

HPA: Cradle through College

As your child becomes a teen or a young adult, you may wonder when to transition from pediatric to adult medical care. The best time for this transition is around **college graduation** or age 21.

Pediatricians are specially trained in the care of the adolescent patient. Teens are not just smaller adults – they are unique, special, and wonderful! With adolescence come challenges we are prepared to handle with you. Together, we will prepare our teens to become healthy, competent, caring adults.

The HPA providers are specialists in adolescent issues including:

- Proper vaccination of the older child and young adult
- Screening for problems or diseases relevant to this age group
- Anticipation and monitoring of puberty, distinguishing worrisome or abnormal patterns
- Issues of sexuality
- Menstrual disorders
- Drug and alcohol use
- Smoking
- The new driver counseling and advice
- Media use
- Anxiety or depression addressed in a manner appropriate for a teen
- Unique nutritional needs of the teen
- Peer interactions

Ongoing and continuous care over time is essential to good health. If a teen transfers to adult care, then leaves for college, care becomes fragmented. It is best to transition care after graduation, when a new long-term relationship with an adult provider can begin.

Our relationship with you and your teen is valuable, and we love to see our patients grow up strong and healthy!