

TEEN HEALTH & WELLNESS RECOMMENDATIONS

The following Health & Wellness recommendations are based on guidelines from the *United States Preventative Services Task Force (USPSTF)* and the *American Academy of Family Physicians (AAFP)* for preventative health maintenance. Please read carefully and incorporate into a healthy lifestyle and practice. Notify Dr. Crider and staff of your questions and for preventative evaluation and testing.

GENERAL

ALCOHOL: Avoid all alcohol until legal age. Do not ride with anyone who has been drinking alcohol.

CAFFEINE: limit 2 cups per day

DENTAL EXAM: every 6 months

DIET: restrict to 1800 calories per day if overweight. Protein drinks (1-3) per day and a multivitamin per day should be taken for anyone who is under weight.

EXERCISE: brisk 20 minute walk 3 days per week & *BODY BY SCIENCE* for strength training (*if no exercise restrictions*)

EYE EXAM: every 2 years for Diabetics, every 1 year if taking insulin or if Retinopathy

HEARING: Notify Dr. Crider if you or your family notice hearing difficulty

HOSPITAL, EMERGENCY DEPT.: Notify Dr. Crider *IMMEDIATELY* after any Hospital admission or Emergency visit,

MEDICATIONS: Notify Dr. Crider of any medication changes. *BRING YOUR BOTTLES* to each visit

MENTAL HEALTH: Inform of any new or worsening ***Emotional Issues:*** depression, anxiety, suicidal thought, anger, violence, poor self-esteem; ***Substance Abuse:*** alcohol, tobacco, or illicit drug use; ***Abuse:*** physical or sexual, bullying, or assault; ***Eating Disorders:*** overeating and obesity, poor body image, anorexia, abnormal weight loss

PAIN MEDICATIONS: Pursue non-opioid treatment, such as physical therapy, work to reduce your dosage, work to eliminate use of tranquilizers and sleeping pills such as Xanax, Ativan, or Klonopin

SAFETY: Always wear your seatbelt. Do not drive if you have dizziness, chest pain, shortness of breath, heart racing, seizures, passing out, or loss of consciousness for any reason until cleared to drive.

SEXUAL & REPRODUCTIVE HEALTH: Inform Dr. Crider or staff of issues or questions regarding unsafe sex, gender identity, sexual orientation, pregnancy, birth control, sexually transmitted infections. SAFER SEX practices (e.g., condoms, dental dams). Testing is recommended for Sexually Transmitted Infection, genital lesions, high-risk sexual activity (e.g., HIV, Hepatitis B & C, Syphilis, Gonorrhea, Chlamydia).

Women take Folic Acid 1 mg per day if childbearing age.

TOBACCO: discontinue all forms of tobacco and vaping. Reduce exposure to second-hand smoke. Medications are available to assist with nicotine withdrawal

WELLNESS EXAM: every year with Blood Pressure, Weight, Height, & Body Mass Index (BMI)

REFERRALS & RESULTS

APPOINTMENTS: Call the office to schedule appointments, referrals, testing or treatment, or obtain test results.

WEBSITE: Practice information is available at [***johnncridermd.com***](http://johnncridermd.com).

PORTAL Our internet Portal is available for you to access your healthcare information, results, appointments, etc., and to communicate with Dr. Crider and staff. Ask our staff for assistance in setting up your ***FOLLOWMYHEALTH*** portal.

VACCINES

COVID-19 Vaccine & Booster—*Strongly recommend* based on CDC Guidelines

Flu Shot: 1 dose every year—*Strongly recommend*

HPV (Genital warts): 3 doses

Meningitis: 2 doses—ages 11 and 16

TDAP (Tetanus, Whooping Cough): 1 dose

***** Dr. Crider offers most of these vaccines at your request.**

You can also get these vaccines at your Pharmacy

- You do not need a prescription
- Check your vaccination record and allergies before getting vaccines
- Your pharmacist administers these vaccines
- Contact Dr. Crider for any questions

***** Provide childhood Immunization Record**

for review to determine if other “catch up”
childhood vaccines are needed

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LAB TESTS

GONORRHEA / CHLAMYDIA: (urine test): sexually active women younger than 25, all ages if high-risk sexual activity or Sexually Transmitted Infection exposure.

Hepatitis B: Test after high-risk sexual activity, Sexually Transmitted Infection exposure

HEPATITIS C: 1 test between ages 18-79

HIV: 1 lifetime screening test recommended between 18-65 or high-risk sexual activity

Syphilis (RPR): Test after high-risk sexual activity

***** Inform Dr. Crider or staff if you want
any of these tests added to your
evaluation during any appointment
—Most insurances cover these tests**

Dr. Crider and staff are available to discuss sensitive issues and answer your questions during your visit in a safe environment.