



# West Virginia HealthCheck

## 17 Year Visit

### What to Expect at the 17 Year Visit

Your 17 year old may begin preparing for life outside the family home. Many 17 year olds are thinking about college, trade school, the military or even marriage and children. During this visit some questions your provider may ask include:

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

What have you and your adolescent discussed about the risks of using alcohol, tobacco, and **other drugs**?

Your provider may talk separately with your child about:

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

How do you get along with your family?

Have you been feeling sad, had difficulty sleeping, or frequently feel irritable? Are you feeling stressed?

Who do you go to for advice and help with personal decisions in your life?

- Your child's height, weight, **BMI** and blood pressure will be measured.
- Your child will have a **dyslipidemia risk screen**.
- Your child's exam will include a **behavioral risk screen**.
- Your child will have a **visual acuity 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 information about risk reduction and talk about avoiding **peer pressure**.

### Preventive Care Tips: Screening For Sexually Transmitted Diseases

Adolescents may not be comfortable talking about their sexual history, sex partners, or sexual practices. But, it is important to let them know that taking a sexual history is an important part of a regular medical exam or physical history.

Adolescents who are sexually active (and those who plan to become sexually active) need information about sexually transmitted diseases (STDs) and how to prevent them. Research suggests that as many as 1 in 4 teens may have a STD. And teenagers account for 1/2 of all new STD infections each year. Many of these infections are **asymptomatic**, yet some can cause serious health consequences, including infertility, if left untreated. The most prevalent STDs include:

- Gonorrhea
- Genital herpes
- Chlamydia
- Trichomoniasis
- HPV



#### Centers for Disease Control and Prevention (CDC) FACT SHEETS

Learn the basics about sexually transmitted diseases at:

[http://www.cdc.gov/std/healthcomm/fact\\_sheets.htm](http://www.cdc.gov/std/healthcomm/fact_sheets.htm)

The American Academy of Pediatrics (AAP) recommends that all sexually active patients should be screened for sexually transmitted diseases.

STD screening begins with risk questions like "Have you ever had sex (including intercourse or oral sex)?"

A physical exam will include visual observation for signs of STDs, for example, **warts, vesicles** or discharge.

All adolescents (males and females) who indicate they are sexually active, chlamydia and gonorrhea tests should be given.

Syphilis and HIV blood tests are recommended for sexually active adolescents with increased risk based upon the following screening questions:

- Do you now use or have you ever used injectable drugs?
- Are you having unprotected sex with multiple partners?
- (MALES ONLY) Have you ever had sex with other men?
- Have any of your past or current sex partners been infected with HIV, bisexual, or injection drug users?
- Have you ever been treated for a sexually transmitted disease?

For adolescents (and their parents) who want more information:

<http://www.itsyoursexlife.com/gyt/>

The "GYT" -- Get Yourself Tested Campaign, a partnership effort between CDC, MTV, Kaiser Family Foundation, and Planned Parenthood Federation of America, offers teen-friendly sexual health information, and free materials to promote STD talking and testing.

### What To Expect At The 18 Year Visit

- Your child will have a dyslipidemia risk screen.
- Your child's exam will include a behavioral risk screen.

**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)