



PREVENTIVE CARE



1

MOST DOCTORS REALIZE HOW TOUGH IT CAN BE AS A TEENAGER. YOU HAVE YOUR OWN PRESSURES AND STRESSES IN SCHOOL, HOME LIFE, EXTRACURRICULAR ACTIVITIES, JOBS AND FRIENDSHIPS TO DEAL WITH.



YOU SHOULD VISIT YOUR DOCTOR ONCE A YEAR FOR



2

A FULL HISTORY AND PHYSICAL EXAM

ANY NEEDED VACCINATIONS, LIKE THE FLU SHOT



YOUR DOCTOR MIGHT

ORDER TESTS

CHECK YOUR VISION, HEARING & DENTAL HEALTH

TEACH YOU ABOUT RECOMMENDED SELF-EXAMINATIONS

ASK ABOUT YOUR MENTAL HEALTH



4

A DOCTOR CAN HELP YOU SAFEGUARD YOUR HEALTH BY DISCUSSING

- HEALTHY EATING
- REGULAR EXERCISE
- AVOIDING TOBACCO



SOME HEALTH TOPICS ARE TOUGH TO DISCUSS...

5

- SEXUAL HEALTH
- DRUGS
- EATING DISORDERS
- WEIGHT CONCERNS
- DEPRESSION

IF YOU FEEL UNCOMFORTABLE TALKING WITH YOUR DOCTOR, KEEP IN MIND THAT IT'S ALWAYS BEST TO ADDRESS A POTENTIAL HEALTH PROBLEM EARLY ON.

TAKE CONTROL OF YOUR HEALTH. SCHEDULE AN ANNUAL PREVENTIVE CARE CHECK-UP WITH YOUR DOCTOR TO KEEP YOU AT YOUR HEALTHIEST!

