

Dr. Price's Health Recommendations for Adolescents

The good news is that you do **NOT** need a pap test until you are 21 years old! If you are sexually active you will need a pelvic exam with cultures, however!

More good news- you also do not need a breast exam unless you have a specific breast complaint.

Additionally, there is no routine blood work that needs to be done for you today unless you request it.

Diet

Eat more vegetables and a variety of fruit. Switch to "whole-grain" bread, cereal, crackers, rice or pasta

Drink less fruit juices. They have a lot of sugar and calories! Instead drink low-fat or fat-free milk (choose lactose-free products if necessary). **To find out more information on healthy diets, the please ask for an appointment with our dietician, Tanya Davis, or visit www.mypyramid.gov.**

Supplement your diet with daily calcium (1,000 mg) and a multivitamin containing folic acid.

Exercise

Try to get vigorous exercise in for about an hour a day at least 3 days a week:

Aerobic Exercise-includes sports like tennis, soccer, volleyball, basketball, etc. It also includes brisk walking, running, cycling, or swimming. Always make sure you're wearing the proper protective gear.

Muscle-Strengthening-helps you build muscular strength and endurance with exercises like squats, pushups or crunches, using weights, machines, or your own body weight. Always work with an adult, coach, trainer or other expert before you start lifting weights to make sure you know the right exercises to do and how to do them correctly.

Vaccinations

We recommend the following vaccinations for you (obtain them through your pediatrician or at the Health Department):

- Tdap (Tetanus, Diphtheria and Pertussis)
- Hepatitis B
- Human Papilloma Virus (Gardasil or Cervarix)
- MMR (Measles, Mumps and Rubella)
- Meningococcal
- Varicella (chicken pox)

Prevent Date Rape

Do not let alcohol or other drugs decrease or interfere with your ability to take care of yourself and make sensible decisions.

Do not accept beverages from someone you don't know and trust. Always watch your drink and **never** leave it unattended, at any time.

Follow your instincts. If a place or the way your date acts makes you nervous or uneasy, get out. If you need to call a friend to escort you home, don't hesitate to do so.

Check out a first date or a blind date with friends. Meet in and go to public places. Don't leave a social event with someone you have just met or don't know well.

Carry money for a phone call or taxi, or, better yet, take your own car.

Healthy Lifestyle

Avoid alcohol, cigarettes and drugs. Make good choices now.

Get regular dental checkups. Brush and floss your teeth everyday for a beautiful clean smile!

Sex

Abstain from intercourse. If you do choose to have sex then protect yourself from sexually transmitted diseases (like HIV and herpes that cannot be cured) by using condoms, however do not rely on condoms alone to prevent pregnancy. If you would like more information about contraception then ask me and let's talk about it! If you are sexually active then we will offer you're an HIV test and cultures for infection.

Injury Prevention

Did you know that the leading cause of death for adolescents is accidental injury?

Wear your seatbelt at all times when in a vehicle!

Do not to ride in cars with drinking or distracted drivers.

Resolve conflicts without violence.

Wear helmets when skating or biking.

Do not play with guns!

If at anytime, you are thinking of harming yourself or others because of your personal circumstances then GET HELP before taking action! Call a friend, go to the ER or call the 24 Hour Suicide Hotline here in Tallahassee (617-6333).

Live Well!

Shannon Price, MD