
Young Adult Newsletter



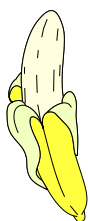
For those 18 years and Older

Injury



Prevention

The most common cause of death



in young adults:

➤ **Auto Accidents:**
Approximately 200,000 young adults (under age 24) die per year from an auto-accident. Wear a seat belt while driving or riding. Never drive or allow others to drive after drinking. Do not ride with a driver who has been drinking.

Nutrition

Eat 3 meals a day. Don't forget breakfast. It is still very important to eat 3 servings of vegetables and 2 servings of fruits per day.

➤ If you are on the run, try: bread, bagels, crackers with peanut butter or cheese, bananas, apples, oranges, carrots, veggies, milk, yogurt.

➤ Young women should have a diet with sufficient calcium – two to three servings of dairy daily. If you cannot tolerate dairy, speak with us. Females also need more iron, due to menstrual blood loss. You may want to take a multi-vitamin.

Healthy Habits

Stay drug free and respect the decision of others to do so. Talk to us about any questions you have about steroids, alcohol, tobacco, diet pills, drugs or concerns about your weight.

Remember the following recommendations for a healthy body:

- 5 servings of fruits/veggies per day
- 2 hours of screen time per day (TV, Video, Computer)
- 1 hour of physical activity per day (that increases heart rate)
- 0 intake of sweetened beverages

Continue oral health with brushing and flossing. Be sure to continue dental cleanings twice a year.

Vaping

Don't underestimate the dangers of vaping. It allows the user to experience a higher and more addictive amount of nicotine. 1 Juulpod contains 40 mg, the amount found in a whole pack of cigarettes. Nicotine interferes with memory and attention span. Vaping also contains ultrafine particles that you inhale in your lungs. Flavorants have diacetyl, a chemical linked to serious lung disease; in addition to organic compounds and heavy metals such as lead, tin and nickel. Remember that vaping, drugs, alcohol and

smoking are largely determined by who you hang out with. For a quit program text "DITCHJUUL" to 88709. For parent support - text "QUIT" to (202) 899-7550

Sexuality

The decision to have sex is a serious one. Consequences can change your life permanently (pregnancy, AIDS, diseases, and depression). Not having sex is the safest choice. Express your affection by kissing, touching, and hugging. Be clear in your own mind what you do not want to do. If any part of you says no, the answer is NO. Unsafe sex includes unprotected contact between genitals, (including intercourse), genitals and the mouth (oral sex), or genitals and the anus. Safer (but not risk free) sex includes using a condom and using birth control. Condoms and birth control do not always protect you from pregnancy or sexually transmitted diseases, including AIDS.

Date rape is when someone you know forces you into sexual activity against your will. This could happen if you choose to participate in some intimate activity like kissing, but want to stop and your partner will not let you. Avoid this situation by:

- Meeting in places where there are more than just the two of you.
- Be assertive.
- Making a scene so someone will help you.
- Remember you are in better control of an intimate situation if you are not using drugs or alcohol.

Transitioning to Adult Care

Four Seasons Pediatrics is committed to helping our patients make a smooth transition from pediatric to adult health care. Our practice supports our patients through their college and work transition years until the age of approximately 22. There are steps that we have already taken to assist in this manner. By now, you will have had practice making the transition from when your parents made all the decisions to an “adult” model of care where youth take full responsibility for decision-making. (e.g. By now we would have offered to see you without your parent present in order to assist you in setting health priorities and supporting you in becoming more independent with your own health care.)

At age 18, youth legally become adults. We respect that many of our young adult patients choose to continue to involve their families in health care decisions. Only with your consent will we be able to discuss any personal health information with family members. If you have a condition that prevents you from making health care decisions, we encourage parents/caregivers to consider options for supported decision-making.

We will collaborate with youth and families regarding the age for transferring to an adult provider and recommend that this transfer take place near or after age 22 but no later than age 23. We will assist with this transfer process, including helping to identify an adult provider, sending medical records, and communicating with the adult provider about your unique needs. Our providers will assess special care needs, obstacles to transitioning to an adult care clinician and assess your response to the transition.