



LATE ADOLESCENCE VISITS (18, 19, 20, and 21 Years)

Name _____

Age _____ Weight _____ Age _____ Height _____

Bright Futures



At Today's Visit

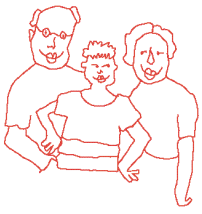
- ★ Your health professional will ask for an update on your health.
- ★ You will have a physical examination and may be asked to give a urine sample.
- ★ You will be asked about your family's history of heart disease, and your blood pressure will be checked.
- ★ You will be given instruction on how to perform a breast self-exam or testicular self-exam.
- ★ Your vision and hearing may be checked.
- ★ You may be checked for anemia (iron-poor blood).
- ★ You may have a blood test and/or a test for tuberculosis.
- ★ You may receive one or more immunizations. Ask your health professional about them.
- ★ If you are sexually active, you will be checked for sexually transmitted diseases (STDs).
If female, you may have a pelvic exam.
- ★ You will have an opportunity to ask questions.

Things You May Want to Discuss During This Visit

- ★ Changes in your family or living situation since your last visit.
- ★ Issues about your size, shape, and weight.
- ★ How physically active you are.
- ★ Your plans for the future: school, college, work.
- ★ Living on your own, being more independent.
- ★ Issues about violence, guns, drugs, and alcohol.
- ★ Relationships, sex, and contraception.
- ★ Any other topics you may want to discuss.

Notes:

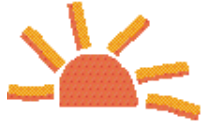




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Things to Keep in Mind Between Now and the Next Visit

- ★ Do some kind of physical activity for 30 to 60 minutes at least three times a week.
- ★ Always wear a safety belt, follow speed limits, concentrate, and avoid distractions when driving. Do not drink and drive.
- ★ Recognize when you are feeling stressed, angry, or sad, and seek help.
- ★ Eat three nutritious meals a day. Choose healthy snacks and limit sugar and high-fat foods.
- ★ Visit your dentist regularly and learn what to do in a dental emergency.
- ★ Talk with your health professional and educate yourself about sexuality (including sexual orientation), contraception, abstinence, safer sex, and STDs.
- ★ Avoid smoking, chewing tobacco, alcohol, drugs, diet pills, and steroids.
- ★ Do not carry or use a weapon of any kind.
- ★ Maintain good relationships with your family, peers, and siblings, and develop other social support systems.
- ★ Review job safety rules and follow safety procedures.
- ★ Learn how to be an informed health care consumer and use the health care system.
- ★ Identify your talents, skills, and interests, and make plans for a career or education.



How to Prepare for the Next Visit

- ★ Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- ★ Update your health and immunization records.
- ★ Be prepared to discuss any changes in your family, home, or living situation.
- ★ Prepare and bring in questions about substance abuse, sexuality, and mental and physical health.
- ★ Keep a list of topics you would like to discuss at your next visit.
- ★ Share ideas with the health professional about community resources that you have found useful.

What to Expect at the Next Visit

- ★ You will have a physical examination and may be asked to give a urine sample.
- ★ You will be asked about your family's history of heart disease, and your blood pressure will be checked.
- ★ You will be given instruction on how to perform a breast self-exam or testicular self-exam.
- ★ Your vision and hearing may be checked.
- ★ You may be checked for anemia (iron-poor blood).
- ★ You may have a blood test and/or test for tuberculosis.
- ★ You may receive one or more immunizations.
- ★ If you are sexually active, you will be checked for STDs. If female, you may have a pelvic exam.