

Teen visits



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We see patients until age 18. Often once puberty is well established, teens will make the transition to see a family doctor. In this case we will continue to provide support by referral through consultations until age 18.

During teen visits, we look at growth and puberty. There is a wide range of normal pubertal changes and very different for males and females. There is a normal progression however and we look to ensure that everything is progressing normally.

Some issues to be aware of with your teen:

- puberty and sexuality- there is a lot of discussion about this in the school system, so teens are usually well educated but it is important to keep communicating with your teen and be available for any questions*
- drugs/addiction and risky behaviours are common amongst teens. Be aware of potential problems and don't ignore any warning signs.*
- depression can occur in teens. Some of the symptoms are feeling hopeless or helpless, sleeplessness ,social withdrawal, loss of appetite ,loss of interest in usual activities*
- anxiety can become more of an issue with increase academic demands and social issues.*
- academic issues can worsen as work loads and demand increases in high school. There can be many reasons for drop in academic performance including physical and mental illness and peer interactions.*

- social withdrawal can be a sign of social problems or depression. Be aware of how your teen is spending his or her free time.*
- internet/social media can strongly influence a teens behaviour. Be aware of what your teen is doing on the computer, who they are chatting with, and monitor their social media sites*
- sleep patterns often get disturbed due to staying up late for texting, computer time, video games etc- enforce a good regular sleep which is important for growth and attention span.*
- cutting/burning/selfharm/suicidal thoughts can all be difficult to notice until it's too late. Watch for abnormal behaviors*
- eating disorders can develop due to self image, self esteem, peer pressure or conflict with parents. Be aware of eating habits, and communicate and encourage.*
- diets can become poor as teens take over their eating habits. Be involved with nutrition, encourage and maintain a regular diet and family meal time.*

Mostly- be AWARE of what's happening with your teen, be available and visible in your teens life, be an example and keep talking.

Often teens are not comfortable discussing above issues. Please mention any concerns during our routine visits