

Preventive Health Maintenance and Risk Reduction

Ages 13-18

THE BASIC WELL WOMAN EXAM

Breast exam, pelvic exam and pap smear

Pelvic exam and DNA testing for Chlamydia and Gonorrhea should be done yearly when you are or have recently been sexually active. When you are sexually active you are at risk for abnormal pap smears, pregnancy and sexually transmitted diseases. The pap smear is a test for pre-cancer cells on the cervix. The new pap smear protocol is to do the first pap 3 years after first having vaginal intercourse or at age 21 whichever comes first. We have free brochures on request about the pap test, preventing pregnancy and STDs.

GARDASIL VACCINE

We highly recommend this vaccine for ALL GIRLS ages 9-26. Gardasil prevents 80% of cervical cancer and 60 % of genital warts. These diseases are caused by viruses called HPV. You will be much less likely to have an abnormal pap test when you have had Gardasil. You can get Gardasil at our office.

Recommended laboratory testing

Dipstick urinalysis

Hemoglobin

If you have blood or urine tests done at another office please let us know so that we do not waste your money on tests that are not needed.

PREGNANCY PREVENTION

The only sure way to prevent an unplanned pregnancy or STD is not to have sex. If you do have sex you must use something for birth control. Condoms are easily available and are successful in preventing pregnancy 80 to 90 % of the time if used correctly. Condoms are also the only effective way to reduce the risk of STDs. There are prescription methods of birth control that reduce the risk of a pregnancy to 1 in 100 or even 1 in 1000. Please ask for more information if you need it.

WELLNESS

It is important to maintain your **weight** in the normal range. Please see the attached chart for normal weight ranges. Regular **physical exercise** is important in maintaining wellness for your body and your emotional health. Walking for 30 minutes 3 to 5 days a week is good exercise, but other forms of exercise such as working out at the gym or playing a sport are also good. If you need more advice about nutrition or exercise please ask. Remember to maintain your **immunizations**. You need a tetanus booster once between ages 11 and 16. You should also have finished your Hepatitis B series. If you have never had Chicken Pox, you should be tested and given a vaccine if needed.

RISK AVOIDANCE

The leading cause of death at your age is motor vehicle accidents. **WEAR YOUR SEATBELT!** Please avoid **tobacco** in any form. Nicotine in tobacco is one of the most addictive drugs that we know. Smoking is one of the biggest preventable factors in the development of many health problems such as heart disease, cancer (including cervix cancer), and pregnancy complications. Please avoid street drugs and alcohol.

YOUR RESULTS

All tests done in this office will be result to you. Results will be available within 2 to 10 days by telephone toll free at 1-866-712-3913 or on the internet at checkyourlabresults.com. Results are available 24 hours a day 7 days a week. Your PIN number is your social security number. If you cannot get results after 10 days please call 985-1799 and ask for the nurse.

Your medical records and results here are confidential. We will not release *any* information to *anyone* without your permission.