

Top 10 reasons you should continue to bring your adolescent to Corridor Primary Care Pediatrics for annual physicals.

Most schools in the area are now offering athletic screenings for students. Often times we will get calls from parents asking if this screening “counts” as their annual physical. The short answer is no, it does not. The American Academy of Pediatrics recommends that you continue to take your young athlete to your primary care provider for their annual physical and we support that policy at Corridor Primary Care. Listed below are some aspects of a complete physical that may not be done at the athletic screening.

10. Vaccines

Making sure your child is up to date on vaccines is an important part of the annual physical. Tetanus/pertussis boosters as well as the meningococcal vaccine are required before entering 7th grade and a booster is recommended on the meningococcal at age 16, not to mention annual flu vaccines starting in the fall. We also recommend the HPV or Gardasil vaccine for all teenagers, boys and girls. Please contact our office if you have any questions on the vaccine schedule or to find out if your teen is up to date.

9. Hearing screens

Ever notice that you can hear the music coming from your teen’s ear pieces from across the room? Early hearing loss has become a concern for young adults and hearing screening is an important part of the annual exam.

8. Acne

Earlier and more aggressive treatment of acne is now recommended and there are a variety of good medications at our disposal. We can help determine the best course of treatment and also refer to dermatology when there are concerns about scarring from severe acne.

7. Medication refills

Need to make sure you have allergy medications ready for cedar season? If your child is on any prescription medications it is recommended that he/she be seen at least once every year to assess how the medications are working. In some cases you will need to be seen more often depending on the condition.

6. Cholesterol screening

It is now recommended all teenagers be screened for high cholesterol at least once, especially if there is a family history. We offer in office cholesterol screening with just a finger stick and you do not have to be fasting.

5. Review of family history

Each time you come in for a physical we give you a form to update your family history. If certain diseases start to occur in your extended family, such as cancer, early heart attacks, celiac disease or inflammatory bowel disease, this may prompt us to do more involved screening or at least be on the lookout for concerning symptoms in your teen.

4. Mental health screening

Is it just the blues? Is my child just being a moody teenager? Or is it something more serious? We can help. There are tools at our disposal to help us screen for mental health issues and arrange for appropriate referral if needed.

3. Referrals

Is that knee pain that developed during track season something serious? Is the acne getting out of control? As primary care providers it is our job to help determine when seeing a specialist is necessary and to help arrange for that referral.

2. Growth curves

Each time your child comes in to the office we get a height and weight and our computer system automatically plots these on a standard growth curve. Following your child's growth on these curves is important and can help us better determine if there are issues that need to be addressed. For example, is the height increasing as predicted? Do we need to worry about delayed puberty? Is the weight a concern and do we need to screen for diabetes?

And the #1 reason is.....

We would miss you! Ok, this is selfish on our part but we really would. There is a good chance we have been seeing your child since they were a baby and we would love to continue seeing them through their teen years. Part of the joy of pediatrics is watching your children grow into healthy young adults. We will see patients up to 18 years of age and it is our privilege to be a part of every stage of your child's life.

Please don't hesitate to call our office for any questions or concerns, or more importantly to schedule a check up!