

Physical Exam- Teenager

TEEN COMPLETE PHYSICAL (Ages 13-19)

Dear Parent:

Your teenager needs a complete physical every year. It is very important that this be done even if they are healthy.

This is a two-part evaluation. The first visit requires your presence. We may do some lab work, so your teenager should have only a light breakfast or lunch.

The second visit is a physical exam and discussion of health issues. You may be present for part of this visit if you wish. However, we want some time alone with your teen to discuss issues regarding drugs, alcohol, and perhaps sexuality issues.

This two-part physical involves a review of the family and patient's medical history and any symptoms that your teenager may have. The physical exam will be a complete examination looking for any problems. We will possibly do some lab tests to check for anemia, cholesterol, etc. We will also give them a handout which discusses many specific health issues to help your teenager live a longer and healthier life.

Sincerely,

Alliance Family Practice

Note: While your presence is optional for your 18 or 19 year old, it would be beneficial to have you there at the first visit to obtain an accurate medical history