

## Please Read This Brochure

- This brochure will help explain what will happen during your well teen exam.
- You may not have had a health exam for a few years and you may have noticed changes in your body.
- If you have any questions or would like to know more about your body, this is a good time to ask the doctor or nurse practitioner.

### **Health History**

- A health history is important and helps us give you individual attention.
- We may ask you questions about your past illnesses, diet, and if any health problems run in your family. We will ask if you use tobacco and if anyone smokes around you.

### **Growth and Development**

- We will look to see if you have healthy skin and appearance.
- You will be weighed and measured.
- An underweight teen may be sick more often or have hidden diseases. An overweight teen is more likely to become an overweight adult.
- Being overweight as an adult is linked to diseases like diabetes, high blood pressure, and heart disease.
- A good diet is important to a growing teen.
- Many changes are taking place in your body.
- Girls grow breasts and start their period.
- Boys and girls grow body hair.
- Because of these and other changes, it is good to get health check-ups before going to camp or getting involved in sports.

## **Remember.....**

1. **Ask questions** if you don't understand something about the exam. You are entitled to a copy of the results and an explanation of their meaning. So ask!
2. Call your local community CHDP Administrative office if you do not receive a full range of CHDP services. They will help you get an appointment to complete your CHDP services.
3. **Find out when you should come back for your next exam.**

**Los Angeles Department of  
Public Health  
Child Health and Disability  
Prevention (CHDP) Program  
1-800-993-CHDP  
1-800-993-2437**



# Well Teen Exam

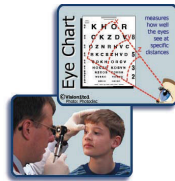
## 13 To 19 Years



**CHDP**  
Child Health and Disability  
Prevention (CHDP) Program

## Vision

- Your vision will be tested by how well your eyes can follow an object and respond to light.
- A vision screening test will tell you if you need glasses.
- Regular eye exams can find vision problems.



## Hearing

- Your ears will also be checked for hearing loss and infections. Ear infections can be easily cured.
- Long lasting infections can lead to hearing loss, which can make it hard to learn, talk and listen to others.

## Dental Screening

- Your mouth will be checked for healthy tonsils, teeth, and gums.
- Dental screenings by your doctor can find problems.
- Twice yearly check-ups with a dentist can reduce cavities and gum disease.
- Limit the amount of soda and sweet or sticky snacks that you eat/drink to help prevent cavities and tooth decay.



## Physical Exam

- We will listen to your heart and lungs with a stethoscope to check how your heart beats and for lung infections, which are easy to treat.
- In the stomach area, we will feel your liver, kidney, stomach, and bowels to check for normal size and tenderness.
- We will also check for hernias (bulges of the soft skin in the groin area or near the belly button).



## Immunizations

We will give you any necessary shots you need. Usually teens will need a tetanus shot and other vaccines to finish a series of booster shots. The doctor will tell you what is needed to protect you.

## Tuberculosis (TB) Skin Test

- You may need a Tuberculosis (TB) Skin Test. Harmless material is put under the skin of your forearm.
- We will examine this area a few days later
- If there is no reaction, you have not been exposed to TB.
- If there is a reaction, it means you have been exposed.
- Further tests will show if you will need treatment. Today TB is easy to cure.
- Recent immigrants are more likely to have been exposed to TB.

## Diabetes

- We may take a urine sample to check for urinary tract infections and urine sugar level. A high sugar level in the blood or urine may mean you have diabetes.
- Untreated, diabetes can lead to serious problems and can be life-threatening.
- Tell your doctor if you have sudden weight loss, excessive thirst, go to the bathroom often, have dry, itchy skin, or often feel tired and weak.



## Anemia

A blood test will show if you are anemic (low iron in blood). Anemia in teens can lead to poor growth and being sick a lot. Anemic teens are often less active and have less energy. If you are anemic, iron supplements may help.

## Other Tests

- If you are sexually active, a cell sample from the genital area or a blood sample may be taken.
- Pap smear tests and pelvic exams are given to teen girls who are sexually active. This should be done every 2 years.
- During a pelvic exam, the reproductive organs are checked for infection and abnormalities. We check the size of the uterus and ovaries and we watch for unusual discharge or tissue changes.