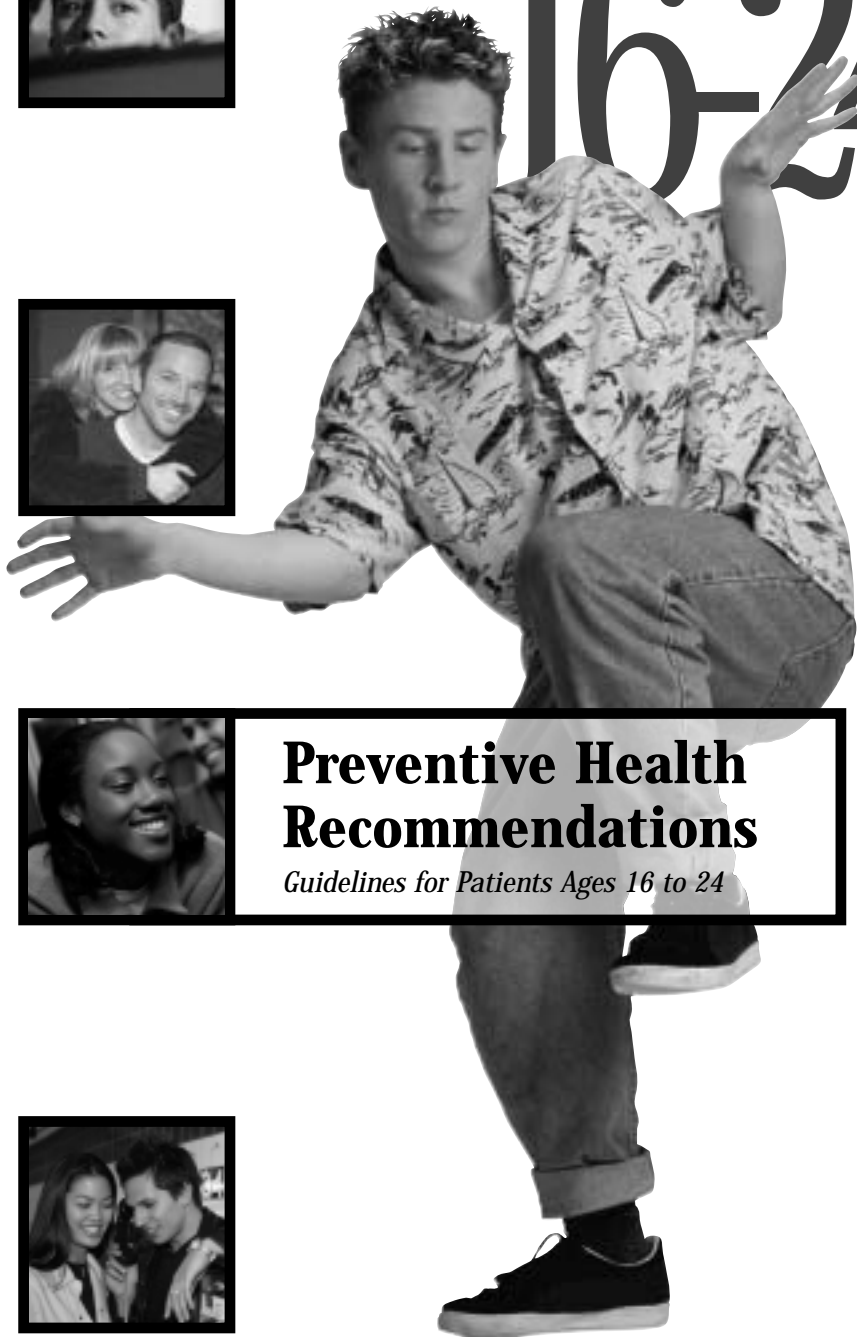




16-24



Preventive Health Recommendations

Guidelines for Patients Ages 16 to 24



Introduction

This booklet contains recommendations and guidelines for your continued health, safety, and well-being. Please take a few moments to read this booklet.

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Injury Prevention

You can reduce your risk of injury by following these safety tips:

Buckle up. A seat belt can save your life.

Motor vehicle accidents are the leading cause of death for people in their late teens and early twenties. Seat belts can greatly reduce your chance of death or injury. Why risk it? Buckle up with both lap and shoulder belts **every time** you are in the car. Ask those who ride with you to buckle up.

A helmet can prevent a serious head injury.

If you ride a bike, motorcycle, or all-terrain vehicle, you run the risk of a serious head injury, permanent brain damage, or death. Wearing an approved safety helmet will lower your risk of injury or death from head trauma by 85 percent.

For more information on seat belts or helmets, contact the Pennsylvania Department of Transportation at 1-800-932-4600 or visit their Web site at www.dot.state.pa.us.

Motor vehicle accidents are the leading cause of death for people in their late teens and early twenties.

Gun-related accidents can be prevented.

The number of gun-related accidents is on the rise.

Since firearms can be dangerous, safety must be your number one concern when handling any type of firearm.

If you own a gun, you **must** keep it unloaded and locked away in a place where children can't get to it.

For information about gun safety, contact the National Rifle Association at 1-800-392-8683 or visit their Web site at www.nra.org.

Smoke detectors can protect you from serious burns, injuries, or even death.

Every year home fires kill thousands of people and damage or destroy more than 500,000 homes. You can protect yourself by taking the following precautions:

Install smoke detectors. Change batteries twice yearly.

- Have a fire escape plan.
- Buy a fire extinguisher. Look for “ABC” on the label to be sure it will work on all kinds of fires.
- Look for fire hazards in your home, and correct them promptly.
- Have your furnace checked annually.

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For a fire safety inspection or further information, call your local fire department.

Carbon monoxide detectors can prevent death.

Carbon monoxide interferes with the delivery of oxygen throughout the body and can cause unconsciousness and even death. The gas is odorless and colorless and may cause the following symptoms: headache, nausea, dizziness, weakness, confusion, disorientation, and fatigue.

The U.S. Consumer Product Safety Commission recommends the installation of carbon monoxide detectors in homes — near sleeping areas, furnaces and hot water heaters, gas appliances, fireplaces, and wood or coal stoves. They should be placed at eye level or higher for the most effective detection.

For more information, contact the U.S. Consumer Product Safety Commission at 1-800-638-2772 or visit their Web site at www.cpsc.gov.

Making Smart Choices

Make smart choices for good health. Don't let tobacco use, excessive alcohol use, illegal drug use, or risky sexual behavior put your health in danger.

Tobacco Use

Each day, more than 5,000 adolescents try smoking, and 3,000 of them get hooked. Three million people die each year as a result of smoking. There is no safe way to smoke. Some people try to make their smoking habit safer by smoking fewer cigarettes or switching to brands with low tar and nicotine. Even when used in small amounts, all cigarettes can cause damage to your body.

*Information
for Patients*

**Three million
people die each
year as a result
of smoking.**

Smoking causes disease. If you smoke, you are more likely to die at a younger age. The longer you smoke, the more harm it can cause to your body. The harmful effects can result in cancer, stomach ulcers, osteoporosis, heart disease, blood vessel disease, stroke, and lung diseases like chronic bronchitis or emphysema. Pregnant

women who smoke endanger the health and lives of their unborn babies. Smoking is not just harmful to you. It is harmful to those around you too.

Smoking is addictive. Some people find smoking enjoyable. This short-term pleasure does not outweigh the harmful effects. The nicotine in cigarettes is addictive. Nicotine is a drug. It is just as addicting as heroin, cocaine, or alcohol. It is better never to start smoking cigarettes than to smoke with the intention of quitting later.

Tobacco in any form is harmful to your health. Cigar smoking, pipe smoking, chewing tobacco, and dipping snuff can be dangerous too.

Smoking one cigar is equal to smoking two and a half cigarettes. Even smoking a few cigars puts you at risk for lung, mouth, lip, and throat cancer.

Chewing tobacco and dipping snuff puts cancer-causing chemicals into contact with your gums, cheeks, and gastrointestinal tract.

Even if you don't find a problem today, see your dentist or doctor frequently to have your mouth checked. Your chances for a cure are better if oral cancer is found early.

**Smoking is
not just harmful
to you. It is
harmful to those
around you too.**

Where to go for help. It's hard to fight any addiction, and smoking is no different. More than 40 million Americans have successfully quit smoking, and you can too. If you want to stop smoking, there are medications, therapies, and smoking cessation classes to help you.

Contact UPMC Health System at 412-647-UPMC (8762) or, toll free, at 1-800-533-UPMC (8762), or visit our Web site at www.upmc.com for information on smoking cessation classes.

For further information, contact the American Cancer Society at 412-919-1100 or visit their Web site at www.cancer.org.

Making Smart Choices (continued)

Sexually Transmitted Diseases (STDs)

Many serious diseases are caused by having sex with someone who has the disease. A disease you can catch as a result of having sex is called a sexually transmitted disease (STD). You can get STDs, including HIV, if you have unprotected sex. Each year there are about 12 million new infections of STDs. STDs include chlamydia, gonorrhea, syphilis, hepatitis B, genital herpes, and HIV. Gonorrhea, chlamydia, herpes, and HIV are spreading fastest within the teen population. More than one million Americans are currently infected with HIV, the virus that causes AIDS.

You can't tell if someone has an STD just by looking at him or her.

All kinds of people get STDs. You can't tell if someone has an STD just by looking at him or her. Most people will show no outward signs or symptoms.

STD and HIV Risk Reduction Guide:

Having sex just one time with an infected partner can give you an STD. The only way to be 100 percent safe from STDs, HIV, and AIDS is not to have sex.

- To lower your risk, have sex with one partner only, who has had no other partners and who has never used street drugs.
- Talk to your partner about his or her past sexual history and drug use before you decide whether to have sex.

- Agree to use a female or male latex condom properly each time you have sex. Condoms form a barrier to STD and AIDS for both partners.
- Don't take illegal intravenous drugs. If you do, don't share needles — even those used for tattooing, piercing, and vitamin or steroid injections.
- If you are being treated for an STD, tell all of your partners so they can get checked and treated. Early treatment of STDs can prevent problems for you later. Most STDs can be cured or managed. However, if left untreated, an STD can lead to serious health problems, infertility, and in some cases, death.

If you are concerned that you have been exposed, speak to your doctor about being tested.

For more information, call:

- Allegheny County Health Department STD Clinic
412-578-8080
Web site: www.county.allegheny.pa.us
- AIDS Information Line
412-578-8081 (No appointment is needed to get free, confidential testing and treatment.)
- Pittsburgh AIDS Center for Treatment (PACT)
412-647-PACT (7228)
or 1-877-788-PACT (7228)
- National AIDS Hot Line
1-800-342-2437
Web site: shastd.org/nah/ www.ashastd.org/nah/

**Most STDs
can be cured or
managed.**

Making Smart Choices (continued)

Contraception

Unprotected sex can result in pregnancy at any time, including the first time. Pregnancy can be prevented. Choosing whether you use birth control is certainly a personal decision. Many pregnancies each year in the United States are unplanned, and this number is on the rise.

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- Teens give birth to about 500,000 babies each year.
- Babies of teen mothers are more likely to be born too early and too small.

Having a baby...can be appreciated all the more if you choose the best time to make it happen.

Having a baby can be a wonderful experience. It can be appreciated all the more if you choose the best time to make it happen. However, if you are sexually active and do not want to become pregnant, you should consider using some type of birth control.

There are many important issues to consider and many contraceptive methods available. Not having sex is the best way to avoid an unplanned pregnancy. Several methods of contraception, including birth control

pills and Depo-Provera shots, are available through your doctor. Correct condom use is another method to prevent unplanned pregnancy. If you have had unprotected sex and do not want to become pregnant, you may want to consider emergency contraception. This method involves taking pills within three days of the sexual encounter.

Preventing pregnancy is a shared responsibility, so if you or your partner have any questions about any form of birth control, please speak with your doctor or contact:

- Magee-Womens Hospital
412-641-1000
412-641-1285 (Teen Outpatient Clinic)
- Family Health Council
1-800-215-7494
Web site: www.fhcinc.org
- Planned Parenthood
412-434-8976

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Alcohol and Drug Use

Heavy drinking and drug use can lead to health and family problems. Drugs and alcohol damage your judgment. They can change the way you feel about things and how you act, which can lead to injuries and accidents. Problem drinking or drug use can also lead to family problems, legal and job difficulties, or health problems like liver disease. Drinking and drug use during pregnancy can harm your unborn baby.

If you answer “yes” to any of the following questions, you may have a problem with alcohol.

- Have you ever felt you should cut down on your drinking?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt guilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?

Making Smart Choices (continued)

“Chugging,” or drinking large amounts of alcohol in a short time, can kill you. Mixing alcohol with “uppers,” “downers,” narcotics, antihistamines, and inhalants also can be fatal. Drinking and driving is especially dangerous and one of the most common ways young people are killed.

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The best way to avoid these problems is to not drink alcohol at all. But if you are of legal age and drink, limit your intake to no more than 14 drinks per week for men and seven drinks per week for women. If you are pregnant or planning to get pregnant, you shouldn’t drink at all.

If you think that you may have a drinking or drug problem, speak to your doctor. For further information, contact:

- Alcoholics Anonymous
412-471-7472
Web site: www.alcoholics-anonymous.org
- Narcotics Anonymous
412-391-5247
Web site: www.na.org

Protecting Yourself

Domestic Violence and Sexual Abuse

Do you live in fear of a spouse, child, friend, or parent?

If you’re feeling unsafe in your own home, learn what domestic violence is, why it should be stopped, and what you can do to stop it. Violence includes physical assault, verbal abuse, having objects thrown at you, or being threatened. Living with abuse can be emotionally draining and physically dangerous.

Rape and Sexual Assault

Rape is a crime of violence and hate. It is sexual only in its method. In nearly all cases, the parties involved know each other. It can even happen on a date. If it happens to you, you should understand that you're not to blame. You should tell someone right away!

Take action if you or a family member is the victim of abuse. With the support of other relatives, friends, or community support groups, you can find the help you need.

Speak with your doctor or call any of the following numbers. They are available 24 hours a day to help victims of violence or sexual abuse:

- Women's Center and Shelter of Greater Pittsburgh
412-687-8005
- Pittsburgh Children and Youth Services
412-350-5701
Web site: www.county.allegheny.pa.us/dhs
- Center for Victims of Violent Crime
412-392-8582 (for victims of sexual and violent crimes)
- Pittsburgh Action Against Rape
412-431-5665
24-hour hot line: 412-765-2731

Living with abuse can be emotionally draining and physically dangerous.

Protecting Yourself (continued)

Internet Safety

Computers are useful tools, but they can be misused.

Some people have used the Internet for illegal purposes, such as harassing or threatening others.

- Don't give out personal information over the Internet.
- Never agree to get together with someone you have met only over the Internet.

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Living a Healthy Lifestyle

Eating for Good Health

Eating a healthy diet and getting regular exercise can reduce health risks like heart disease and help you maintain your ideal weight.

A poor diet and lack of exercise can lead to weight gain and health problems. These health problems can include high blood pressure, diabetes, early heart disease, and certain types of cancer.

We recommend the following guidelines:

- Eat a variety of foods.
- Maintain or improve your weight by eating the recommended calories for your age and height.
- Eat calcium-rich foods like skim milk, low-fat or non-fat yogurt, or low-fat cottage cheese to protect your bones. Nearly one half of your bone mass is formed during your teen years. Below are recommended daily amounts of calcium for all ages including pregnant and lactating women:

Ages 9–18 — 1,300 mg

Ages 19–50 — 1,000 mg

- Choose a diet with plenty of grain products (bread, cereal, pasta, and rice), vegetables, and fruits.
- Choose a diet low in fat and cholesterol. Limit your intake of fried foods, butter, lard, shortening, egg yolks, mayonnaise, fatty meats and cheeses, poultry skin, avocados, and foods made with palm or coconut oil.
- Choose a diet moderate in salt, sodium, and sugar.
- Eat three meals a day. Skipping breakfast can affect school and job performance.
- If you are female and are pregnant or planning a pregnancy, take a multivitamin with folic acid. Better yet, talk with your doctor about a prenatal vitamin if you are planning a pregnancy.

**A poor diet
and a lack of
exercise can
lead to weight
gain and health
problems.**

Losing control of your eating may be a sign of an eating disorder, such as anorexia or bulimia. People suffering from anorexia are extremely afraid of becoming overweight, so they eat as little as possible. People with bulimia will do anything to avoid weight gain, such as making themselves vomit or taking laxatives. Some warning signs that you may have an eating disorder include:

- constant concern about your weight
- feeling you must lose weight even though people say you look thin
- feeling like you can't control your eating habits
- combining too much exercise with extreme dieting

Living a Healthy Lifestyle (continued)

Speak to your doctor if you have any concerns about your eating habits. For more information, contact UPMC Nutrition Services at 412-692-4497, the Consumer Nutrition Hot Line at 1-800-366-1655, or Western Psychiatric Institute and Clinic's Eating Disorders Unit at 412-624-5420.

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Exercise

Regular exercise has many benefits. You should accumulate at least 30 minutes of moderate physical activity five to seven days per week. Always consult your doctor before starting any exercise program.

The potential benefits from regular exercise are to:

- maintain or reduce your weight
- reduce stress and relieve anger, tension, and depression
- control blood pressure
- positively influence diabetes control
- increase muscular strength, endurance, and flexibility
- positively increase bone strength
- control cholesterol levels

We recognize that eating a healthy diet, losing weight, and starting an exercise program can be difficult. For more information on nutrition, contact:

- Consumer Nutrition Hot Line:
1-800-366-1655
- Nutrition Information of the American Dietetic Association:
1-800-366-1655
Web site: www.eatright.org

- UPMC Weight Management Center:
412-624-2339
Web site: www.upmc.edu/weightloss
- American College of Sports Medicine:
317-637-9200
Web site: www.acsm.org
- American Council on Exercise:
1-800-825-1655
Web site: www.acefitness.org
- Fit Teen Web site: www.fitteen.com

Dental Health

Neglecting your teeth can result in tooth decay, gum disease, and other problems that can affect your mouth.

To prevent problems:

- Floss regularly, and brush your teeth daily with fluoride toothpaste.
- Reduce your intake of sugary foods.
- See your dentist regularly. If you have not seen your dentist within the last year, call and make an appointment.

For more information about dental health, contact the American Dental Association at 312-440-2500 or visit their Web site at www.ada.org.

Mental Health

Stress can lower your resistance to disease. Pressures, demands, and worries that make you feel tense are a part of life, but they can affect your physical and emotional health. Learn how to manage stress effectively.

Living a Healthy Lifestyle (continued)

Depression is a medical illness and is not a character defect or weakness that can be wished away. Anyone — no matter what age, economic background, or race — can develop depression. Some key behaviors that may signal depression are:

- a sudden drop in school or work performance
- loss of interest or pleasure in activities once enjoyed
- outbursts of shouting, complaining, unexplained irritability, or crying
- thoughts of death or suicide
- expressions of fear or anxiety
- aggression, refusal to cooperate, or antisocial behavior
- use of alcohol or other drugs
- constant complaints of headaches, sleep disturbances, stomach pains, and changes in appetite with no apparent cause

Let your doctor know if you have experienced any of the above behaviors. If your doctor finds that you are depressed, he or she can tell you about several treatment options. Then you and your doctor can begin to plan the treatment that is best for you.

For more information on depression, contact the National Institute of Mental Health at 301-443-4513 or visit their Web site at www.nimh.nih.gov.

Western Psychiatric Institute and Clinic of UPMC Presbyterian offers a variety of mental health services. Call 412-624-2100 for information.

Health Screenings

The earlier a disease is found, the better the chances for successful treatment and possible cure. This is sometimes referred to as “early detection.” Early detection is especially important in the treatment of many forms of cancer.

If you are a woman:

- Examine your breasts monthly.
- Get a Pap test at least every one to three years if you are over 18 or sexually active.

*Information
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If you are a man:

Testicular cancer is the most common type of cancer in men ages 20 to 35. A testicular self-exam can increase the chances of early detection and a cure.

- Examine each testicle once a month after a warm bath or shower. Notify your doctor if you feel any new growth or lump.

**Testicular cancer
is the most
common type of
cancer in men
ages 20 to 35.**

People of all ages can have high

blood pressure and high cholesterol. High blood pressure (hypertension) is the leading risk factor for heart disease and stroke. Early detection and treatment of high blood pressure can save your life, so have your blood pressure checked yearly.

High blood cholesterol is one of the biggest risk factors for heart disease, the leading cause of death in the United States. The good news is you have some control over your cholesterol by eating a healthy diet and exercising.

Living a Healthy Lifestyle (continued)

If you are over the age of 20, talk to your doctor to see if you should be screened for high cholesterol.

For more information, contact the American Heart Association at 1-800-AHA-USA-1 (242-8721) or visit their Web site at www.americanheart.org.

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Skin cancer is the most common type of cancer.

If found early and treated promptly, it is almost 100 percent curable.

To prevent skin cancer:

- Avoid exposure to the sun, especially between 10 a.m. and 3 p.m.
- Wear protective clothing, such as sun hats and long sleeves.
- Use sunscreen with an SPF (sun protection factor) of 15 or greater when exposed to the sun, and don't forget to reapply.

For more information, contact:

- UPMC Cancer Centers at:
1-800-237-4724
Web site: www.upmccancercenters.com
- Cancer Information Service at:
1-800-4-CANCER (422-6237)
Web site: www.nci.nih.gov

Adult Immunizations

Immunizations can protect you from certain diseases or make symptoms less severe. All young adults should be up to date with measles, mumps, rubella, and tetanus immunizations. The tetanus immunization should be repeated every 10 years. You also may benefit from other immunizations including varicella (chicken pox), hepatitis B, and a yearly flu vaccine.

Additional vaccines may be recommended if you plan to travel out of the country. Check with your doctor about immunizations that may be appropriate for you.

*Information
for Patients*

For more information about UPMC Health System services, call the UPMC Health System Referral Service at 412-647-UPMC (8762) or visit our Web site at www.upmc.edu.

*Information
for Patients*

These recommendations will help you achieve a healthy lifestyle. Our goal is to help you look and feel better, be healthy, and live a long life.

It is important to follow your doctor's recommendations for screening and testing. It is only by forming a partnership with your physician that your health can best be protected.



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For help in finding a doctor or health service that suits your needs, call the UPMC Health System Referral Service at 412-647-UPMC (8762) or, toll-free, 1-800-533-UPMC (8762).

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This information is not intended to be used as a substitute for professional medical advice, diagnosis, or treatment. You should not rely entirely on this information for your health care needs. Ask your own doctor or health care provider any specific medical questions that you have.