

# 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 Discuss 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