WESTERN WAKE
PEDIATRICS
940 SE CARY PKWY, STE. 200.
CARY, NORTH CAROLINA 27518
(919) 859-9991

Dear Parents,

Congratulations, you are the parent of a teen in middle adolescence. We at Western Wake Pediatrics are committed to providing a quality medical home during the next several years as your teen continues to mature into adulthood. Developmentally, adolescents need to move toward independence, yet still need the guidance and boundaries of caring adult(s) in their lives.

Adolescence can be a fun and exciting time for both parents and adolescents. It can also be a time of stress and challenges due to peer and academic pressures and exposure to risk taking behaviors. Despite what they think, adolescents are not just "young adults" and as such, their medical and psycho-social needs are unique. Pediatricians and Pediatric Nurse Practitioners are trained to counsel teens regarding these issues, complementing the guidance you provide at home.

We recommend the following to provide optimal care during this critical transition period.

1. Annual Exams: Address physical and psycho-social concerns.

   a. Your teen will be offered some private time with their provider. If necessary, parents may also request time alone with the provider to discuss any issues.

   b. Adolescents will be encouraged to assume more responsibility for their health care. This may include obtaining past medical history and current concerns from the teen. We will involve them in their treatment plan and follow up recommendations.

   c. Standard of Care guidelines for annual exams include:
      - A brief risk assessment questionnaire for depression and suicide. Results will be reviewed by the provider during the visit. Sadly, suicide is the third leading cause of death among 10–24-year-olds.
      - Per American Academy of Pediatric guidelines, all girls 16 years and older will be screened for Chlamydia with a urine test.

2. Confidentiality: Confidentiality will be maintained between your teen and their provider unless we think there is a possibility of physical harm to themselves or someone else, in which case we are obligated to break confidentiality.

We look forward to working together with you and your teen as you navigate through this period of rapid physical, emotional and social change. If you have any questions or concerns regarding their well-being, we are here to help.

Sincerely,
The Providers and Staff
Western Wake Pediatrics, PA