

# Why should preteens – young adults get routine check-ups?

Self-Advocacy  
Independence

Sleep Concerns  
Drug Issues

Cancer Education

Heart Defects

Blood Pressure

Heart Murmurs

Chest Wall  
Deformities

Hernia Exam

Routine and Individual  
Health Screenings

Reproductive Health  
and Safety

Digestive Concerns  
Constipation

Life-saving  
Vaccinations



Headaches

Vision and  
Hearing  
Screening

Thyroid and Lymph  
Node Exams

Asthma  
Exercise-induced  
Asthma

BMI and  
Growth  
Monitoring

Depression and  
Anxiety Screening  
Mood Concerns

Scoliosis  
Joint Pain

Cycle Management

Normal  
Development

Sports Clearance




Flat Feet-Skin Conditions-Mole Checks



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