

Please familiarize yourself with our website www.pcpmds.com. On the site you will find all surveys that must be completed BEFORE each scheduled visit, as well as a variety of information on nutrition, psychosocial issues, and common diseases and treatments. In addition, you will be able to access the complete medical record, including vaccines, office visits, medications and growth charts. You may even request referrals, medication refills and future non-urgent appointments. Vaccine information statements are available on our web site under patient forms, as well as in the office. Prior to your next appointment, you will receive a text message to confirm your appointment. You will also receive an email to register yourself to the patient portal if not already registered. A follow-up email will be sent to the email on file to complete all survey (s) that pertains to your upcoming appointment. Please complete the survey(s), so that your provider can review them prior to your appointment. For assistance please call the office prior to your appointment.

WT: _____ / _____ % HT: _____ / _____ % BMI: ____ / ____ %

BMI over 85% = overweight over 95% = obesity WT to lose _____ Ideal weight _____ to _____

NUTRITIONAL/ EXERCISE COUNSELING:

1. Maintain healthy eating habits now to avoid health problems in the future- see our web site
2. You need 3 servings of dairy per day to get the required 1300mg calcium and 1000 IU of vitamin d daily.
3. **NO JUICE EVER! Water and milk only.** Sports drinks only while playing sports.
4. **Family dinners at the table** 5/7 nights promotes healthy weight. No media, (T.V., computers) while eating.
5. Aim for **60 minutes of exercise** per day, encourage family exercise.
6. **Limit non-educational media** to less than 2 hours per day.

VACCINES: Tdap Men B Men A HPV Flu OTHER: _____

All vaccines may cause tenderness and irritation at the injection site that should last no more than 48 hours. A lump may form at the injection site that may last for a few months. Acetaminophen and ibuprofen may be used if absolutely needed, since their use may decrease the effectiveness of the vaccine.

GENERAL MEDICAL

- **MEDICAL TESTING DONE:** hemoglobin_____, urinalysis_____, hearing_____, vision_____, PPD/TB screen/. The PPD screen needs a follow up office visit /telehealth visit. See above.
- **DENTAL:** Twice yearly dental exams, twice daily brushing.

FAMILY/SOCIAL/ACADEMIC: Continue to maintain family relationships even as you move out on your own. Family will support you forever even as friends come and go. Remember healthy dating relationships are built on respect, concern, and doing things both of you like to do. Leave a relationship if you see signs of violence. In dating situations, remember that "No" means "NO." Protect yourself sexually – abstinence is always the best choice. However, if that is not your choice then be wise: use condoms 100% of the time, get regular STD testing, and remember your risks both physically and mentally increase as the number of partners increase. Become aware that the choices you make now will impact your future. Drinking is illegal in all states until the 21st birthday. Be aware of substance abuse problems in yourself and others. Do not be afraid to take control in a situation to keep friends and loved ones safe- take car keys away from an impaired driver, do not let your friend leave a party with an unknown person, confront someone you love if you see destructive behavior. The following mnemonic may help recognize a problem in yourself or someone you know, (any yes = a problem).

C - Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drugs?

R - Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?

A - Do you ever use alcohol/drugs while you are by yourself, ALONE?

F - Do you ever FORGET things you did while using alcohol or drugs?

F - Does your family or FRIENDS ever tell you that you should cut down on your drinking or drug use?

T - Have you gotten into TROUBLE while you were using alcohol or drugs?

Do not be afraid to seek help for yourself if you feel down or are faced with overwhelming problems. Everyone needs a shoulder to lean on occasionally. Any of the doctors in our office can help guide you, but you need to ask. We are only a phone call away-even if you are at school out-of town. Discuss **Advance Directives** with your family. This is also known as a living will. Once you turn 18, the medical profession views you as an adult and considers you as independent to make your own health care choices. This means that if you are injured and mentally incapable of choosing your medical care, your parents cannot make choices for you unless you sign documents ahead of time giving them permission.