18 Year Visit

Today's Date: _______ HT: _______ WT:_______ B/P: _______ P: _______

Audiogram: ____________ Ishiharu design ___________ 

Immunizations:

Development
- You have essentially completed physical maturation; physical features are shaped and defined
- You are seriously concerned about the future; beginning to integrate knowledge leading to decisions about future
- Your relationship with your parents ranges from friendly to hostile; you feel parents are “too interested”
- You have many friends and few confidants; you date actively; your level of maturity varies greatly
- You worry about failure; you may appear moody, angry, lonely, impulsive, self-centered, confused and stubborn

What to expect developmentally in the next few months
- To create your own personal identity based upon the integration of values and a sense of self in relation to society, others, the opposite sex, the future, vocations and ideas
- You will establish independence from your family

How to prepare for the next visit
- Take some time to think about ways to make your next visit even better
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room
- Be prepared to give updates on your eating habits, social behaviors, and school achievements
- Keep a list of topics you and your parents would like to discuss at your next visit

What to expect at your next visit
- You will have a complete physical exam; including a vision exam
- You will be asked about your family’s history of heart disease and elevated cholesterol
- As you mature, the physician will request time alone with you to allow for discussion of private and/or embarrassing topics

Things to keep in mind between now and your next visit

Diet
- Balance the food you eat with physical activity
- Choose a diet with plenty of grain products, vegetables and fruits
- Choose a diet low in fat, saturated fat, and cholesterol
- Choose a diet moderate in sugars and salt
- Choose a diet that provides enough calcium and iron to meet their growing body's requirements

Safety
- Make sure that you wear a seat belt at all times; encourage passengers to wear one too-follow speed limits
- Do you have smoke and carbon monoxide detectors in your home? Have an escape plan in case of a fire
- Maintain a smoke free environment
- Be aware of pedestrian safety; use life jackets on boats at all times
- Always wear a helmet when riding a bicycle, a motorcycle or an all-terrain vehicle
- Practice sports safety; always wear all of the appropriate safety equipment, including eye-protective devices when playing paintball
- Talk with your parents about the dangers of drugs, drinking, smoking and risky sexual activities. Ask him/her what he/she thinks about these issues, and share your thoughts and feelings. Listen to what he/she says and answer questions honestly and directly

Anticipatory Guidance
- Be sure to exercise at least 3 times per week and learn good techniques for athletic conditioning and weight training
- Avoid exposing yourself to too much sun (use sunscreen SPF 30 and reapply every 2 hrs and after swimming) and avoid tanning parlors
- Use seat belts, helmets, mouth guards and protective sports gear for each sport you play
- Learn how to balance a checking account. Talk with your parents about getting your first credit card and how to avoid the need to charge everything.
- Talk with someone if you are stressed, nervous or sad, or if things are not going right
- Spend time with your family doing something you all enjoy
- Identify your talents and interests and make plans for a career or an education
- Have a heart to heart talk with your parents. Discuss being on your own; starting college or a career Discus your fears and concerns.
- College students NEED support from family, no matter how much they deny it.
- Have a plan. Decide (WITH YOUR PARENTS) how often you'll communicate, when you'll come home, when you'll visit, etc.
- Eat three meals per day. Choose healthy snacks and limit sugar and high-fat foods Eat healthy and maybe you won’t gain the freshmen 15 pounds.
- Educate yourself about birth control and STD’s
- Brush teeth and floss at least twice per day; Visit the dentist regularly
- Sleeps on average 8 ½-9 hrs at night
- DO NOT use alcohol, tobacco and drugs (including diet pills and steroids)
- Remember to schedule your yearly flu shot –Sept/Oct

NOTES