

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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