



Longwood
PEDIATRICS, LLP

THIRTEEN AND FOURTEEN 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 within an hour.

Communication:

Did you know that you can contact Longwood Pediatrics by email to request non-urgent appointments, medication refills, immunization records, and communicate with your child's provider? Sign up at the front desk today!

Like us on Facebook  Follow us on Twitter 

Parent packet; updated 5/19/16



ADOLESCENT CONFIDENTIALITY

As our patients enter adolescence, it is important that they start to learn to be independent and take responsibility for their own health. Although parents will still be involved in their child's healthcare, teenagers may have health concerns that they do not want to discuss with their friends or family.

Studies have shown that teenagers do not frequently seek out health advice from providers because they fear their discussion will not remain private. In order to support healthy mental, emotional, and developmental growth of our adolescent patients, the providers at Longwood Pediatrics have a policy to maintain patient confidentiality during adolescent visits, starting around age 13.

To do this, the structure of adolescent visits is different from that of younger patients:

- Each adolescent visit will begin with the parent and teenager in the room together—this gives the parent a chance to ask questions and share important information about their child's health.
- Starting around age 13, after meeting together, the parent will then be asked to leave the room. The time alone with the doctor, or nurse practitioner, gives the teenager a chance to ask questions and discuss issues that are considered private.
- The information discussed by the teenager and doctor, or nurse practitioner, is considered confidential and will not be shared with anyone.
 - If important medical issues arise, we will encourage the teenager to discuss them together with his/her doctor, or nurse practitioner, and parents; however, information will not be discussed without the patient's permission.
 - Providers will only discuss a confidential issue with a parent if it is determined that the teenager poses a threat to him/herself, or others.
- We routinely perform confidential testing on all of our adolescent patients, as recommended by the American Academy of Pediatrics and Centers for Disease Control and Prevention. Parents may see this testing on insurance bills; however, due to adolescent confidentiality laws in Massachusetts, we cannot share the results.
- The teenager may then choose to have a parent, nurse, or just the doctor present during the physical exam.

We greatly value and respect our adolescent patients and their families. In order to provide comprehensive, quality care, we also take questions from our teenagers by phone; to facilitate this, we file the cell phone numbers of our adolescent patients. Please let us know if you have any questions.

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Bright Futures Patient Handout

Early Adolescent Visits

Your Growing and Changing Body

- Brush your teeth twice a day and floss once a day.
- Visit the dentist twice a year.
- Wear your mouth guard when playing sports.
- Eat 3 healthy meals a day.
- Eating breakfast is very important.
- Consider choosing water instead of soda.
- Limit high-fat foods and drinks such as candy, chips, and soft drinks.
- Try to eat healthy foods.
 - 5 fruits and vegetables a day
 - 3 cups of low-fat milk, yogurt, or cheese
- Eat with your family often.
- Aim for 1 hour of moderately vigorous physical activity every day.
- Try to limit watching TV, playing video games, or playing on the computer to 2 hours a day (outside of homework time).
- Be proud of yourself when you do something good.

PHYSICAL GROWTH AND DEVELOPMENT

RISK REDUCTION

Healthy Behavior Choices

- Find fun, safe things to do.
- Talk to your parents about alcohol and drug use.
- Support friends who choose not to use tobacco, alcohol, drugs, steroids, or diet pills.
- Talk about relationships, sex, and values with your parents.
- Talk about puberty and sexual pressures with someone you trust.
- Follow your family's rules.

How You Are Feeling

- Figure out healthy ways to deal with stress.
- Spend time with your family.
- Always talk through problems and never use violence.
- Look for ways to help out at home.
- It's important for you to have accurate information about sexuality, your physical development, and your sexual feelings. Please consider asking me if you have any questions.

EMOTIONAL WELL-BEING

School and Friends

- Try your best to be responsible for your schoolwork.
- If you need help organizing your time, ask your parents or teachers.
- Read often.
- Find activities you are really interested in, such as sports or theater.
- Find activities that help others.
- Spend time with your family and help at home.
- Stay connected with your parents.

SOCIAL AND ACADEMIC COMPETENCE

Violence and Injuries

- Always wear your seatbelt.
- Do not ride ATVs.
- Wear protective gear including helmets for playing sports, biking, skating, and skateboarding.
- Make sure you know how to get help if you are feeling unsafe.
- Never have a gun in the home. If necessary, store it unloaded and locked with the ammunition locked separately from the gun.
- Figure out nonviolent ways to handle anger or fear. Fighting and carrying weapons can be dangerous. You can talk to me about how to avoid these situations.
- Healthy dating relationships are built on respect, concern, and doing things both of you like to do.

VIOLENCE AND INJURY PREVENTION



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

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Bright Futures Parent Handout Early Adolescent Visits

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

Your Growing and Changing Child

PHYSICAL GROWTH AND DEVELOPMENT

- Talk with your child about how her body is changing with puberty.
- Encourage your child to brush his teeth twice a day and floss once a day.
- Help your child get to the dentist twice a year.
- Serve healthy food and eat together as a family often.
- Encourage your child to get 1 hour of vigorous physical activity every day.
- Help your child limit screen time (TV, video games, or computer) to 2 hours a day, not including homework time.
- Praise your child when she does something well, not just when she looks good.

Healthy Behavior Choices

RISK REDUCTION

- Help your child find fun, safe things to do.
- Make sure your child knows how you feel about alcohol and drug use.
- Consider a plan to make sure your child or his friends cannot get alcohol or prescription drugs in your home.
- Talk about relationships, sex, and values.
- Encourage your child not to have sex.
- If you are uncomfortable talking about puberty or sexual pressures with your child, please ask me or others you trust for reliable information that can help you.
- Use clear and consistent rules and discipline with your child.
- Be a role model for healthy behavior choices.

Feeling Happy

EMOTIONAL WELL-BEING

- Encourage your child to think through problems herself with your support.
- Help your child figure out healthy ways to deal with stress.
- Spend time with your child.
- Know your child's friends and their parents, where your child is, and what he is doing at all times.
- Show your child how to use talk to share feelings and handle disputes.
- If you are concerned that your child is sad, depressed, nervous, irritable, hopeless, or angry, talk with me.

School and Friends

SOCIAL AND ACADEMIC COMPETENCE

- Check in with your child's teacher about her grades on tests and attend back-to-school events and parent-teacher conferences if possible.
- Talk with your child as she takes over responsibility for schoolwork.
- Help your child with organizing time, if he needs it.
- Encourage reading.
- Help your child find activities she is really interested in, besides schoolwork.
- Help your child find and try activities that help others.
- Give your child the chance to make more of his own decisions as he grows older.

Violence and Injuries

VIOLENCE AND INJURY PREVENTION

- Make sure everyone always wears a seat belt in the car.
- Do not allow your child to ride ATVs.
- Make sure your child knows how to get help if he is feeling unsafe.
- Remove guns from your home. If you must keep a gun in your home, make sure it is unloaded and locked with ammunition locked in a separate place.
- Help your child figure out nonviolent ways to handle anger or fear.



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Consejos de Bright Futures para los padres Visitas en la adolescencia temprana

Estas son algunas sugerencias de los expertos de Bright Futures que pueden ser de utilidad para su familia.

CRECIMIENTO Y DESARROLLO FÍSICO

Su hijo(a) crece y cambia

- Hable con su hijo sobre cómo cambia su cuerpo con la pubertad.
- Estimúlelo a lavarse los dientes dos veces al día y usar la seda dental una vez al día.
- Ayúdelo a ir al dentista dos veces al año.
- Sirva alimentos saludables y coman en familia a menudo.
- Estimule a su hijo a tener una hora de actividad física vigorosa al día.
- Ayúdelo a limitar el tiempo que pasa frente a una pantalla (televisión, juegos de video o computadora) a 2 horas al día, sin incluir el tiempo de las tareas.
- Elógielo cuando hace algo bueno, no sólo cuando luce bien.

REDUCCIÓN DE RIESGOS

Opciones de conductas saludables

- Ayude a su hijo(a) a encontrar cosas divertidas y sanas para hacer.
- Hágale saber qué opina usted sobre el alcohol y las drogas.
- Idee un plan para garantizar que su hijo y sus amigos no puedan obtener alcohol o drogas recetadas en su casa.
- Conversen sobre relaciones románticas, sexo y valores.
- Estimule a su hijo a no tener sexo.
- Si no se siente bien de hablar con su hijo sobre la pubertad y la presión sexual, pídale consejo o pida a otra persona de confianza información que pueda ayudarle.
- Tenga reglas y normas disciplinarias claras y concisas.
- Dé un buen ejemplo de conductas saludables.

BIENESTAR EMOCIONAL

Sentirse feliz

- Anime a su hijo(a) a tratar de solucionar sus problemas con su apoyo.
- Ayúdelo a encontrar modos saludables de asumir el estrés.
- Pase tiempo con su hijo.
- Conozca a los amigos de su hijo y sus respectivas familias. Sepa dónde está y qué está haciendo en todo momento.
- Indíquele cómo usar el lenguaje para expresar sus sentimientos y solucionar los conflictos.
- Si le preocupa que su hijo esté triste, deprimido, nervioso, irritable, desesperado o enojado, hable conmigo.

ESCUELA Y CAPACIDAD ACADÉMICA

La escuela y los amigos

- Esté pendiente de las calificaciones de su hijo(a) y asista a las veladas de regreso a la escuela y a las reuniones padres-maestros en lo posible.
- Hable con su hijo conforme asume responsabilidades escolares.
- Ayúdele a organizar su tiempo si es necesario.
- Estimule la lectura.
- Ayúdelo a encontrar actividades que en realidad le interesen, aparte del trabajo escolar.
- Ayúdelo a buscar y participar en actividades que ayuden a los demás.
- Permítale tomar la mayoría de sus decisiones conforme crece.

PREVENCIÓN DE VIOLENCIA Y LESIONES

Violencia y lesiones

- Asegúrese de que todos usen el cinturón de seguridad en el auto.
- No le permita a su hijo(a) montar en motos de cuatro ruedas (ATV).
- Cerciórese de que sepa cómo conseguir ayuda si siente que corre peligro.
- No tenga armas en su casa. Si debe tener un arma, guárdela bajo llave sin las municiones y guarde las municiones en otro lugar bajo llave.
- Ayúdele a su hijo a recurrir a modos no violentos de manejar el enojo o el miedo.



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What is acne and why do I have pimples?

The medical term for "pimples" is acne. Most people get at least some acne, especially during their teenage years. Why you get acne is complicated. One common belief is that acne comes from being dirty. This is not true; rather, acne is the result of changes that occur during puberty.

Your skin is made of layers. To keep the skin from getting dry, the skin makes oil in little wells called "sebaceous glands" that are found in the deeper layers of the skin. "Whiteheads" or "blackheads" are clogged sebaceous glands. "Blackheads" are not caused by dirt blocking the pores, but rather by oxidation (a chemical reaction that occurs when the oil reacts with oxygen in the air). People with acne have glands that make more oil and are more easily plugged, causing the glands to swell. Hormones, bacteria (called *P. acnes*) and your family's likelihood to have acne (genetic susceptibility) also play a role.

SKIN HYGIENE

Washing your face is part of taking good care of your skin. Good skin care habits are important and support the medications your doctor prescribes for your acne.

- » Wash your face twice a day, once in the morning and once in the evening (which includes any showers you take).
- » Avoid over-washing/over-scrubbing your face as this will not improve the acne and may lead to dryness and irritation, which can interfere with your medications.
- » In general, milder soaps and cleansers are better for acne-prone skin. The soaps labeled "for sensitive skin" are milder than those labeled "deodorant soap."
- » "Acne washes" may contain salicylic acid. Salicylic acid fights oil and bacteria mildly but can be drying and can add to irritation, so hold off using it unless recommended by your doctor. Scrubbing with a washcloth or loofah is also not advised as this can irritate and inflame your acne.
- » If you use makeup or sunscreen make sure that these products are labeled "won't clog pores" or "won't cause acne" or "non-comedogenic," which means it will not cause or worsen acne.
- » Try not to "pop pimples" or pick at your acne, as this can delay healing and may lead to scarring or leave dark spots behind. Picking/popping acne can also cause a serious infection.
- » Wash or change your pillow case 1-2 times per week, especially if you use hair products.
- » If you play sports, try to wash right away when you are done. Also, pay attention to how your sports equipment (shoulder pads, helmet strap, etc.) might rub against your skin and be making your acne worse!

WHAT CAN I DO TO HELP THE ACNE GO AWAY?

Some lifestyle changes can be beneficial in helping acne as well. Stress is known to aggravate acne, so try to get enough sleep and daily exercise. It is also important to eat a balanced diet. Some people feel that certain foods (like pizza, soda or chocolate) worsen their acne. While there aren't many studies available on this question, strict dietary changes are unlikely to be helpful and may be harmful to your health. If you find that a certain food seems to aggravate your acne, you may consider avoiding that food.

HOW SHOULD I USE MY ACNE MEDICATIONS?

Acne is a common condition that may vary in severity. A number of topical and/or oral medications can be used for its treatment. Two to three months of consistent daily treatment is often needed to see maximal effect from a treatment regimen. That is how long it takes the skin layers to shed fully and recycle or "grow out." Remember that acne medications are supposed to prevent acne, and the goal is maintaining clear skin. Talk to your doctor if you are not using your acne medications as you had originally discussed. Let them know any problems you are having. Common reasons for people to not use their medications include the following:

- » I used the medication prescribed by my doctor before and it did not work then; why should I use it again now?
- » The medication I was prescribed cost too much!
- » I did not like the way the medication felt on my skin. For example, it left my skin too dry or too greasy!
- » The medication was too hard to use!
- » I can't remember to do it!
- » The medication had side effects that I did not like!
- » The acne plan was too complicated; I need something simpler to do!

ACNE MEDICATIONS

If you have acne and the over the counter products are not working, you may need a prescription medication to help. Your doctor will tell you if you are one of those people. The good news is that acne treatments work really well when used properly.

TIPS FOR USING YOUR ACNE MEDICATIONS CORRECTLY

- » Apply your medication to clean, dry skin.
- » Apply the medicine to the entire area of your face that gets acne. The medications work by preventing new breakouts. Spot treatment of individual pimples does not do much.
- » Sometimes it is the combination of medicines that helps make the acne go away, not any single medication. Just because one medication may not have worked before does not mean it won't work when used in combination with another.
- » The medications are not vanishing creams (they are not magic!) – they take weeks to months to work. Be patient and use your medicine on a daily basis or as directed for six weeks before you ask whether your skin looks better. Try not to miss more than one or two days each week.
- » Don't stop putting on the medicine just because the acne is better. Remember that the acne is better because of the medication, and prevention is the key.

PREGNANCY AND ACNE TREATMENT

If you are pregnant, planning pregnancy or breastfeeding, please discuss with your doctor as your acne medication regimen may need to be altered.

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SAMPLE ACNE TREATMENT PLAN

MORNING:

- Wash face with:
 - Gentle, non-medicated wash
 - Benzoyl peroxide ____%
 - Salicylic acid cleanser
 - Other _____
- Apply _____ to affected areas of ____ face ____ chest ____ back
- If dry, apply non-scented, non-comedogenic moisturizer of your choice to affected areas.
- Take _____ by mouth.

EVENING:

- Wash face with:
 - Gentle, non-medicated wash
 - Benzoyl peroxide ____%
 - Salicylic acid cleanser
 - Other _____
- Apply _____ to affected areas of ____ face ____ chest ____ back
- If dry, apply non-scented, non-comedogenic moisturizer of your choice to affected areas.
- Take _____ by mouth _____ times a day.
 - » When applying topical medications to the face, use the "5-dot" method. Take a small pea-sized amount and place dots in each of 5 locations of your face: mid-forehead, each cheek, nose, and chin. Then rub in. You should not see a "film" of the medication on your skin; if you do, you're probably using too much.
 - » Topical medications may lead to dryness where you use them. This almost always improves as your skin gets used to the medication (about 2-3 weeks). Some tips to get you through this time include waiting 15-20 minutes after washing before applying the topical medication and starting out with use every 2-3 days, gradually working up to "every day" use.
 - » Taking oral medications with food often helps with symptoms of upset stomach.

OTHER: