

## Help Keep Your Baby Healthy

Use this chart to keep track of the tests and shots your baby needs.

TEST	In hospital	2 month	4 month	6 month	6-18 month	12-18 month	24 month
Hepatitis B vaccine (HepB)	●	●			●		
Diphtheria/tetanus/pertussis vaccine (DTP)		●	●	●		●	
Oral polio vaccine (OPV)		●	●		●		
Inactivated poliovirus vaccine (IPV)		●	●			●	
IPV/OPV*		(IPV) ●	(IPV) ●			(OPV) ●	
Haemophilus influenzae type B vaccine (HIB)		●	●			●	
Measles/mumps/rubella vaccine (MMR)						●	
Physical exam	●	●	●		●	●	●
Varicella zoster (VZ)						●	
Date test/shot given							

● = Usually done at this age

\* Advisory Committee on Immunization Practices (ACIP) routinely recommends this schedule.

Adapted from the American Academy of Pediatrics, Committee on Practice and Ambulatory Medicine (RE 9535). Recommendations for preventive pediatric health care. *Pediatrics*. 1995;96:712.

American Academy of Pediatrics. *Recommended Childhood Immunization Schedule: United States, January–December 1997*.

American Academy of Pediatrics; 1997: publ. no. IS 5081.

Babies need regular visits to the doctor, even if they are not sick, to keep them healthy. Babies need immunizations (shots and oral vaccines) to protect them from getting serious illnesses such as hepatitis B, tetanus, polio, and measles. Check with your doctor or healthcare provider for information regarding these and other recommended tests and immunizations.

### Tips for Parents During Your Well-Baby Visits:

1. Don't be afraid to ask the doctor questions. Keep a list of these questions between visits.
2. Bring enough toys and books to keep your child happy and busy.
3. When your baby has a test or shot, write the date on the chart.
4. When you get home, keep the chart in a safe place. You will need it throughout your child's early years.

### When To Call Your Doctor:

1. When your baby has a fever:
  - 6 months and under, 100°F or higher.
  - 6 months to 3 years, 102°F or higher.
2. When your baby is lethargic or overly cranky.
3. When your baby has projectile vomiting, diarrhea, or unusual rashes.
4. Most importantly, call your doctor when you sense something is wrong with your baby. Don't worry that you're being overly protective — you're not.

Adapted from Lovejoy FH Jr, Estridge D, eds, and Boston Children's Hospital. *The New Child Health Encyclopedia: The Complete Guide for Parents*. New York, NY: Dell Publishing; 1987: 100,294,355,585,708,709.

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## Help Keep Your Preschooler Healthy

Ages 3 to 5

Use this chart to schedule your child's screenings and immunizations.

TEST	HOW OFTEN	DATE GIVEN
Physical examination	Annually	
Hearing/vision screenings	Annually	
Diphtheria, tetanus, pertussis vaccine	4 to 6 years old	
Oral polio vaccine (OPV)/inactivated poliovirus vaccine (IPV)	4 to 6 years old	
Tuberculin test	As directed	
Measles/mumps/rubella vaccine (MMR)	4 to 6 years old or 11 to 12 years old	

Adapted from the American Academy of Pediatrics, Committee on Practice and Ambulatory Medicine (RE 9535).  
 Recommendations for preventive pediatric health care. *Pediatrics*. 1995;96:712. American Academy of Pediatrics.  
*Recommended Childhood Immunization Schedule: United States, January–December 1997*. American Academy of Pediatrics; 1997: publ. no. IS 5081.

Check with your doctor or healthcare provider for information regarding these and other recommended tests and immunizations.

## Choosing a Preschool/Nursery School

Most first-time parents search for a preschool with some trepidation. Neighborhood friends who have preschoolers are a great source of help. Generate a list of questions, then visit a few schools and watch how the teachers interact with the children.

Some good questions to ask yourself:

- Does the facility appear to be safe and clean?
- Is there adequate space to play? To nap?
- Is there a safe, supervised, outdoor play area?
- Are teaching and play appropriate to the children's ages and levels of development?

Call a Doctor if He or She Has:

- Acute abdominal pain
- Blood in the stools or in the vomit
- Eye inflammation
- Extensive rash
- Projectile vomiting

A physician should also be consulted if an ill child has not improved with home treatment.

Adapted from Lovejoy FH Jr, Estridge D, eds, and Boston Children's Hospital. *The New Child Health Encyclopedia: The Complete Guide for Parents*. New York, NY: Dell Publishing; 1987:55, 100.

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## Help Keep Your Child Healthy

Ages 6 to 12

Use this chart to record notes from your child's annual checkups.

AGE	TEST/OTHER NOTES	DATE GIVEN
Age 6	Vision and hearing screenings recommended	
Age 7		
Age 8	Vision and hearing screenings recommended	
Age 9		
Age 10	Vision and hearing screenings recommended	
Age 11	Vision and hearing screenings recommended; MMR (if not administered at 4 to 6 years old)	
Age 12	Vision and hearing screenings recommended	

Adapted from the American Academy of Pediatrics, Committee on Practice and Ambulatory Care (RE 9535).  
Recommendations for preventive pediatric health care. *Pediatrics*. 1995;96:712.

*Recommended Childhood Immunization Schedule: United States*, January–December 1997.  
American Academy of Pediatrics; 1997: publ. no. IS 5081.

Check with your doctor or healthcare provider for information regarding these and other recommended tests and immunizations.

## Even Young Children May Experiment With Drugs

Most young children experiment with one or more substances before entering high school. Their drugs of choice are airplane glue, nail polish, nail polish, nail polish remover, air fresheners, lighter fluid, and other “inhalants” commonly found around the house. Sadly, even a little inhaling can sometimes lead to heart problems, blood disorders, burns, and even death.

### Experimentation Does Not Have to Lead to a Habit if You:

- Educate children frankly and completely. Be specific about the various substances and different effects.
- Look at yourself. Do you drink? Smoke? Is your child merely doing what you do?
- Encourage children’s individuality and accomplishments. Respect builds their self-esteem.
- If your children have had a bad alcohol or substance abuse experience, help them through it. Let them sober up. Then talk, or be prepared to seek help for them.

Adapted from Lovejoy FH Jr, Estridge D, eds, and Boston Children’s Hospital. *The New Child Health Encyclopedia: The Complete Guide for Parents*. New York, NY: Dell Publishing; 1987: 49,50,313,317,318.

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## Help Keep Your Teenager Healthy

Ages 13 to 17

Use this chart to keep track of the tests and shots your teen needs.

TEST	13 years	14 years	15 years	16 years	17 years	Date
Physical exam	●	●	●	●	●	
Vision screening	●	●	●	●	●	
Hearing screening	●	●	●	●	●	
Developmental/behavioral assessment	●	●	●	●	●	
Tetanus/diphtheria booster recommended*		●				
Tuberculin test						
Hematocrit or hemoglobin <sup>†</sup>			●			
Urinalysis			●			
Annual Pap smear <sup>‡</sup>	●	●	●	●	●	

● = Usually done at this age

Adapted from the American Academy of Pediatrics, Committee on Practice and Ambulatory Medicine (RE 9535). Recommendations for preventive pediatric health care. *Pediatrics*. 1995;96:712. One visit is required for immunizations. Because of lack of data and differing patient risk profiles, the scheduling of additional visits and the frequency of the individual preventive services listed in this table are left to clinical discretion (except as indicated in other footnotes).

\*As directed.

<sup>†</sup> All menstruating adolescents should be screened.

<sup>‡</sup> Adapted from ACOG Committee Opinion Number 152. Recommendations on frequency of Pap test screening. March 1995: For girls only, if sexually active.

Check with your doctor or healthcare provider for information regarding these and other recommended tests and immunizations.

## Keeping the Lines Open

Parents may find it helpful and constructive to initiate open, honest, adult discussion of what is going on in their children's "private lives" as a way of communicating their own concerns and caring. Openly referring to their own adolescent struggles may bring parents much closer to children who are striving to become responsible adults.

## Teenagers and Doctors

Teenagers can assume some control over their own healthcare. Under your supervision, they can make and keep appointments, and even talk to their doctor about body changes, illnesses, etc.

Respect your teenager if he wants to leave his "baby" doctor for a "grown-up" doctor, or if she does not want her gynecological exam with a male doctor. Your current pediatrician can recommend new doctors.

Adapted from Lovejoy FH Jr, Estridge D, eds, and Boston Children's Hospital. *The New Child Health Encyclopedia: The Complete Guide for Parents*. New York, NY: Dell Publishing; 1987: 14,16,97.

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## Healthy Guidelines for Women

Ages 18 to 34

Use this chart to schedule your checkups.

TEST	HOW OFTEN
Blood pressure	Once every 2 years
Breast self-exam	Self-exam once a month / 5 to 10 days after start of period
Cholesterol screening	Every 3 to 5 years
Pap smear	Annually as directed
Pelvic and professional breast exam	Every 1 to 2 years
Physical exam	Every 3 to 5 years

Adapted from American Academy of Pediatrics, Committee on Practice and Ambulatory Medicine (RE 9535). Recommendations for preventive pediatric health care. *Pediatrics*. 1995;96:712. Powell DR and the American Institute for Preventive Medicine. *A Year of Health Hints: 365 Practical Ways to Feel Better and Live Longer*. Emmaus, Pa: Rodale Press; 1990: 335. Fisher M, ed. *Guide to Clinical Preventive Services: an Assessment of the Effectiveness of 169 Interventions*. Report of the U.S. Preventive Services Task Force. Baltimore, Md: Williams & Wilkins; 1989:25. Pool K. Teaching breast self-examination in a primary care office. *Primary Care & Cancer*. 1995;15(9): 4-8. ACOG Committee Opinion Number 152. Recommendations on frequency of Pap test screening. March 1995.

Check with your doctor or healthcare provider for information regarding these and other recommended tests and immunizations.

## Be Smart About Sex

Today, women are faced with the harsh reality of sexually transmitted diseases (STDs), particularly HIV. So you **MUST** be smart whenever you have sex. This means always using condoms (the only birth control method that protects against STDs). Don't be afraid to talk frankly with your partner as sexual intimacy begins to develop.

### Possible Early Warning Signs of STDs

- Abnormal genital discharge
- Burning or itching during urination
- Lower abdominal pain
- Pain during intercourse
- Painless sores on the genitals
- Itching or burning sensation; pain in the legs, buttocks or genital area; blisters or painful open sores

Consult your healthcare provider if you have one or more of the above possible early warning signs.

Adapted from Understanding STDs. *Vibrant-Life*. 1994;10(5): 16-19.  
*Condoms and Sexually Transmitted Diseases...Especially AIDS*. Rockville, MD:  
US Department of Health and Human Services ; 1993:3.

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## Healthy Guidelines for Women

Ages 35 to 54

Use this chart to schedule your checkups.

TEST	HOW OFTEN
Blood pressure	At least once every 2 years
Breast self-exam	Self-exam once a month; 5-10 days after start of period, or 1st day of month if you are postmenopausal
Cholesterol screening	40-54, every 1 to 2 years
Rectal exam	35-39, every 3 to 5 years; 40-49, every 1 to 2 years; 50+, annually
Electrocardiogram	Baseline at 40
Mammography	Baseline at 35 or 40; after 40, every 1 to 2 years; after 50, annually or as directed by doctor
Pap smear	35-39, every 1 to 2 years; 40+, annually
Pelvic and professional breast exam	35-39, every 1 to 2 years; 40+, annually
Physical exam	35-39, every 3 to 5 years; 40+, annually
Glaucoma screening	35+, once every 2 to 3 years

Adapted from Powell DR and the American Institute for Preventive Medicine. *A Year of Health Hints: 365 Practical Ways to Feel Better and Live Longer*. Emmaus, Pa: Rodale Press; 1990:335. Fisher M, ed. *Guide to Clinical Preventive Services: an Assessment of the Effectiveness of 169 Interventions*. Report of the U.S. Preventive Services Task Force. Baltimore, Md: Williams & Wilkins; 1989:25. Pool K. Teaching breast self-examination in a primary care office. *Primary Care & Cancer* 1995;15(9):4-8.

Check with your doctor or healthcare provider for information regarding these and other recommended tests and immunizations.

## Tips on Stress Management

Along with the physical changes women begin to experience as they age come a host of emotional demands: managing a growing family, a job or career outside the home, and aging parents who increasingly need support and care.

Because stress can be a factor in physical and emotional health, we need to learn to control it. Some things we can do include:

- Exercise, even simply walking
- Being with good friends and “talking it out”
- Deep breathing exercises
- Hobbies, especially “creative” hobbies, group sports, and social events that take you away from daily stress

## Possible Signs of Stress

- Muscle aches and pains, especially neck and back
- Headaches
- Shortness of breath
- Anxiety, insomnia
- Resentment and anger
- Upset stomach
- Depression
- Fatigue

With your doctor’s help, you can learn to identify things in your life that are causing stress, and you can learn to become aware of how your body reacts to the stress.

Adapted from American Academy of Family Physicians. *Stress: How to Cope Better With The Challenges of Life*. Kansas City, Mo: American Academy of Family Physicians; 1993: unpagued.

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## Healthy Guidelines for Women

Ages 18 to 34

Use this chart to schedule your checkups.

TEST	HOW OFTEN
Blood pressure	At least once every 2 years
Physical exam	Every 3 to 5 years
Testicle exam	Self-exam monthly

Adapted from the American Academy of Pediatrics, Committee on Practice and Ambulatory Medicine (RE 9535). Recommendations for preventive pediatric health care. *Pediatrics*. 1995;96:712. Powell DR and the American Institute for Preventive Medicine. *A Year of Health Hints: 365 Practical Ways to Feel Better and Live Longer*. Emmaus, Pa: Rodale Press; 1990:244,335. Fisher M. ed. *Guide to Clinical Preventive Services: an Assessment of the Effectiveness of 169 Interventions*. Report of the U.S. Preventive Service Task Force. Baltimore, Md: Williams & Wilkins; 1989:25.

Check with your doctor or healthcare provider for information regarding these and other recommended tests and immunizations.

## Be Smart About Sports

Sports and fitness contribute to good health. But if injuries are not treated properly when they first occur, they can cause further damage and leave you laid up for weeks or months.

You can help to avoid sports injuries by using common sense. Be sure to warm up and cool down; cross-train to exercise a variety of muscles and distribute stress; wear supportive clothing and protective equipment.

Sports injuries should be diagnosed and treated immediately.

See Your Doctor or Healthcare Provider if the Following Signs or Symptoms Occur:

- Severe pain and swelling
- Numbness
- Blue discoloration of the skin
- Misalignment of the extremity
- Inability to move the injured body part

Adapted from Powell DR and the American Institute for Preventive Medicine. *A Year of Health Hints: 365 Practical Ways to Feel Better and Live Longer*. Emmaus, Pa: Rodale Press; 1990:113, 114. Miller L. The best medicine: five top sports docs present 25 ways to prevent injuries. *Runner's World*. 1993;28:40-47. American Academy of Family Physicians. *Exercise: A Healthy Habit to Start and Keep*. Kansas City, Mo: American Academy of Family Physicians; 1994: unpagued.

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## Healthy Guidelines for Women

Ages 34 to 54

Use this chart to schedule your checkups.

TEST	HOW OFTEN
Blood pressure	Annually
Cholesterol screening	35-39, every 3 to 5 years; 40-54, every 1 to 2 years
Rectal exam	35-39, every 3 to 5 years; 40-49, every 1 to 2 years; 50+, annually
Electrocardiogram	Baseline at 40, then as directed
Prostate exam	35-39, every 3 to 5 years; 40+, annually
Physical exam	35-39, every 3 to 5 years; 40+, annually
Testicle exam	Self-exam monthly
Glaucoma screening	35+, once every 2 to 3 years

Adapted from Powell DR and the American Institute for Preventive Medicine. *A Year of Health Hints: 365 Practical Ways to Feel Better and Live Longer*. Emmaus, Pa: Rodale Press; 1990: 244,335.

Check with your doctor or healthcare provider for information regarding these and other recommended tests and immunizations

### Keep on Exercising

Even if your job and family pressures are building and you don't have the time or energy you once did, you still should not give up exercising. As little as 20 to 30 minutes three times a week is enough to have a positive effect on both your physical and mental well-being.

### When You Should Check With Your Doctor About Exercise

It's always a good idea to have a medical exam before you begin an exercise program, especially if:

- You haven't had a physical exam within the past year
- You're over 30
- You're overweight
- You had a history of high blood pressure, diabetes, or heart trouble

A medical exam may help you avoid orthopedic injuries, cardiovascular complications, or other exercise-related problems.

Adapted from Powell DR and the American Institute for Preventive Medicine. *A Year of Health Hints: 365 Practical Ways to Feel Better and Live Longer*. Emmaus, Pa: Rodale Press; 1990:93,94. American Academy of Family Physicians. *Exercise: A Healthy Habit to Start and Keep*. Kansas City, Mo: American Academy of Family Physicians; 1994: unpagged.

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## Healthy Guidelines for Women

Ages 55+

Use this chart to schedule your checkups.

TEST	HOW OFTEN
Blood pressure	Annually
Cholesterol screening	Once every 1 to 2 years, or as directed
Rectal exam	Annually
Prostate exam	Annually
Physical exam	Once every 2 to 3 years
Electrocardiogram	As directed
Testicle exam	Self-exam monthly
Sigmoidoscopy	As directed
Glaucoma screening	Every 2 to 3 years
Pneumococcal immunization	Once, usually around 65 years of age
Influenza immunization	Annually

Powell DR and the American Institute for Preventive Medicine. *A Year of Health Hints: 365 Ways to Feel Better and Live Longer*. Emmaus, Pa: Rodale Press; 1990:244,335. National Institute on Aging. *Age Page: Shots for Safety*. Gaithersburg, Md: US Department of Health and Human Services; 1994:2,3.

Check with your doctor or healthcare provider for information regarding these and other recommended tests and immunizations.

## Managing Prostate Problems

The older they become, the more likely most men will suffer from an enlarged prostate gland — what doctors call benign prostatic hypertrophy (BPH). As BPH causes the prostate to grow, the urethra (urinary tube) is squeezed. This narrows the tube and can cause problems with urination. Sometimes, BPH can also cause you to have a urinary infection or bleeding.

While many men with BPH have no bothersome symptoms, BPH may cause some men to have problems urinating.

Ask yourself these questions:

- Do you feel that you have not completely emptied your bladder after you stop urinating?
- Do you urinate often?
- Do you stop and start when you urinate?
- Do you have a strong and sudden desire to urinate that is hard to delay?
- Is your urine stream weak?
- Do you need to push or strain to start the urine stream?
- Do you often wake up at night to urinate?

If you have symptoms that bother you, see a doctor. He or she can find out if BPH or another disease is the cause.

Adapted from Powell DR and the American Institute for Preventive Medicine. *A Year of Health Hints: 365 Practical Ways to Feel Better and Live Longer*. Emmaus, Pa: Rodale Press; 1990:243. *Treating Your Enlarged Prostate*. Consumer version, Clinical Practice Guideline Number 8. Rockville, Md: US Department of Health and Human Services; 1994; AHCPR publication no. 94-0584:2,3.

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