

16

It's Kind of a Big Deal

At 16, things can get real, real fast. Knowing a few facts about your health can help.

Meningococcal Disease

This rare, but potentially devastating, disease can spread through sneezing, sharing drinks, and even kissing. And when you're 16 years old, protection from the vaccine you received at 11 or 12 years old may have worn off. It's time to speak to your doctor about getting your 2nd dose of meningococcal vaccine.

Distracted Driving

Texting while driving can be D-E-A-D-L-Y. In fact, motor vehicle crashes are the leading cause of death for people between 15 and 20 years of age. Stay alert—and don't just count on seat belts to save you.

Drinking

Fun and games? A rite of passage? Sorry to burst your bubbles. Underage drinking is linked to over 4300 deaths a year, not to mention it's against the law.

Nutrition

Think you can eat junk because you're young? Nope. There's a dramatic increase in physical growth and development as you reach adulthood. Your body needs lots of healthy foods such as whole grains, fresh fruits, and vegetables to function properly.

STDs

Spread the word—sexually transmitted diseases (STDs) are affecting a lot of individuals your age. People between 15 and 24 years of age make up about half of the 20 million new cases of STDs each year.

Sleep

Skip the late show and the evening latte. Lack of sleep can cause weight gain, depression, anxiety, and more. Sticking to a regular schedule and getting plenty of exercise can keep you on track.

Don't ignore the important health decisions in your life.

Start today by scheduling a 16-year-old visit.

