

Mendon Pediatrics

Healthy Practices for Teenagers

In addition to your regular medical history and physical, we ask that you review this list of "healthy practices." Modifying your daily activities according to these practices may improve your overall health and well-being. In the event of questions about this list, please ask your doctor.

Diet and Exercise:

- Limit fat and cholesterol intake: emphasize fruits, whole grains and vegetables
- Consume at least 4 servings a day of dairy products or take a calcium supplement that provides 1,200 mg or more per day. You may need to take two 600mg supplements such as calcium carbonate, tums, or viactiv chews.
- Start taking vitamin D at least 800-1000 IU per day, most people are deficient.
- Participate in regular exercise for at least 30 minutes five days a week.
- For more information visit www.choosemyplate.gov

Injury Prevention:

- Preventable accidents are one of the leading causes of injury and death among teenagers.
- Helmets should be worn always when using bicycles, roller blades, scooters, mopeds, motorcycles, ATV's or skiing.

Dental Health:

- Schedule regular dental cleanings every 6 months.
- Floss and brush daily with fluoride toothpaste.

Substance Abuse:

- Eighty percent of teenage deaths are accidental and the majority are related to substance use
- Adolescence is a time when peer pressure from friends surrounds you. It is also a time when you should use your best judgement about bad habits.
- Do not start smoking. It is an addictive habit that will harm your health for a lifetime.
- Drinking alcohol is illegal for anyone under 21 years old. If you are tempted to drink, please do so safely which means NEVER driving after drinking or riding with someone else who has been drinking.
- Recreational drug use (marijuana, cocaine, etc) is dangerous and can be habit-forming.
- If you feel out of control with any of these above substances, please contact your doctor for an appointment immediately.

Sexual Behavior:

- The only way to 100% prevent pregnancy or a sexually transmitted infection is not to have sex.
- If you chose to have sex, please remember that:
 - You should **always** use a condom to prevent a STD.
 - You should **always** use contraception in addition to a condom to prevent pregnancy.
- Consider HIV testing if:
 - You have had more than one sexual partner.
 - Have had any STD's.
 - Used intravenous drugs.
 - Have a sexual partner with these risk factors.
 - Your sexual partner has had a male homosexual exposure.

Breast Health:

- Breast self-exams should be done monthly (after your period). If a lump larger than a pea is felt, please notify your doctor immediately.

Testicular Health:

Testicular self-exams should be done once a month. If a lump is felt, please notify your doctor immediately.