



# West Virginia HealthCheck

## 10 Year Visit

### What to Expect at the 10 Year Visit

The 10 year old may be more likely to take risks. Parents should be aware that the 10 year old may be involved in risk-taking behaviors as a result of **peer pressure**. Make sure you clearly communicate household rules and the consequences for not observing them. During this visit some questions your provider may ask include:

Do you have any concerns about your child's development, learning or behavior?

Has your child been having any recent stresses in the family or at school?

How often do you share a clear "no use" message about alcohol, tobacco, and **other drugs** with your child?

Have you begun to talk with your child about **puberty**?

- Your child's height, weight, **BMI** and blood pressure will be measured.
- Your child will have a **visual acuity screen** and hearing screen.
- Your child will have a **dyslipidemia risk screen**.
- Your child's exam will include a **behavioral risk screen**.
- Your child will have a complete head-to-toe physical examination.
- Throughout the visit, you will have opportunities to talk with the provider about questions and concerns you may have about your child. In addition, your provider will give you age-appropriate information on safety, and talk about healthy habits, school progress and puberty.

### Preventive Care Tips: Adolescent Immunizations: Tdap

Vaccines aren't just for babies. As children get older, the protection provided by some of the vaccines given during childhood can begin to wear off. Older kids can also develop risks for certain infections as they enter the preteen and teen years.

The preteen and teen vaccines not only help protect them, but also their friends, community and family members. There are four vaccines recommended for preteens and teens. All children should get a flu vaccine every year, and the three other vaccines should be given starting when children are 11 to 12 years old.

Which Vaccines Do Preteens and Teens Need?

- **Tdap**
- **Meningococcal conjugate vaccine (MCV4)**
- **Human papillomavirus (HPV) vaccine**
- **Influenza (flu) vaccine**

#### More about tetanus, diphtheria and pertussis and the Tdap vaccine:

**Tetanus** is a serious disease caused by a toxin (poison) made by **bacteria** that's commonly found in soil. The bacteria enter the body through breaks in the skin – usually cuts or puncture wounds. About 3 weeks after exposure, a child might get a headache, become cranky, and have spasms in the jaw muscle (why this disease is often called "lockjaw"). The bacteria can then produce a toxin that spreads through the body causing the painful symptoms of tetanus. The muscle spasms can be strong enough to break a child's bones, cause breathing problems and paralysis (unable to move parts of the body).

**Diphtheria** is a serious disease that spreads when an infected person coughs or sneezes. A person can spread the disease for up to 2 weeks after infection. Diphtheria starts with sore throat, mild fever (101 degrees or less) and chills. It causes a thick coating in the back of the nose or throat that makes it hard to breathe or swallow. The diphtheria toxin can attack the heart, causing abnormal heart rhythms and even heart failure. It can also attack the nerves, which leads to paralysis (unable to move parts of the body). About 1 out of 10 people who get diphtheria will die.

**Pertussis**—commonly referred to as whooping cough—is very contagious and can cause prolonged, sometimes extreme, coughing. While preteens and teens usually do not get as sick from pertussis as young children, coughing fits can still take place for 10 weeks or more. Pertussis spreads easily through the air when an infected person breathes, coughs, or sneezes. Because very young infants are not fully protected, preteens and teens with pertussis can unintentionally spread it to infants around them

**Tdap vaccine** is recommended for preteens at ages 11 or 12 years for protection against tetanus, diphtheria and pertussis (whooping cough). Protection provided by the vaccine received in childhood wears off as children get older, so preteens and teens need a booster shot known as Tdap. Getting this booster not only protects preteens and teens, but also the people around them—especially little babies and elders.

### What To Expect At The 11 Year Visit

- Talk with your provider about adolescent immunizations. Your child may need one or more immunizations.

**West Virginia  
HealthCheck Program  
1-800-642-9704**

[www.dhhr.wv.gov/healthcheck](http://www.dhhr.wv.gov/healthcheck)

**Transportation Assistance  
Contact MTM to schedule a ride  
1-844-549-8353**

[www.mtm-inc.net/west-virginia](http://www.mtm-inc.net/west-virginia)