

## Woburn & North Andover Pediatric Associates

7 Alfred Street, Baldwin Park II, Woburn, MA 01801 - Phone 781-933-6236, Fax 781-938-8050  
800 Turnpike Street, North Andover, MA 01845 - Phone 978-557-5712, Fax 978-557-5406



### Routine Physical Exam: 18+ years

#### Development

- Physical development is generally complete by late adolescence. Young adults have typically developed a sense of self identity, a conscience, and refined their values. You are now legally able to drive, vote, and give consent.
- You should:
  - Be able to form caring, supportive relationships with family, other adults, and peers
  - Demonstrate resiliency when confronted with life stressors
  - Demonstrate increasingly responsible and independent decision making
  - Have hobbies, be active in sports
  - Be thinking about your future whether that involves further schooling, entering the work force, or joining the military
- Most people experience ups and downs (mix of great days & not-so-great days). Everyone has stress in their lives. The ability to solve problems, make good decisions, and cope with stress are important skills to have. If you feel that you are too sad, depressed, hopeless, nervous, or angry to do the things you enjoy, it is important to ask for help.
- Parents: Help your child set priorities, manage stress, and make progress toward goals. Parents who are accepting, caring, firm, and democratic have adolescents who are less depressed, enter into risk taking behaviors at a later age, and succeed better academically.
- Visit: [www.YoungWomensHealth.org](http://www.YoungWomensHealth.org); [www.YoungMensHealthSite.org](http://www.YoungMensHealthSite.org)

#### Safety

- Practice driver safety and responsibilities. Everyone needs to wear a seatbelt and follow traffic regulations. NO texting and driving! If your friends drink or use drugs, ride with a designated driver or call for a ride.
- Avoid alcohol, tobacco, drugs, diet pills, anabolic steroids, and inhalants. Avoid tattooing, body piercing, and tanning beds.
- Practice safe sex and birth control options. Abstinence is the safest way to prevent pregnancy and avoid sexually transmitted diseases (STD's), including HIV. Any sexual activity should be something you want, so no one should ever force you to do something that you do not want to do!
- Sports injuries are common. Always wear protective equipment for activities (bikes, scooters): appropriate sized helmet, wrist/elbow/knee pads, mouth guards.
- Visit: [www.PlannedParenthood.org](http://www.PlannedParenthood.org), "birth control"

#### Nutrition

- Protein, mineral (including calcium), total calorie, and vitamin needs are reaching adult values. Iron needs are increased further with menstruation. Encourage high iron foods like meats, legumes, and leafy greens. Ensure sufficient calcium intake through low fat or fat free dairy, dark green leafy veggies, beans, and fish.
- Limit high fat or low nutrient foods & beverages.

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- Share family meal time to make meal time pleasant, encourage conversation, and avoid distractions at the dinner table (no TV or mobile devices).
- Dietary supplements to gain or lose weight are not recommended.
- Try to get at least 1 hour of exercise every day.
- Visit: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov); [www.HealthyChildren.org](http://www.HealthyChildren.org), search "Nutrition and Supplement Use"

### Family/Social and Behavior

- Young people are more likely to make healthy choices if they stay connected
- Parents: Discuss your expectations regarding curfews, parties, dating, drinking, smoking, etc. Discuss risk taking dangers and peer influenced activities (dares, "showing off", sexual activity, substance use). Be clear and firm about the consequences for unacceptable behaviors.
- At this age, we encourage teens to take charge of their own health. We care for patients until they turn 21 years, so it is important for older adolescents to start communicating directly with our staff and clinicians. Please see our adolescent privacy policy for more information.
- Visit: [www.WoburnPedi.com](http://www.WoburnPedi.com), search "Adolescent Privacy Policy"