



**Pediatric  
Medicine**

# A Teen's Well Visit

This pamphlet will prepare you for things to expect at your upcoming appointments here at Pediatric Medicine. Remember to ask us any questions you may have.

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Created: 3/14/2025

# Vaccines

Vaccinations are a normal part of yearly well appointments at your doctor's office.

## Tdap

Diphtheria and pertussis spread from person to person. Tetanus enters the body through cuts or wounds.

This vaccine is typically received before 7<sup>th</sup> grade.

## HPV

This vaccine helps protect against infection with human papillomavirus. HPV infections can cause certain types of cancers. HPV infections can also cause genital warts. This vaccine is typically started at age 12, but can be given as early as age 9. It is a 2 dose series. If started after age 15, it is a 3 dose series

## Meningitis ACWY

This vaccine can help protect against different strains of the bacteria meningococcus that can cause meningitis (infection of the lining of the brain and spinal cord) and infections of the blood. It is a 2 dose series started around age 11.

# Confidentiality

There are lots of changes that are happening with your body. We understand that you may want to keep some things private, and that's okay. Most things we can keep private. Just remember, we will ALWAYS encourage you to have open communication with your parents. We are required to speak with your parents if it is a matter of safety, but we will always let you know first! We are here for you!

# PHQ QUESTIONNAIRE

A PHQ questionnaire is a diagnostic tool that you will see each year during your well appointment. It helps us check in on your mental health.

Don't worry, there are no wrong answers and we never judge. Remember to answer honestly. If you have any questions about the questionnaire itself, just ask your nurse or your doctor.

# Hemoglobin check

A menstruating person will have a hemoglobin check each year. It is a small finger poke to collect a small amount of blood. It allows us to check your hemoglobin levels. We are screening for anemia. Menstruating persons are at higher risk for lower hemoglobin levels.

# GC/CHL Screenings

Sexually Transmitted Infections (STI) can come without signs or symptoms. If you are sexually active, we recommend a Gonorrhea (GC) and Chlamydia (CHL) screening with your yearly appt. It is a simple urine collection. The nurse will give you all the directions you need. We can even call you with the results!