



Longwood  
PEDIATRICS, LLP

## EIGHTEEN TO TWENTY YEARS

Name \_\_\_\_\_ Date \_\_\_\_\_

Weight \_\_\_\_\_ Height \_\_\_\_\_ Body Mass Index \_\_\_\_\_

### **Office Hours: We are available 24 hours a day, 365 days a year!**

- Monday-Friday: 8:30am-5:30 pm (later as needed to accommodate urgent visits)
- Saturdays and Holidays: 9am-12pm (later as needed to accommodate urgent visits) – Urgent visits only
- Sundays: Mornings (office times vary) – Urgent visits only

### **Telephone Coverage: Longwood Pediatrics has 24-hour telephone coverage.**



**Please ALWAYS call us before going to any emergency room.**

- Monday-Friday: 8:30am-5:30pm – to schedule appointments or leave a message for the nursing staff. This is the best option for general medical questions and to make appointments.
- Saturdays, Sundays, and Holidays: 9am – 12pm to schedule an urgent appointment – please call early in the day.
- After regular business hours: After hour calls are answered by well-trained pediatric nurses who follow protocols approved by Longwood Pediatrics. Please restrict calls to urgent medical issues only.

### **Appointment Scheduling:**

- Well Visit/Checkups: Our schedules are open one year in advance for routine well visit appointments. **Schedule next year's well visit, today!**
- Sick Visits: It is best to call the office early in the day to schedule an appointment. If you are not sure that your child needs to be seen, you may leave a message for our nursing staff and a nurse will call you back the same day.

### **Communication:**

We encourage all families to use MyChart, our patient portal. With MyChart you are able to communicate with your child's provider through messaging, book appointments, see your child's medical history and more. Sign up at the front desk today!

Like us on Facebook 

Updated 5/19/16



# BRIGHT FUTURES HANDOUT ► PATIENT

## 18 THROUGH 21 YEAR VISITS

Here are some suggestions from Bright Futures experts that may be of value to you.

### ✓ HOW YOU ARE DOING

- Enjoy spending time with your family.
- Find activities you are really interested in, such as sports, theater, or volunteering.
- Try to be responsible for your schoolwork or work obligations.
- Always talk through problems and never use violence.
- If you get angry with someone, try to walk away.
- If you feel unsafe in your home or have been hurt by someone, let us know. Hotlines and community agencies can also provide confidential help.
- Talk with us if you are worried about your living or food situation. Community agencies and programs such as SNAP can help.
- Don't smoke, vape, or use drugs. Avoid people who do when you can. Talk with us if you are worried about alcohol or drug use in your family.

### ✓ YOUR FEELINGS

- Most people have ups and downs. If you are feeling sad, depressed, nervous, irritable, hopeless, or angry, let us know or reach out to another health care professional.
- Figure out healthy ways to deal with stress.
- Try your best to solve problems and make decisions on your own.
- Sexuality is an important part of your life. If you have any questions or concerns, we are here for you.

### ✓ YOUR DAILY LIFE

- Visit the dentist at least twice a year.
- Brush your teeth at least twice a day and floss once a day.
- Be a healthy eater.
  - Have vegetables, fruits, lean protein, and whole grains at meals and snacks.
  - Limit fatty, sugary, salty foods that are low in nutrients, such as candy, chips, and ice cream.
  - Eat when you're hungry. Stop when you feel satisfied.
  - Eat breakfast.
- Drink plenty of water.
- Make sure to get enough calcium every day.
  - Have 3 or more servings of low-fat (1%) or fat-free milk and other low-fat dairy products, such as yogurt and cheese.
- Women: Make sure to eat foods rich in folate, such as fortified grains and dark-green leafy vegetables.
- Aim for at least 1 hour of physical activity every day.
- Wear safety equipment when you play sports.
- Get enough sleep.
- Talk with us about managing your health care and insurance as an adult.

### ✓ HEALTHY BEHAVIOR CHOICES

- Avoid using drugs, alcohol, tobacco, steroids, and diet pills. Support friends who choose not to use.
- If you use drugs or alcohol, let us know or talk with another trusted adult about it. We can help you with quitting or cutting down on your use.
- Make healthy decisions about your sexual behavior.
- If you are sexually active, always practice safe sex. Always use birth control along with a condom to prevent pregnancy and sexually transmitted infections.
- All sexual activity should be something you want. No one should ever force or try to convince you.
- Protect your hearing at work, home, and concerts. Keep your earbud volume down.

**Helpful Resource:** National Domestic Violence Hotline: 800-799-7233

# 18 THROUGH 21 YEAR VISITS—PATIENT



## STAYING SAFE

- Always be a safe and cautious driver.
  - Insist that everyone use a lap and shoulder seat belt.
  - Limit the number of friends in the car and avoid driving at night.
  - Avoid distractions. Never text or talk on the phone while you drive.
- Do not ride in a vehicle with someone who has been using drugs or alcohol.
  - If you feel unsafe driving or riding with someone, call someone you trust to drive you.
- Wear helmets and protective gear while playing sports. Wear a helmet when riding a bike, a motorcycle, or an ATV or when skiing or skateboarding.
- Always use sunscreen and a hat when you're outside.
- Fighting and carrying weapons can be dangerous. Talk with your parents, teachers, or doctor about how to avoid these situations.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

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The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

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### Why is age of first use of alcohol so critically important?

Kids who start drinking alcohol before age 15 are 5 times more likely to develop alcohol abuse or dependence than people who first used alcohol at age 21 or older. A study published in the *Archives of Pediatrics & Adolescent Medicine* showed that 47% of those who began drinking before age 15 experienced alcohol dependence at some point in their life, compared to 9% percent of those who began drinking at age 21 or older.

### Can you get addicted even though you only do it once in a while?

YES. For most, addiction to alcohol and drugs is a process -- not an event. Most people who use alcohol and drugs do so with an intention of only using once or "once in a while." No one decides that they want to become addicted to alcohol and drugs. But, we are dealing with addictive drugs that directly affect the brain. It is easy for occasional use to change to frequent use or constant use -- that is addiction. The only thing we know for sure: if you don't drink alcohol and don't do drugs, you definitely won't become addicted.

### Does marijuana use lead to the use of other drugs?

While most marijuana smokers do not go on to use other illegal drugs, long-term studies of high school students show that few young people use other illegal drugs without first using marijuana. Using marijuana puts people in contact with people who are users and sellers of other drugs and are more likely to be exposed to and urged to try other drugs.

### Why do some people become addicted, while others don't?

Risk factors for becoming addicted to alcohol and drugs, like other conditions and diseases, vary from person to person. But, the common risk factors include: 1. Genetics--your family history; 2. Age when you start using alcohol or drugs; 3. Family (including abuse, neglect and traumatic experiences in childhood) and Social Environment (including access to alcohol and drugs), and 4. Types of drugs used.

### Should I be concerned about prescription drugs when the "real problem" is the illegal drugs like cocaine, heroin and methamphetamine?

As a teen you should be concerned about alcohol and all of the other drugs, legal and illegal. Recently there has been a significant increase in the non-medical use of prescription pain drugs among young people. In fact, after marijuana, the next three most commonly used drugs are the non-medical use of prescription pain medications: Vicodin, OxyContin and Adderall.

### I think prescription drugs might help me feel better. Is it OK to use them once in a while?

You or your friends might think that prescription drugs are safer than alcohol or illegal drugs because doctors prescribe them. But, these drugs can be just as dangerous. When prescription drugs are used without a prescription they can be as dangerous as alcohol or illegal drugs. You can die from abusing prescription drugs . . . even the first time.

### I thought drinking and driving was the only alcohol-related risk for college students?

An estimated 1,900 young people under the age of 21 die each year from alcohol-related motor vehicle crashes. And, approximately 600,000 college students are unintentionally injured while under the influence of alcohol. Approximately 700,000 students are assaulted by other students who have been drinking and about 100,000 students are victims of alcohol-related sexual assault or date rape (from NCADD Fact Sheet: Facts About Underage Drinking).

### What drugs are the most commonly abused?

Each year, the National Institute on Drug Abuse (NIDA) tracks drug use trends among high school students (8th, 10th and 12th grades) through the Monitoring the Future Study (MTF). The following is a list of the most commonly abused drugs among 12th graders, starting with the most frequent: marijuana, Adderall, Vicodin, tranquilizers, cough medicine, sedatives, hallucinogens, MDMA/ecstasy, OxyContin, cocaine, salvia and Ritalin.

### Can a person be too young to become addicted to alcohol and drugs?

No. And, research and experience show that the younger someone starts using alcohol and drugs, the greater the chance that they will become addicted.

### Marijuana is just a plant... is it really that dangerous?

Yes, marijuana is a plant but it has very real health consequences, including drug

addiction. While some people think marijuana is a “harmless drug,” actual experience and the real science show a different reality. More teens are in treatment with a primary diagnosis of marijuana dependence than for all other illegal drugs combined.

### How do I know if I or someone close to me is addicted to alcohol or drugs?

The short answer -- if you or someone close to you is having a problem with alcohol or drugs and they continue to use, it's time to get help. Continued use, despite negative consequences, is a powerful indicator of addiction. To learn more, visit Friends and Family, Signs and Symptoms.

### What is a “standard drink” of alcohol?

A standard alcohol drink contains about 14 grams of pure alcohol (0.6 ounces):

12-ounces of Beer or Cooler

8-ounces of Malt Liquor

5-ounces of Wine

1.5-ounces or “shot” of Distilled Spirits/Liquor (e.g., rum, gin, vodka, or whiskey).

Note: These are approximate, as different brands and types of alcoholic beverages vary in their actual alcohol content.

### How does alcohol leave the body?

Once absorbed into the bloodstream, the Kidneys eliminate 5% of alcohol in the urine, the Lungs exhale 5% of alcohol (detectable by breathalyzer) and the Liver breaks down the remaining 90% of alcohol. Alcohol is broken down (metabolized) by the liver at the average rate

of one standard drink per hour and nothing can speed this up, including drinking coffee.

though no one in their family has a drinking or drug problem.

## Are alcoholism and drug addiction genetically inherited?

Research shows that the risk for developing alcoholism and drug addiction runs in families. But just because there is a genetic predisposition doesn't mean that the child of an alcoholic or addicted parent will automatically become alcoholic or addicted. Not all children of alcoholic or addicted parents get into trouble with alcohol and drugs. And some people develop alcoholism and addiction even

## Can alcoholism and drug addiction be treated?

Yes, alcoholism and addiction can be treated. Alcoholism and addiction treatment programs can help a person stop drinking and using drugs. Treatment has helped millions of people stop drinking and drugging, rebuild their lives and live a life in long-term recovery.

### Helpful addiction resources:

#### **Substance Abuse and Mental Health Services Administration**

National Drug Information Treatment and Referral Hotline, available 24/7  
800-662-HELP (4357) (toll free)  
<http://www.findtreatment.samhsa.gov>

#### **National Council on Alcoholism and Drug Dependence, Inc. (NCADD)**

HOPE LINE: (800) NCA-CALL (24-hour Affiliate referral)  
<http://www.ncadd.org>

#### **Join Together**

Partnership for Drug-Free Kids  
<http://www.drugfree.org/join-together/>

#### **National Institute on Alcohol Abuse and Alcoholism**

<http://www.niaaa.nih.gov>  
<http://teens.drugabuse.gov/>





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## E-Cigarettes

### What are E-Cigarettes?

E-Cigarettes, JUULS, vapes, vape pens, dab pens, mods or tanks are electronic devices that use a battery to aerosolize a liquid which is then inhaled. This liquid usually contains nicotine, chemicals, flavors and other additives. These electronic devices can also be used to deliver marijuana and other substances. The use of these devices has increased rapidly and they are now more common than traditional cigarettes among middle and high school students.

### Why are they harmful?

**Nicotine:** Many people may not know that the liquid used in these electronic devices usually contains nicotine. A single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes! Nicotine in any form is not safe for youth as it is highly addictive, can harm the developing brain and affect memory and concentration. Nicotine use may also increase risk for certain mood disorders and negatively affect impulse control. E-cigarette use is strongly associated with other tobacco products like regular cigarettes.

**Other chemicals:** The liquid used in these electronic devices may contain chemicals including flavorants like Diacetyl (a chemical linked to serious lung disease), volatile organic compounds, and heavy metals like tin and lead. Heavy metals can cause respiratory distress and disease. Other chemicals in the e-liquids and in the aerosol from e-cigarettes are known to cause cancer in humans.

Some e-cigarettes have also exploded and hurt or burned people.

### Impact on others:

The cloud created by e-cigarettes can be harmful to others. The e-liquid and e-cigarettes can also be extremely harmful to infants and young children if swallowed or handled incorrectly.

### Further resources:

E-cigarettes.SurgeonGeneral.Gov

<https://www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Facts-For-Parents-About-E-Cigarettes-Electronic-Nicotine-Delivery-Systems.aspx>

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# Meningococcal B Vaccine:

## What You Need to Know

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite [www.immunize.org/vis](http://www.immunize.org/vis)

### 1 Why get vaccinated?

**Meningococcal B vaccine** can help protect against **meningococcal disease** caused by serogroup B. A different meningococcal vaccine is available that can help protect against serogroups A, C, W, and Y.

**Meningococcal disease** can cause meningitis (infection of the lining of the brain and spinal cord) and infections of the blood. Even when it is treated, meningococcal disease kills 10 to 15 infected people out of 100. And of those who survive, about 10 to 20 out of every 100 will suffer disabilities such as hearing loss, brain damage, kidney damage, loss of limbs, nervous system problems, or severe scars from skin grafts.

Anyone can get meningococcal disease but certain people are at increased risk, including:

- Infants younger than one year old
- Adolescents and young adults 16 through 23 years old
- People with certain medical conditions that affect the immune system
- Microbiologists who routinely work with isolates of *N. meningitidis*, the bacteria that cause meningococcal disease
- People at risk because of an outbreak in their community

### 2 Meningococcal B vaccine

For best protection, more than 1 dose of a meningococcal B vaccine is needed. There are two meningococcal B vaccines available. The same vaccine must be used for all doses.

Meningococcal B vaccines are recommended for people 10 years or older who are at increased risk for serogroup B meningococcal disease, including:

- People at risk because of a serogroup B meningococcal disease outbreak
- Anyone whose spleen is damaged or has been removed, including people with sickle cell disease

- Anyone with a rare immune system condition called “persistent complement component deficiency”
- Anyone taking a type of drug called a complement inhibitor, such as eculizumab (also called Soliris®) or ravulizumab (also called Ultomiris®)
- Microbiologists who routinely work with isolates of *N. meningitidis*

These vaccines may also be given to anyone 16 through 23 years old to provide short-term protection against most strains of serogroup B meningococcal disease; 16 through 18 years are the preferred ages for vaccination.

### 3 Talk with your health care provider

Tell your vaccine provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of meningococcal B vaccine**, or has any **severe, life-threatening allergies**.
- Is **pregnant or breastfeeding**.

In some cases, your health care provider may decide to postpone meningococcal B vaccination to a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting meningococcal B vaccine.

Your health care provider can give you more information.



## 4 Risks of a vaccine reaction

- Soreness, redness, or swelling where the shot is given, tiredness, fatigue, headache, muscle or joint pain, fever, chills, nausea, or diarrhea can happen after meningococcal B vaccine. Some of these reactions occur in more than half of the people who receive the vaccine.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

## 5 What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at [www.vaers.hhs.gov](http://www.vaers.hhs.gov) or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff do not give medical advice.*

## 6 The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Visit the VICP website at [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation) or call **1-800-338-2382** to learn about the program and about filing a claim. There is a time limit to file a claim for compensation.

## 7 How can I learn more?

- Ask your healthcare provider.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
  - Call **1-800-232-4636 (1-800-CDC-INFO)** or
  - Visit CDC's [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

Vaccine Information Statement (Interim)  
**Meningococcal B  
Vaccine**



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