/___/___) No___

Has your child ever had a positive TB skin test? Yes___ (if yes, specify date ___/___/___) No___

For school/healthcare provider use only

PPD administered Yes___ No___

If yes,

Date administered ___/___/___ Date read ___/___/___ Result of PPD test _____ mm response

Type of service provider (i.e. school, Health Steps, other clinics) _____

PPD provider _____
signature printed name

Provider phone number _____

City _____ County _____

If positive, referral to healthcare provider Yes___ No___

If yes, name of provider _____

