

GET THE FACTS

ABOUT DISEASES THAT CAN

AFFECT YOUR TEEN

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Use these resources to help spark discussion about what to prepare for when visiting the doctor's office for their back-to-school visit.

As your teen grows more independent, it is still important to stay involved with their health and well-being. Asking their doctor questions during their next visit keeps you as a parent informed and sets a good example for your child. During this health visit, you can also learn more about diseases that can affect your child.



ONLINE RESOURCES

There are multiple resources that can provide accurate information on diseases that could affect a teen. Sources include medical organizations such as the American Academy of Family Physicians (AAFP), the American Academy of Pediatrics (AAP), and the American Medical Association (AMA).

CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC): www.cdc.gov Information on diseases that can affect teens. Professionals and

TALK TO
YOUR
CHILD'S
DOCTOR
ABOUT WAYS
TO HELP
PROTECT
YOUR CHILD
FROM
THESE
DISEASES

consumers can also call the CDC info contact center at **800-CDC-INFO (232-4636)** for 24/7 answers to questions in English or en español.

AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP): www.aafp.org

AMERICAN ACADEMY OF PEDIATRICS (AAP): www.aap.org

AMERICAN MEDICAL ASSOCIATION (AMA): www.ama-assn.org



YOUR OPINION IS IMPORTANT
visit www.scholastic.com/wellness to give your feedback on these materials

WHAT TO KEEP AT HOME

It is a good idea to keep records of the following health information:

- Records of any major health problems (including broken bones), surgeries, or hospital stays.
- Records of hearing, vision, and dental visits.
- A list of medicines your child has used in the past or is currently taking. Include prescription and over-the-counter medicines, dietary and herbal supplements, and vitamins and minerals.
- A list of allergies, including any foods and drugs.

**ASK YOUR FAMILY DOCTOR
ABOUT DISEASES THAT CAN
AFFECT YOUR CHILD TODAY
OR IN THE FUTURE**

IT'S ALSO A GOOD IDEA TO INCLUDE:

- Your pharmacy name and phone number.
- The poison control phone number.
- Records of insurance claims and payments.
- Written notes from your doctors or doctor visits.
- Anything else about your child's health that you think is important.

GOOD TO KNOW, GOOD TO SHARE: FACTS ABOUT DISEASES

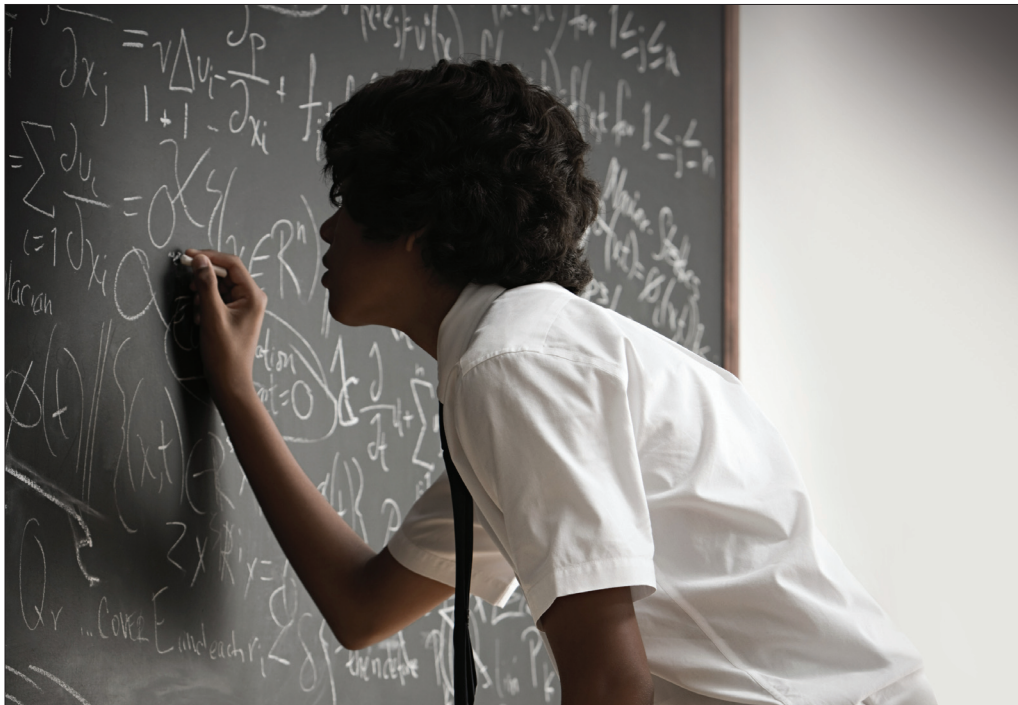
HUMAN PAPILLOMAVIRUS (HPV)

HPV is a virus that will infect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But there's no way to predict who will or won't clear the virus. For those who don't clear certain types, HPV could cause cervical cancer in females. Other types could cause genital warts in both males and females. Each day in the United States, 30 women are diagnosed with cervical cancer (about 11,000 women per year), and it is estimated that each minute there is a new case of genital warts in men and women.

Exposure can happen with any kind of adolescent experimentation that involves genital contact with someone who has HPV—intercourse isn't necessary. HPV often has no signs or symptoms, so it can be hard to detect. That means HPV transmission can happen without anyone knowing it.

MENINGOCOCCAL DISEASE (MENINGITIS)

Meningitis can be caused by either a viral or bacterial infection—and knowing the difference can lead to different treatment approaches. Bacterial meningitis is a very serious infection of the lining around the brain and spinal cord. Infection can be spread from person to person by close contact. It is characterized by fever, headache, and stiff neck. Complications can lead to a loss of limbs, brain damage, kidney disease, loss of hearing, and even death.



COLLEGE-BOUND KIDS? START GETTING READY WITH THESE ESSENTIAL TIPS

1 GET IN TOUCH WITH NEW ROOMMATE(S)

No need to bring 2 of everything to college. Suggest your child check in with his or her college roommate while preparing for school to determine who should bring what. Early communication can also be a great icebreaker and a fun way to learn more about each other before college kicks off.

2 START A REGULAR EXERCISE PLAN

Your child will be juggling many things once he or she starts college, but remind your child of the benefits of regular exercise, which not only helps the body but can also relieve stress.

3 LEARN HOW TO DO LAUNDRY

If you haven't already, teach your child how to do his or her own laundry. It's an essential college skill and, as you know, there's more to it than just separating whites from colors.

4 TAKE A CAMPUS TOUR BEFORE SCHOOL STARTS

Schedule a trip with you and your child so he or she can start getting familiar with all campus landmarks, identifying buildings where classes are held, locating the student union, library, bookstore, cafeteria—all of this will help make the transition to college smoother and less stressful once your child gets there.

5 SCHEDULE A DOCTOR'S VISIT

Equally important as getting books or finding out his or her class schedule is arranging a doctor's visit prior to your child's leaving for college to have necessary forms or prescriptions updated.

TO LEARN MORE ABOUT WHAT
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TEEN FOR COLLEGE,
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