

GET THE FACTS

ABOUT DISEASES THAT CAN AFFECT PRETEENS AND TEENS

HELPFUL INFORMATION FOR PARENTS

The resources below and the information on the reverse can help prepare you for your child's next well visit.

WHAT TO KEEP AT HOME:

It is a good idea to keep records of the following health information:

- ✓ Any health screening results, such as those for vision and hearing
- ✓ Records of any major health problems (including broken bones), surgeries, or hospital stays
- ✓ Records of hearing, vision, and dental visits
- ✓ A list of medicines your child has used in the past or is currently taking. Include prescription and over-the-counter medicines, dietary and herbal supplements, and vitamins and minerals
- ✓ A list of allergies, including to any foods and drugs

IT'S ALSO A GOOD IDEA TO INCLUDE:

- ✓ Your pharmacy name and phone number
- ✓ The poison control phone number
- ✓ Records of insurance claims and payments
- ✓ Written notes from your child's doctors or doctor visits
- ✓ Anything else about your child's health that you think is important

Learn how to help prevent diseases that can affect your preteen or teen.

DIPHTHERIA

HUMAN PAPILLOMAVIRUS (HPV)

INFLUENZA (FLU)

MENINGOCOCCAL DISEASE (MENINGITIS)

PERTUSSIS (WHOOPIING COUGH)

TETANUS (LOCKJAW)

ONLINE RESOURCES:

There are multiple resources that can provide accurate information on diseases that could affect a preteen or teen. Sources include:

- ✓ Centers for Disease Control and Prevention (CDC)
- ✓ American Academy of Family Physicians (AAFP)
- ✓ American Academy of Pediatrics (AAP)
- ✓ American Medical Association (AMA)

See reverse for information about diseases that can affect your preteen or teen. Talk to your child's doctor or health care professional about ways you can help protect your child.



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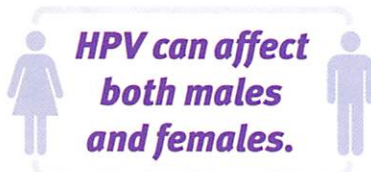
ABOUT DISEASES THAT CAN AFFECT PRETEENS AND TEENS

HELPFUL INFORMATION FOR PARENTS

Vaccines work to help prevent illness before your child is exposed to certain diseases. Get the facts about these diseases, and talk to your child's doctor or health care professional about vaccines to help prevent these diseases.

HUMAN PAPILOMAVIRUS (HPV)

HPV is a virus that will infect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But there's no way to predict who will or won't clear the virus. For those who don't clear certain types, HPV could cause cervical cancer in females. Other types could cause genital warts in both



males and females. Each day in the United States, 33 women are diagnosed with cervical cancer (about 12,000 women per year) and it is estimated that each minute there is a new case of genital warts in men and women.

DIPHTHERIA

Diphtheria is caused by bacteria that may affect the breathing system. It may also begin as a skin infection. It is spread by sneezing and coughing. Symptoms usually start 2 to 5 days after coming into contact with the bacteria and may include bluish skin color, chills, sore throat, fever, and painful swallowing. Diphtheria may be mild or severe, and complications may include difficulty breathing, temporary paralysis, heart damage, kidney damage, and coma.

INFLUENZA (FLU)

The flu is a contagious disease caused by a virus that is spread from infected people who cough and sneeze. It can also be spread by touching an object that has the flu virus on it and then touching your eyes, nose, or mouth. Flu symptoms include fever, cough, sore throat, runny nose, body aches, and feeling tired. The flu can range from mild to severe and can sometimes lead to potentially serious consequences.

MENINGOCOCCAL DISEASE (MENINGITIS)

Meningitis is a very serious infection of the lining around the brain and spinal cord. Infection can be spread from person to person by close contact. It is characterized by fever, headache, and stiff neck. Meningitis can be caused by either a viral or bacterial infection — and knowing the difference can lead to different treatment approaches. Complications can lead to a loss of limbs, brain damage, kidney disease, hearing loss, and other potentially serious consequences.

PERTUSSIS (WHOOPIING COUGH)

Whooping cough is a highly contagious respiratory tract infection spread by coughing and sneezing. Symptoms can include violent coughing, difficulty breathing, and vomiting. In the last 30 years, cases of pertussis have been on the rise in the United States, especially among teens, preteens, and infants younger than 6 months of age. Pertussis in preteens or teens can range from mild to severe. About 1 in 5 infants with pertussis gets pneumonia. The infection often causes a lengthy illness that can lead to repeated doctor visits and missed school.

TETANUS (LOCKJAW)

Tetanus is a disease of the nervous system caused by bacteria that enter the body through a cut or wound. It is not spread from person to person. Symptoms are painful muscle spasms, stiffness in the neck or stomach area, lockjaw, and difficulty swallowing. Tetanus can lead to broken bones and changes in heart rhythms. Treatment for tetanus may include lengthy hospital stays.

See reverse for helpful ideas and resources.



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