



Welcome to **A to Z Pediatric and Youth Healthcare**. We provide routine health care for teens and young adults. We want to work with you and your family to meet all of your health care needs—**physical, mental, and emotional**.

Services We Provide

- **School, sport, and college physicals**
- **Patient and parent education on adolescent-related issues**
- **Routine care for acne, allergy, and sports-related conditions**
- **Adolescent gynecology services**

Young adults need specialized medical care and a doctor with whom they can discuss anything, from acute and chronic illness to health maintenance and preventive care, sexual concerns, and emotional problems. Their parents also need special guidance and support through these years. *Our practice goal is to provide comprehensive health care to teens.*

As teens begin to develop into adults and take more responsibility for their lives, we ask for more input from them about their health. As part of **comprehensive health care**, it is our practice to ask parents to wait outside for part of the interview and encourage adolescents to discuss their own about their health. Talking to teens without the parent also gives teens a chance to ask questions and receive information they may feel self-conscious about. **Teens often have questions or concerns they may feel embarrassed to talk about in front of their parents.** It is important to give them enough freedom to grow but not so much that they get involved in risky activities.

Many teenagers and young adults experiment with *high-risk* behaviors that can lead to serious problems.

In **Illinois** high schools:

- **50% have tried cigarettes (among Hispanic teens, 48% of 9th and 60% of 12 graders have tried or smoke cigarettes).**
- **40% drink alcohol (among Hispanic teens, 39% of 9th and 60% of 12th graders drink alcohol).**
- **39% have tried marijuana (among Hispanic teens, 37% of 9th and 50 % of 12th graders report use of marijuana).**
- **48% have had sex (among Hispanics teens, 40% of 9th^{and} 63% of 12th graders report having sex).**

Most teenagers will hide their behavior so parents are not the first to find out. Our goals are to help identify these problems before they become too big and to help prevent them. To do this, we must earn their trust by protecting their privacy, as **Illinois state law allows that some services are offered to teens privately**. However, we also encourage the teen to discuss important issues with parents. **And if we learn that teens are doing anything to hurt themselves or others, or if someone is hurting them, we will certainly intervene, even if that breaks our promise of confidentiality.**

*The **A to Z Pediatric and Youth Healthcare** staff is always available to discuss health problems or answer questions. The staff wants to work with you to help teens and young adults make the best choices for a healthy future.*

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™