

BOULEVARD CENTER PEDIATRICS

Shailesh Gohel, MD, FAAP Phone: (703) 670-0300 www.boulevardcenterpediatrics.com

Today's Date: _____

Teenager Visit

Next Visit: **Annually**

1. _____ Weight: _____ lbs (%) Height: _____ inches (%) BP _____ (%) BMI%: _____ Vision: Pass/Fail Hearing: Pass/Fail
2. _____ Weight: _____ lbs (%) Height: _____ inches (%) BP _____ (%) BMI%: _____ Vision: Pass/Fail Hearing: Pass/Fail
3. _____ Weight _____ lbs (%) Height: _____ inches (%) BP _____ (%) BMI%: _____ Vision: Pass/Fail Hearing: Pass/Fail

Immunizations Recommended: ___Influenza ___TDaP ___HPV ___Meningococcal ACWY ___Meningococcal B

Vaccine Information Sheets: Please read a hard copy from the binder in the patient room or

Online at: <https://www.cdc.gov/vaccines/hcp/vis/current-vis.html>

Possible Vaccine Side Effects Include Common adverse effects of vaccines: Pain, Swelling, Rash, Headache

Labs are sent electronically (Call the office after 3 days of getting them done for results)

Labcorp 14010 Smoketown Rd, Suite 101; Quest 2080 Daniel Stuart Sq.,

Treat Fever/Pain as needed, with:

Acetaminophen syrup (160mg/5ml.) Acetaminophen/Tylenol dose is: _____ml for Child 1 & _____ml for Child 2: Every 4 hours

Ibuprofen (100mg/5ml.) Ibuprofen/Advil dose is: _____ml for Child 1 & _____for Child 2: Every 6-8 hours

Motrin/Ibuprofen 400 mg tablet _____tablet for Child 1 & _____for Child 2, Every 6 hours

High Blood Pressure Readings: Recheck BP at home/local pharmacy, after 5 min of rest and feet flat on ground.

Referred To: _____

Referrals: Inova Speciality Center 703-970-2600; CNMC 888-884-2327; Pediatric Specialists of VA Center 703-876-2788/571-226-8380

Eye: Dr. Parelhoff 703-670-4700 Dr. Lateef 703-494-1766 Walmart Vision 703-491-0523; Sensational Kids Therapy 540-841-4443

Woodbridge Health Department: 4001 Prince William Pkwy, Suite 101 703-792-7300; Psychiatry: Dr. Altahir 703-373-7338

Potomac Pediatric Dentistry 703-221-4040, Audiology Dr. Cheng 703-499-8787; Ascent Audiology 703-291-4801

Weight: Know your BMI (Body Mass Index). BMI from 85 to 94 percentile is considered overweight and more than 95 percentile is considered Obese. Obese children at 12 have 75 % chance to remain obese as an adult. Obesity increases risk of high blood pressure, high cholesterol, diabetes, liver and joint issues, heart attack and stroke. Inform your MD if your family member has any of these issues. Your MD may order cholesterol, blood glucose and liver tests.

PREVENT OBESITY BY HEALTHY LIFE STYLE: This includes healthy meals (fruits, vegetables, low fat meat, grains, salads, water and low fat milk). Avoid fast food/junk food/cookies. Avoid soda/juice and energy drinks. Do daily exercise at least 1 hour per day. Participate in sports.

Bone Health: Ensure adequate Calcium intake (1300 mg per day). Calcium rich diet includes dairy, meat, fruits, sea food. Ensure adequate Vitamin D intake (400 IU per day).

Sleep: Get eight to nine hours of sleep. Try to keep set time for sleep.

Education: Think about career ideas. Explore various academic fields. Do volunteer work.

Behavior: Avoid risky behavior (Drunk driving, reckless driving, drugs use, smoking, unprotected sex). Get knowledge about sexual transmitted infections and ways to prevent it.

Mood and Emotions: Emotional changes are common during puberty. Try to maintain respect and caring environment with family members. Avoid unnecessary arguments. Discuss your issues with parent during quiet time, dinner table . Discuss with MD if you have persistent sadness, lack of interest, guilt feeling, suicidal thoughts.

Resources: <http://www.usa.gov/Topics/Teens.shtml>, <http://www.cdc.gov/healthyouth/>,
<http://www2.aap.org/sections/adolescenthealth/default.cfm>

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Early Adolescents:

- Talk with your child about how their body is changing with puberty.
- If you are uncomfortable talking about puberty or sexual pressures with your child, please ask the doctor or others you trust for reliable information that can help you.
- Make sure your child knows how to get help if he is feeling unsafe.
- Teach your child about how to be safe with other adults: No one should ask for a secret to be kept from parents, No one should ask to see private parts, No adult should ask for help with their private parts.

Staying Healthy & Behavior Choices:

Brush teeth 2x a day and floss once a day. See a dentist twice a year. Eat healthy food and eat together as a family often. Eating breakfast is important. Drink plenty of water. Get 1 hours of vigorous physical activity every day. Limit screen time (TV, video games or computer) to 2 hrs a day, not including homework time.

Parents:

Praise them when they do something well, not just when they look good. Make sure they know how you feel about alcohol, drugs and tobacco use.

Talk about relationships, sex and values. Use clear, constant rules and discipline. Be a role model for healthy behavior choices. Encourage them to think through problems for themselves with your support. Help them figure out healthy ways to deal with stress. Spend time together. Know their friends and their parents. Know what they are doing at all times. Show them how to use talk to share feelings and handle disputes. If you are concerned that they are sad, depressed, nervous, irritable, hopeless or angry, please speak with the doctor.

School & Friends

Parents: Check in with their teachers about grades and attend back to school events and parent teacher conferences when possible.

Take responsibility for your homework and getting to school or work on time. Help with organizing time if they need it. Read often. Find activities they are interested in, besides schoolwork. Be a part of positive after school activities and sports. Give them the chance to make more of their own decisions as they get older. Set high goals for yourself in school, your future and other activities. Consider volunteering and helping others in the community. Form healthy friendships and find fun safe things to do with your friends. Spend time with your family and help at home.

Safety:

Seat belts are to be worn by everyone in the car. Make sure they know how to get help if they feel unsafe. If you must keep a gun in your home, store it unloaded and locked with the ammunition locked separately from the gun. It is advised to not keep a gun in the home. Figure out nonviolent ways to handle anger or fear.

Your Feelings

Talk with your parents about your hopes and concerns. Figure out healthy ways to deal with stress. Look for ways to help at home. It's important to have accurate information about sexuality, your physical development and sexual feelings. Please ask the doctor if you have any questions. Our office is a safe space to speak about any feelings or issues you may have. If you are feeling down, depressed, hopeless or angry, please speak with the doctor.

WHEN TO CALL YOUR DOCTOR'S OFFICE:

Call our office at (703) 670-0300 for any acute illness including fever, pink eye, diarrhea, cough, wheezing or management of a chronic medical problem (ADHD, Asthma, etc.)

Call 911 or go to the nearest ER for medical emergencies (trouble breathing with or without bluish discoloration of lips/face, high/persistent fever, excessive vomiting or diarrhea and dehydration, seizure, limp or lethargy, apnea, altered mental status (consciousness), un-consolable crying, moderate to severe abdominal pain, seizures, motor vehicle accident and injury.

Poison Help: 800-222-1222

Prince William County Schools: www.pwcs.edu

National Suicide Prevention Lifeline: 800- 273-8255