

GET THE FACTS

ABOUT DISEASES THAT CAN AFFECT YOUR PRETEEN

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As a parent, you want to do everything you can to help prevent diseases that can affect your children now or in the future. Use these resources to help spark discussion about what to prepare for when visiting the doctor's office for their back-to-school visit.

Prepping for back-to-school means a back-to-school visit with your child's doctor. During this health visit, you can ask your child's doctor about diseases that can affect a preteen.



ONLINE RESOURCES

There are multiple resources that can provide accurate information on diseases that could affect a preteen. Sources include medical organizations such as the American Academy of Family Physicians (AAFP), the American Academy of Pediatrics (AAP), and the American Medical Association (AMA).

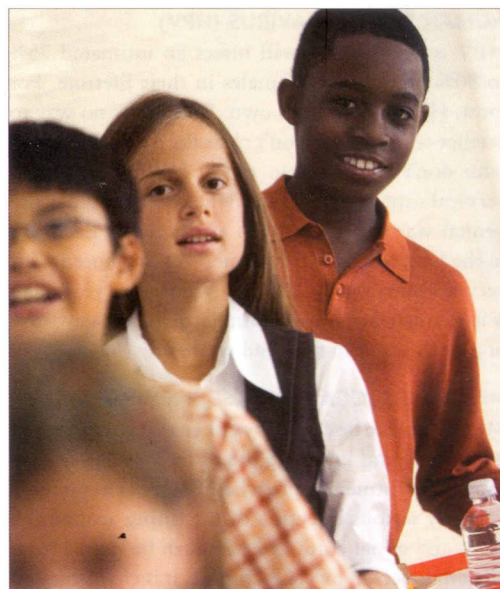
TALK TO
YOUR
CHILD'S
DOCTOR
ABOUT WAYS
TO HELP
PROTECT
YOUR CHILD
FROM
THESE
DISEASES

CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC): www.cdc.gov Information on diseases that can affect preteens. Professionals and consumers can also call the CDC info contact center at **800-CDC-INFO (232-4636)** for 24/7 answers to questions in English or en español.

AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP): www.aafp.org

AMERICAN ACADEMY OF PEDIATRICS (AAP): www.aap.org

AMERICAN MEDICAL ASSOCIATION (AMA): www.ama-assn.org



YOUR OPINION IS IMPORTANT
visit www.scholastic.com/wellness to give your feedback on these materials

WHAT TO KEEP AT HOME

It is a good idea to keep records of the following health information:

- Any health screening results, such as those for vision and hearing.
- Records of any major health problems (including broken bones), surgeries, or hospital stays.
- Records of hearing, vision, and dental visits.
- A list of medicines your child has used in the past or is currently taking. Include prescription and over-the-counter medicines, dietary and herbal supplements, and vitamins and minerals.
- A list of allergies, including any foods and drugs.

IT'S ALSO A GOOD IDEA TO INCLUDE:

- Your pharmacy name and phone number.
- The poison control phone number.
- Records of insurance claims and payments.
- Written notes from your doctors or doctor visits.
- Anything else about your child's health that you think is important.

**ASK YOUR FAMILY DOCTOR
ABOUT DISEASES THAT CAN AFFECT
YOUR CHILD**

GOOD TO KNOW, GOOD TO SHARE: FACTS ABOUT DISEASES

HUMAN PAPILLOMAVIRUS (HPV)

HPV is a virus that will infect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But there's no way to predict who will or won't clear the virus. For those who don't clear certain types, HPV could cause cervical cancer in females. Other types could cause genital warts in both males and females. Each day in the United States, 30 women are diagnosed with cervical cancer (about 11,000 women per year), and it is estimated that each minute there is a new case of genital warts in men and women.

MENINGOCOCCAL DISEASE (MENINGITIS)

Meningitis can be caused by either a viral or bacterial infection—and knowing the difference can lead to different treatment approaches. Bacterial meningitis is a very serious infection of the lining around the brain and spinal cord. Infection can be spread from person to person by close contact. It is characterized



by fever, headache, and stiff neck. Complications can lead to a loss of limbs, brain damage, kidney disease, loss of hearing, and even death.

PERTUSSIS (WHOOPIING COUGH)

Whooping cough is a highly contagious respiratory tract infection spread by coughing and sneezing. Symptoms can include violent coughing, difficulty breathing, and vomiting. In the last 30 years, cases of pertussis have been on the rise in the United States, especially among teens, preteens, and very young children. Pertussis in preteens or teens can range from mild to severe. About 1 in 10 children with pertussis get pneumonia. The infection often causes a lengthy illness that can lead to repeated doctor visits and missed school.

VARICELLA (CHICKENPOX)

Chickenpox is caused by the varicella zoster virus. It is easily spread from person to person by coughing and sneezing. It usually produces a fever and an itchy rash, which can turn into blisters. Adolescents and adults are at greater risk for severe disease and serious complications, but there is no way to predict who will have a mild or more serious case. Rarely, complications including bacterial infection of the skin, swelling of the brain, and pneumonia, may occur.

HPV
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