



West Virginia HealthCheck

12 Year Visit

What to Expect at the 12 Year Visit

New experiences and responsibilities along with increased freedoms are now a part of your child's daily life. Your relationship with your 12 year old may begin to change during this time period full of dramatic personal changes. During this visit some questions your provider may ask include:

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

Your provider may talk with your child about:

How do you feel about the way you look? Do you have any concerns about your weight?

How do you get along with your family?

What do you enjoy at school? Are you having difficulty with any subjects?

Do you worry a lot or feel overly stressed out? How do you cope with stress?

Have you (or your friends) ever experimented with smoking, spit tobacco, alcohol or **other drugs**?

- Your child's height, weight, **BMI** and blood pressure will be measured.
- Your child will have a **visual acuity 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, avoiding **peer pressure**, school progress, and **puberty**.

Preventive Care Tips: Adolescent Immunizations: HPV

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 children 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 genital HPV infection and the HPV vaccine:

Genital human papillomavirus (also called HPV) is the most common sexually transmitted disease (STD). There are more than 40 HPV types that can infect the genital areas of males and females. These HPV types can also infect the mouth and throat. A person can have HPV even if years have passed since he or she had sexual contact with an infected person. Most infected persons do not realize they are infected or that they are passing the virus on to a sex partner. It is also possible to get more than one type of HPV.

Cervical cancer, caused by HPV, is one of the most common cancers in women—every year in the United States, about 12,000 women are diagnosed with cervical cancer, and about 4,000 women die from this disease. HPV types 16 and 18 are the most common high-risk types associated with cervical cancer, while HPV 6 and 11 are the most common low-risk types associated with genital and respiratory tract warts (recurrent respiratory papillomatosis or RRP). High-risk HPV types have also been associated with other, less common cancers and precancers in women, such as vulvar, vaginal, anal, **oropharyngeal carcinomas** and **dysplasia**. HPV-associated cancers in males include certain anal, penile, and oropharyngeal carcinomas and dysplasia.

Human papillomavirus (HPV) vaccine protects against the types of HPV that cause most cervical cancers. HPV vaccine is given in 3 doses over a 6-month period to boys and girls starting at 11-12 years old.

What To Expect At The 13 Year Visit

- Talk with your provider about adolescent immunizations. Your child may need one or more immunizations.
- Your child will have a dyslipidemia risk screen.

West Virginia HealthCheck Program
1-800-642-9704

www.dhhr.kj.gov/healthcheck

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

www.mtm-inc.net/west-virginia