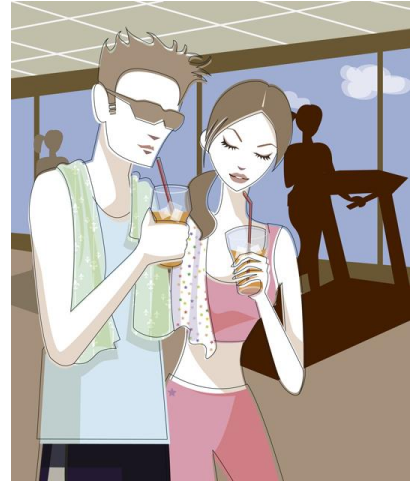


TEENAGE HEALTH CLINIC!

Here at Dr Baliga's surgery we offer a wide range of help and advice for our teenage patients

This service is completely confidential and no one else can find out what you have discussed with us. Occasionally, we may have to consult with other professionals to offer you the right advice and help protects you and others around you. We would always discuss this with you first.



We can offer advice and treatment about:

- *Contraception and sexual health*
- *Drugs and alcohol*
- *Healthy eating*
- *Puberty*
- *Relationships*
- *Self examination – female*
- *Self examination – male*
- *Skincare*
- *Stopping smoking*
- *Teenage leaflet*

Also available are leaflets on the above topics in the surgery which are free to pick up whenever needed.

CONTRACEPTION AND SEXUAL HEALTH!

***STOP! THINK!**

If you are going to do it, do it **safely!**

In today's society more and more young people are becoming pregnant and catching STI's (sexually transmitted infections). This is because they don't prepare for sex or think contraception isn't necessary. **WELL IT IS!**

Contraception should become second nature, and is the responsibility of both partners.

What happens if you have unprotected sex?

- Leads to unwanted pregnancy
- Gives you a sexually transmitted infection

It can be embarrassing, uncomfortable and awkward to deal with but well worth it. Free contraception including condoms is widely available. So don't be afraid to go and get yours!



SNAPSHOT GUIDE TO CONTRACEPTION

Method	Combined Pill	Prostogen Pill	Male Condom	Female Condom
Effective?	Almost 100%	96 - 99% Effective	85% - 98%	85% - 95%
Pros?	Less bleeding, PMS & pain. Protects against Cancer	Useful if cannot take combined pill	Cheap, widely available, male use	Can input it before sex
Cons?	Temporary side affects- headaches, sick	Possible irregular periods and bleeding	May split or slip off. Need to be put on right. Need to withdraw quickly after ejaculation	May slip. Penis must enter condom
STI protect?	NO	NO	YES	YES

Diaphragm / Cap	Inject able Contraceptive	IUS	IMPLANT	IUD
85% - 96%	Almost 100%	Over 99%	Almost 100%	98% -99%
Can be put in 3 hours before sex if spermicide used.	Lasts 12 weeks (depo-provera) or 8 weeks (noristerat)	Works 5 years	Works 3 years. Lighter periods	Works 5 years
Possible infection. New spermicide if used again.	Possible irregular periods or stop. Possible weight gain.	Period disruption	3 mts light bleeding. Temp side affects	Heavy periods. Not for young women
NO	NO	NO	NO	NO

Pregnancy testing and abortion

Both these services are available via the surgery. You can book an appointment to see the Doctor or the nurse to discuss further.

Sexually transmitted infection (STI)

Testing, advice and treatment is available here.

Chlamydia is very common in young people. You will find our **FREE** Chlamydia testing kits in both male and female toilets. **FREE** condoms and C cards are also available from us to protect you from STIs. Chlamydia screening and testing for some other STIs is also available from us.

Alternatively, visit:

- www.havegotit.org
- Genitourinary medicine, (GUM) clinics: that provide a full testing service are available from local hospitals. We can give you contact details

Emergency Contraception

Emergency contraception, (morning after pill) should be obtained as soon as possible. (Preferably within 3 days)

Availability: You can get emergency contraception at our surgery. Most chemists also provide this service, but you might have to pay for it.

Out of hours: When we are closed you can get free emergency contraception from:

- The Urgent Care Centre at Bishop Auckland
 - Dr Piper House in Darlington
- Contact either site by the following telephone number - 111

REMEMBER - BE SAFE

DRUGS AND ALCOHOL!

While drinking alcohol is legal once you are over eighteen it can be harmful if you drink too much. Accidents and fights can be the result can be the result of this. Long-term damage can also be done to your health, if you think you have a problem with or are getting dependable on alcohol please don't hesitate to discuss this with a member of staff in order to get you the right help needed.



DRUGS!

Drugs can be a wide range of illegal substances, in this instance we are not talking about legal drugs prescribed by your doctor.

Taking any illegal drugs can damage your health and even put your life at risk.

*If you think you have a problem you need to get help **IMMEDIATELY!** Help and advice is available from your doctors' surgery or by visiting.*

www.talktofrank.com

ALCOHOL!

Alcohol is the UK's most popular drug however; most people have a good time, drink sensibly and don't cause trouble. But there is a considerable downside;

- *Alcohol misuse can lead to domestic violence and general violence in pubs, clubs and on the streets.*
- *Alcohol is a depressant drug, it slows down the nervous system, reactions and the way your body works.*
- *Too much alcohol at one time can slow your body down to the point where it stops working altogether.*
- *When you're out watch your drink and don't leave it unattended, make sure it doesn't get spiked.*
- *The long term risks of alcohol are; stomach and liver damage, mood swings and certain types of cancer.*
- *It is illegal for young people under eighteen to buy alcohol from licensed premises.*

REMEMBER!

*If somebody you are out with is drunk **DO NOT** let them go to sleep they could vomit in their sleep and choke. Keep them awake but not with black coffee as this will make it worse.*

Recommended sensible drinking limits are;

WOMEN

2-3 UNITS A DAY

MEN

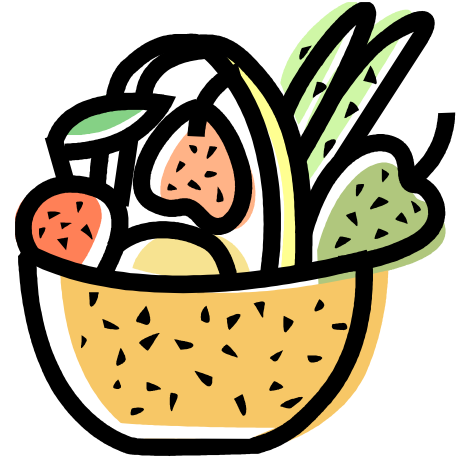
3-4 UNITS A DAY

HEALTHY EATING!

Eating is an important part of life and should always be enjoyable. The overall balance of your food choice is what counts; eating a healthy diet does not mean giving up all your favourite foods.

Sharing a meal with family and friends is an important part of enjoying your food.

The question we need to be asking is...



HOW MUCH? HOW OFTEN?

Here are some questions to think about.

Do you eat a variety of different foods?

No single food provides all the nutrients needed for your body to stay healthy, therefore try to eat a variety of different foods. Most of us need to eat more fruit and vegetables, and others need to eat more starchy food such as, bread, pasta and rice.

Do you eat the right amount to be a healthy weight?

Food provides the energy in order for our body to produce energy and keep us physically active. If the foods we eat provide more energy than what we use up this will cause weight gain, each person needs a different amount of energy and a different amount of food.

Do you eat plenty of fruit and vegetables?

*Most people need to aim at doubling their intake of fruit and vegetables, and everyone should aim towards eating your five a day. Even drinking 100% fresh **orange** juice counts up to your five a day.*

Do you eat too many foods that contain a lot of fat?

A small amount of unsaturated fat in the diet is essential for health and to make foods more pleasant to eat, however eating too much fat is linked to a higher risk of heart disease. Eating too much fat can also lead to people becoming overweight.

Do you have sugary foods and drinks too often?

Eating sugary foods can cause teeth decay, every time sugar is in your mouth it causes bacteria in the plaque on your teeth. This acid will then eventually cause a cavity on your tooth. Fizzy drinks and pop also cause tooth erosion, so a good alternative is milk and water.

Do you eat too much salt?

Some salt is needed in your diet; this can be obtained from the salt that is already in foods such as milk, cheese and bread. Manufactured and convenience foods like meat products, soups and sauces are often too high in salt. Most people need to reduce their salt intake by about one third.

PUBERTY!

Puberty is all part of our bodies and minds growing up; it's our transformation from being children to becoming adults.



Peoples bodies change at different rates – some start early and develop quickly, others start late and develop slowly.

For most people puberty happens between the age of eight and sixteen; however some people begin puberty earlier.

Many people feel self conscious about the way they look as their bodies grow and change, and sometimes different parts of our bodies grow at different speeds. For example your hips can look bigger than your body or your feet look too big for you legs. This may make lots of people feel anxious but just remember.

Everybody feels the same way.

If you are worried or anxious talk to an adult you trust so that they can reassure you or support you in getting help.

What actually happens?

Different hormones begin to produce in our body between ages nine to seventeen. The hormone for girls is oestrogen and the one for boys is testosterone. These hormones begin the whole process of puberty coursing changes outside and inside your body.

For more information please don't hesitate to call in and ask a member of our staff.

RELATIONSHIPS!

Throughout our lives we have many different relationships, some with our parents or carers, friends or neighbours.

However throughout your teens there are many pressures from peers to have many relationships such as having a girlfriend or boyfriend. Despite these pressures people start these relationships at many different ages or times in their lives.

Here are some factors you may need to consider about having a sexual relationship:



THINGS TO REMEMBER

- *If you feel you are ready, be prepared*
- *It's okay to wait if you aren't ready, talk to someone with confidence.*
- *It is your choice to have sex – nobody else's.*

*Not everybody is having sex, the average age young people have sex for the first time is seventeen. Others wait longer; there is no certain age where you **MUST** be having a sexual relationship.*

If you need help or want answers to any questions you may have there are a number of services that can help you. Confidential information and advice is available to anyone regardless of age. Anything said at a Doctors appointment or nurse appointment or even a counselling session will not be told to anyone else unless you agree to it.

However if someone has hurt you, or somebody may be in danger then they would need to inform somebody else

SELF EXAMINATION – FEMALE

Breast cancer may affect 1 in 12 women in the UK and is therefore rightly a cause for concern.

Routine breast examination by a doctor or nurse often comes under family planning or women's health check appointments.

This skill is easily learnt and can easily be done at home by yourself, it also helps you to become familiar with how your breasts look and feel. You will also notice that your breasts change in how they look and feel at certain times and changes in your life.

Self examination is recommended to all women as it can help to stop and prevent problems quicker than waiting for annual health check ups. It helps to catch the problem a lot quicker.



STEP TO STEP GUIDE OF SELF EXAMINATION!

- *Look in the mirror at your breasts to see if there is any change in size or shape.*
- *Look down at your breasts and gently check each nipple for any discharge.*
- *Examine one breast at a time.*
- *Keeping your fingers flat and together, always starting at the collar bone.*
- *Working around the outside of each breast, in repeatedly smaller circles until you reach the nipple.*
- *And lastly examine far into the armpit in the same small circular movement.*

If there is any change in shape size or the feel of your breasts, contact your GP straight away and arrange a routine check with the doctor or a nurse.

SELF EXAMINATION – MALE

Cancer of the testicles is considered the most common cancer in men ages 15-45, and is affecting more men each year.

However with simple regular self examinations and contacting your GP if there are any changes, you could help catch this before its too late. So do not hesitate to contact your GP as with early treatment there's a good chance there will be no further problems.



***The early signs of testicular cancer are easy to spot
Make sure to look out for;***

- *a small hard lump on the front or side of the testicle*
- *any swelling or enlargement*
- *an increase in firmness*
- *pain or discomfort in a testicle or in the scrotum*
- *an unusual difference between your testicles*

How to self examine yourself:

Start by holding your scrotum in the palm of your hand and feel the size and weight of the testicles, always remember it is common to have one testicle slightly larger than the other. Feel each testicle and roll it in between your thumb and finger. It should feel smooth with a soft tube towards the back of the testicle. If you notice anything unusual contact your GP and arrange an appointment to have it checked out.

Its better to be safe than sorry!

SKINCARE!

Caring for your skin is as easy as using soap and water daily; having the latest expensive products doesn't always help. As soap and water does exactly the same job.

*Making sure you keep your skin protected from the sun is **VERY** important. Always use a sunscreen for protection as many young people suffer from skin conditions. And sun exposure is one of the main reasons for skin damage.*

Being exposed to the sun for a long amount of time can make your skin sag, It also causes wrinkles and a leathery effect to your face. Also with your skin once the damage is done there's no getting rid of it. Sun exposure can also cause skin cancer. Many people think that skin cancer only affects old people, however this is not the case at all. Infact the most dangerous form of skin cancer – malignant melanoma tends to affect most people in their 20-30's.

ACNE

Acne is a common problem with young people, and many suffer in silence however you do not need to, drop into our surgery for advice. Or make an appointment with your GP or nurse practioner for more information.



STOPPING SMOKING!

Smoking is very addictive and kills thousands of people every year. Many people who start smoking regularly often smoke for the rest of their lives even after attempting to stop several times. Most smokers begin smoking at school. The risks for smoking are very dangerous, however many people continue to smoke. The major problem is the younger you start the habit the more health problems will occur.



*Many teenagers only start smoking because they think it's popular, but smoking is bad news no matter how popular it seems. You should never feel pressured to smoke. The nicotine in cigarettes is highly addictive and once becoming addicted it is very hard to stop. Cigarettes are also **VERY** expensive.*

You can also be at risk from passive smoking if people around you are smoking near you a lot. It means you are inhaling smoke from the end of the cigarette and smoke breathed out by the smoker. So always remember even though you are not smoking you are still at risk of heart disease, lung cancer, asthma, coughs, breathing problems, allergies and irritation of the eyes, nose and throat.

SO WATCH OUT AND LOOK AFTER YOURSELF

***Always remember,
it may seem smoking looks cool but is having cancer cool?***