

Vaccines

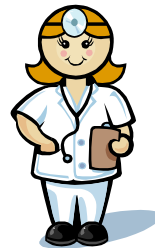
Today we will discuss a vaccine to help prevent you developing a type of cancer when you are older. This vaccine protects you from a virus called

Human Papilloma Virus.

You get this virus from another person and it causes a type of wart to form in your mouth, throat or on your private parts. Over time, this wart has a very high chance of turning into cancer. You would get one dose today and another “booster” dose in 6-12 months.

It's recommended that everyone receive the **Flu vaccine** from October to March each year.

If you are missing any other recommended vaccines, you should get those today as well!



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**BATON ROUGE CLINIC
PEDIATRICS**

Twelve Years



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Caring for Your Body

- As you get older, your body begins to produce hormones that will change your body from a little kid to an adult. You may notice that you and your friends are changing and developing at a different rate. This is normal. Everyone's body is on its own "internal clock" and matures at a different rate. If you are ahead of your friends or changing a little slower, don't worry. Everyone will end up in an adult body in their own time. If you have any questions about your body changes, we can talk about them today.

- It's very important that you take good care of your changing body. Hormones make your body produce more oil and you may sweat more. It is important to wash your hair and face frequently to make sure to remove these oils and keep you looking nice. No one likes a smelly friend! Pimples will sometimes break out on your face even if you wash it twice a day. If this happens, ask me about other things you can do to help treat or prevent them. Take care of your teeth by brushing twice a day and remembering to floss!



- Getting enough rest is very important for your changing body. You should try to get the same amount of sleep every night— about 8-9 hours.
- How about your eating habits? What new foods have you tried lately? It is important to remember that as your body is changing, it will need the right kinds of foods to help it grow. Twelve year olds should get **five** servings of fruits or vegetables a day. A serving is about 1/2 a cup (one small apple or banana, or the amount of vegetables that would fill up the palm of your hand). Are you getting five servings a day? How about milk? Milk contains calcium and other vitamins which are *very important* for helping your bones grow properly. Check out the internet to see what other foods you like with calcium in them and eat those foods more often when you can. Try some new foods on the list you may not have tried before. How many soft drinks or sports drinks do you drink? Did you know these contain lots of sugar which give you unhealthy calories? Try drinking more water or milk— they help you grow healthy muscles and bone. Drink sports drinks only when you are sweating!



- Speaking of sweating... how often do you get outside to have fun? Do you like to ride your bike, play basketball or just run around? A very important part of keeping your growing body healthy is helping it to grow strong muscles to support your growing bones. You should play outside or play sports every day. TV watching and computer games are called *screen time*. Scientists have found that kids who have more than 2 hours of screen time per day are not as healthy as other kids. How much screen time do you think you get per day? What are some ways you can decrease it if you think it is too much? What else could you do instead of watching TV or playing electronic games?
- Finally, as you get closer to being a teenager, your parents will let you do more things on your own. This may mean being around other adults or teens you may not know well. Remember that your body is your personal property. Never let anyone touch you or make you do something that makes you feel uncomfortable. This includes giving you medicines or drinks you aren't sure of— always check with your parents first. You should tell a trusted adult if you are ever put in a situation that makes you feel wrong.