
ADOLESCENT HEALTH

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Chairperson

FOGSI Adolescent Health Committee

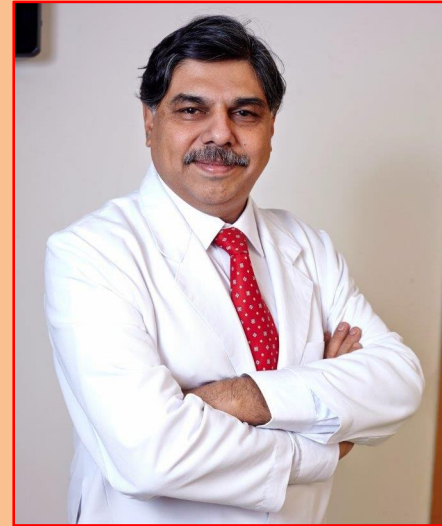


FOGSI Adolescent Health Committee

With Best Wishes from:



Dr. Alka Kripalani
FOGSI President



Dr. H D Pai
Secretary General - FOGSI

Chairperson's Message

I thank the entire FOGSI fraternity for giving me an opportunity to address the adolescents.

This presentation will help adolescent girls to understand what is needed and not needed.

After the discussion, students will surely be benefited and cleared of their doubts.

I request every speaker to get feedback from students.

This is modified from previous adolescent FOGSI Ppts. I thank all FOGSIans who helped in the preparation of this module.

Dr. S. Sampathkumari MD,DGO,FICOG
Chairperson
FOGSI Adolescent Health Committee

Topics covered

1. NUTRITION
2. EXERCISE
3. KNOW YOUR BODY
4. ANAEMIA
5. HYGIENE
6. SPIRITUALITY
7. VACCINES
8. SEXUAL ABUSE
9. SUCIDAL TENDENCY




Adolescents are categorized as -

- Early adolescence (10 -13 yrs):
Spurt of growth of development of secondary sex,
- Middle adolescence (14-16 yrs):
Separate identity from parents,
new relationship to peer groups, with opposite sex
and desire for experimentation
- Late adolescence (17-19 yrs):
Distinct identity, well formed opinion and ideas.



1.NUTRITION



Good nutrition is critical during the teenage years to ensure healthy growth and development. A healthy diet must meet the changing nutritional needs of a growing teenager.

Say YES to:

- Milk & Milk products (Curd, Panneer)
- Green Vegetables, Fruits, Cereals
- Soups, Juices
- Regular Meals
- Balanced Diet





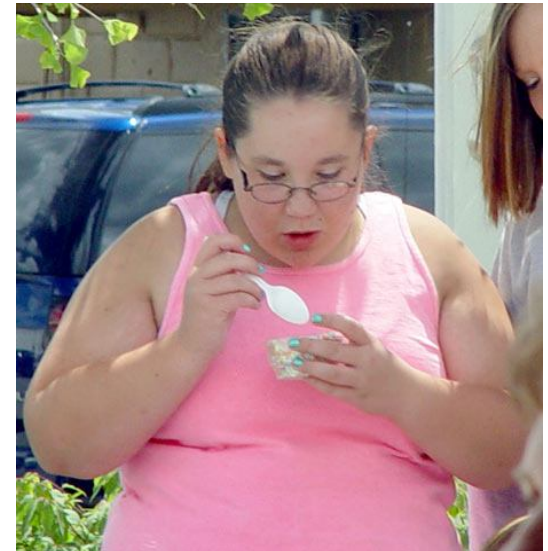
OBESITY

- ▶ Reduce carbohydrate to only 40% of total calories - (130gms/d)
- ▶ 3 main meals / 3 snacks
- ▶ 1500 - 1600 calories /day

NEVER SKIP BREAKFAST / MEALS

Eat breakfast within 2 hrs of waking up. During sleep body is in fasting state where there is poor glucose / insulin metabolism – if prolonged there will be poor metabolism of glucose causing wt. gain

EXERCISE 30 MINUTES EVERYDAY



2.Exercise

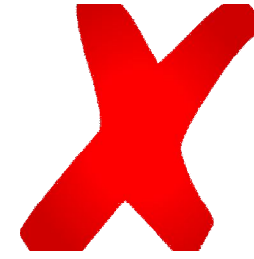
- Choose an outdoor game as hobby e.g. badminton, Football, Volley Ball etc.
- Always get involved in school sports.
- Don't skip dancing classes for tuitions.
- Cycling, Swimming, Jogging, Brisk Walking helps you to maintain fitness.



- Walk up stairs – Avoid elevator
- Walk – Avoid Bus, Car
- Swimming – ideal exercise
- Playing ball – soft ball / Kick ball

Take
the
stairs!

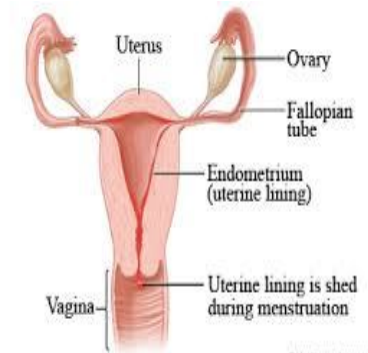
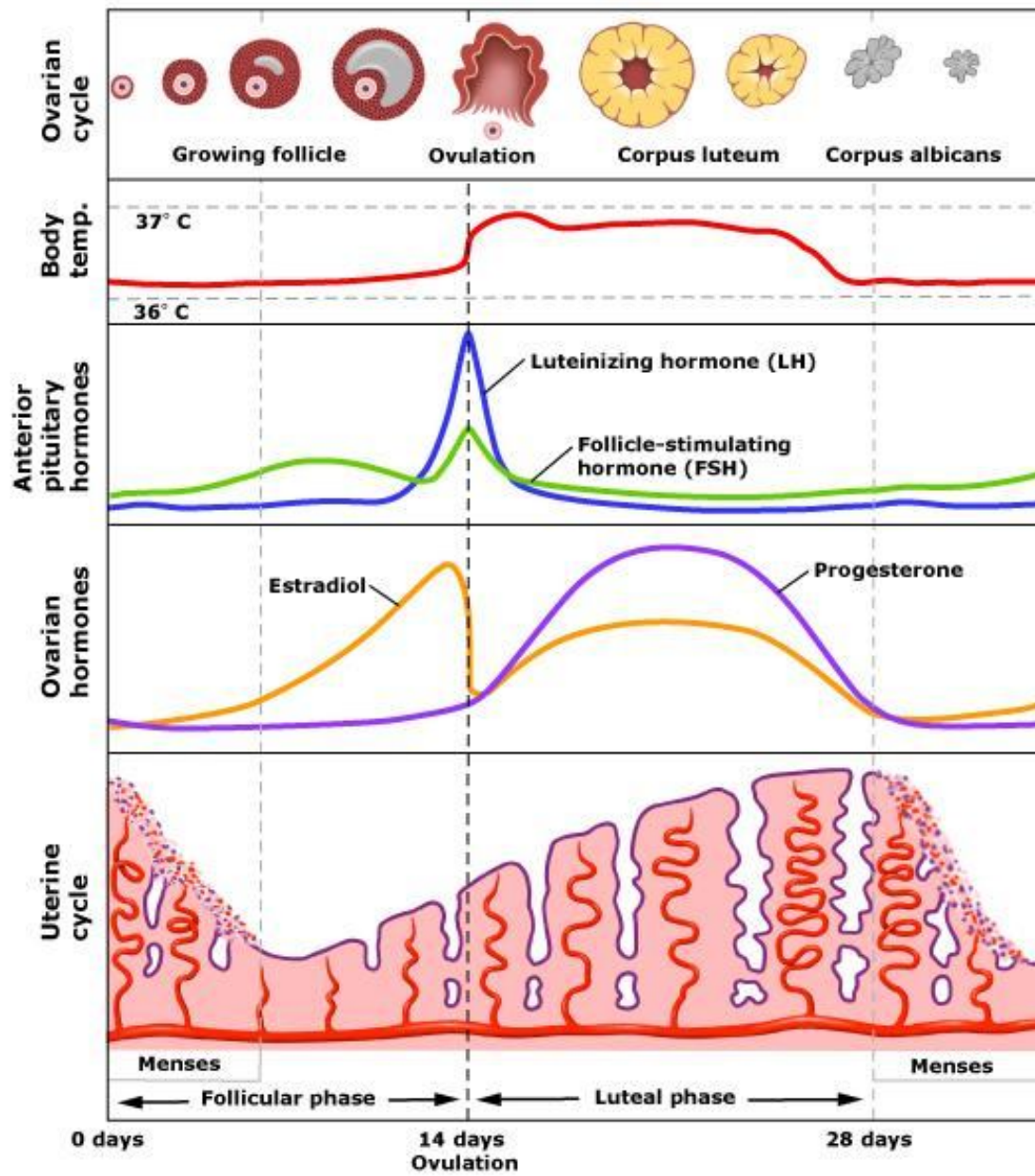




3. Know your body: PUBERTY

- ACOG normal menstruation: 11 to 14 Yrs
Normal cycle: 21 to 45 days
Normal length: < 7 days
- It can take 2 to 3 yrs from a girl's first period for her body to develop a regular cycle.
- During that time, the body is essentially adjusting to the influx of hormones unleashed by puberty.
- What's "regular" varies from person to person.
- The typical cycle of an adult female is 28 days, although some are as short as 21 days and others are as long as 35.





Girls – Pubertal changes

- Soft darkish hair grows in vulva and under the arms - later coarse, dark & curly
 - Hips grow wider, body comes to look more curvy
 - Breasts and nipples gradually grow larger and fuller, nipples may become darker in color
 - Menstruation
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1. Premenstrual syndrome (PMS) has a wide variety of symptoms - mood swings, tender breasts, food cravings, fatigue, irritability and depression.
 - Avoid junk foods, salty food, caffeine and artificial sweeteners.
 - Sleep enough, drink enough water, and reduce stress
 2. Dysmenorrhea (Painful Periods)
 3. Scanty / Profuse bleeding

Counseling



Androgenic features



4. ANAEMIA

- Anaemia is the state in which there is a decreased production of red blood cells or a decreased concentration of haemoglobin in the cells.
 - Result: Decreased oxygen carrying capacity.
 - Know your hemoglobin level by simple blood test.
- +2 STUDENTS should have 12 gm Hb

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- 7 out of 10 girls may be anaemic during teen age years. It is that common!
 - Do you suffer from any of the following?
 - Tiredness
 - Lack of concentration (Poor performance at studies)
 - Hair Loss
 - Irritability

IT CAN BE DUE TO ANEMIA

-
-
- Poor dietary habits?
 - Are you losing excess blood from your body?
 - Passing clots/menses for >7days.
 - Black stools/red urine in some diseases.
 - Anal itching/postprandial hurry could be worms
Deworming tablets.
 - Some diseases may also cause anaemia.

Cure it IMMEDIATELY

Iron Rich Sources



5. HYGIENE

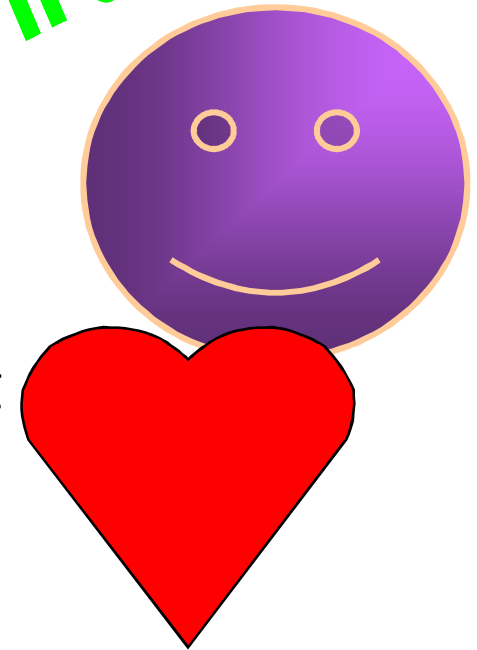
- Take bath daily
 - Wash your hands before eating - **Must**
 - Wash your hands with soap after defecation

 - Wash your private parts with water after urination
 - Keep your inner garments clean
 - Change your napkins every 6 hours
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EMOTIONAL CHANGES

- Transition from childhood to adult
- Attraction
- Fantasies
- Mood changes...irresponsible, stubborn
- Search for identity and sexual development
create sense of crisis

It's natural & normal!



Smoking, drinking, drugs

- Smoking is an evil which is best avoided
It can cause cancers, heart disease, early death.
- Avoid alcohol intake.
- Drugs are like taking poison – stay away.



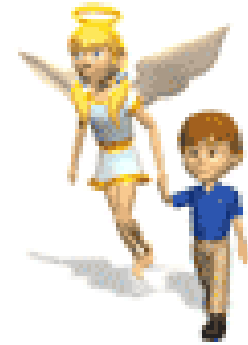
6.Spirituality

Unless we develop the spiritual side of our nature, society cannot combat the evils that plague society – wanton cruelty, corruption, violence, poverty, injustice, oppression of the weak, sexual abuse, terrorism and war... the list goes on.

Morality, justice, truthfulness, love, sacrifice for the common good, peace and discipline.

Honesty, tolerance and care for the challenged – Need of the hour

Moral Decision-making



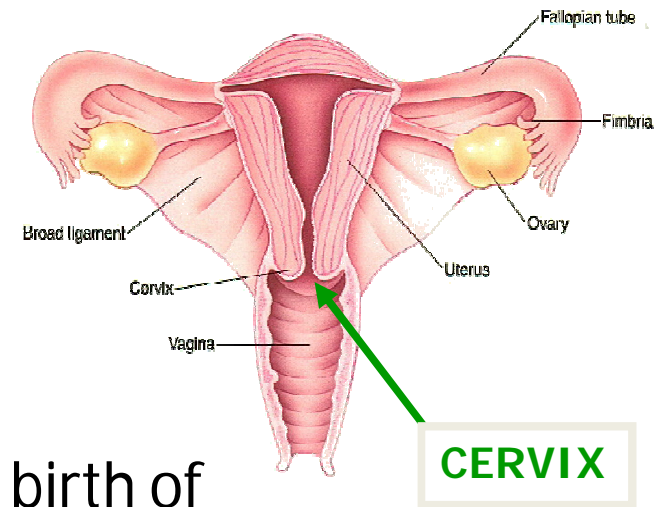
- An important aspect of spirituality
- Spiritual empowerment comes through prayer, self-less service to mankind; serving one's parents, to be loving, keeping our self and our ego in disciplined check, courteous and humility, firmly upholding the principle of justice, being self-less or detached etc.
- Being humane to fellow beings
- These qualities come through the love of God.

SAY NO TO STRESS

7. Vaccines for young girls

Vaccine to prevent

- **Rubella infection** (thereby avoiding birth of a child with defect)
- **Cervical Cancer**





**Have YOU ever seen
a child with defect?
WHY it happens???**

SEARO estimates...

- 10,00,000 + birth per year..having congenital defect (INDIA)
 - Blindness
 - Heart defects
 - Mental retardation
 - Deafness
- 21% due to Rubella

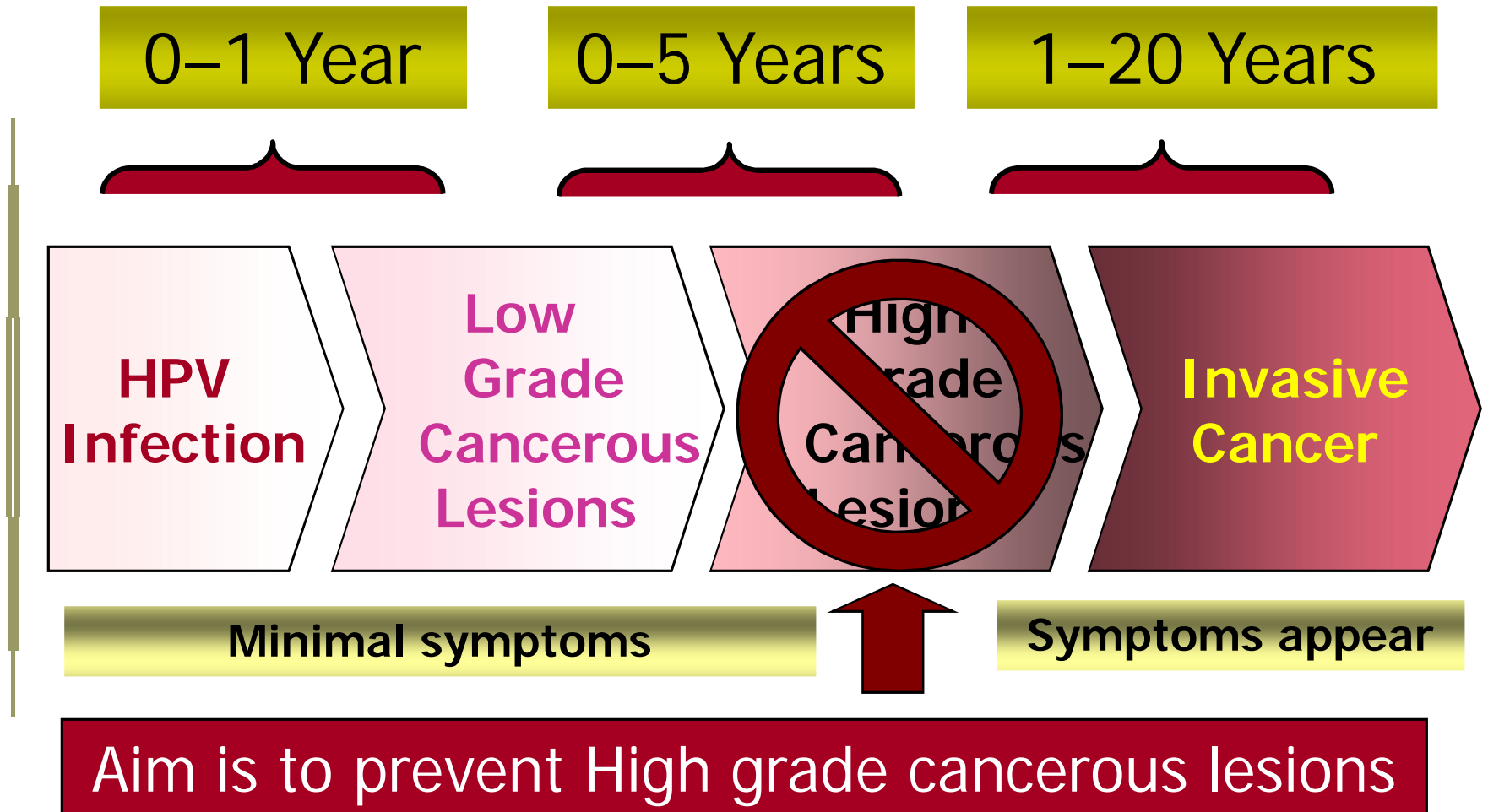


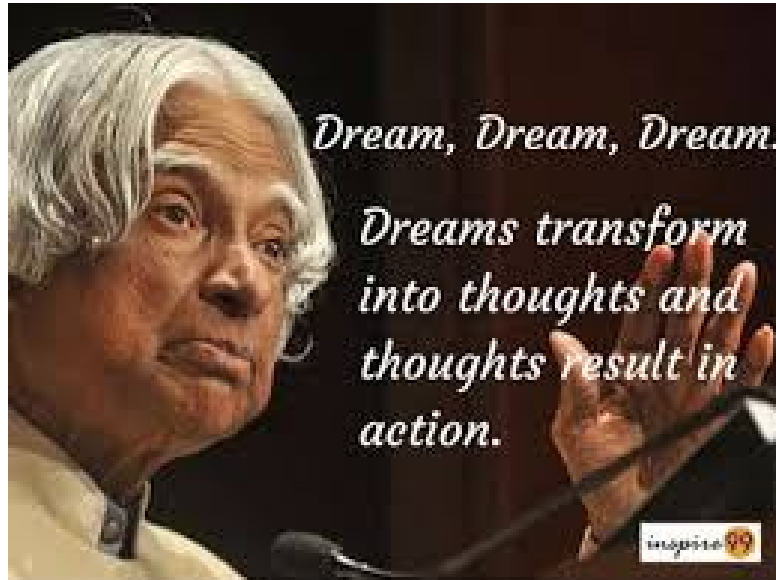
Cancer vaccine for Young Girls

- HPV Vaccine – to fight against virus called Human Papilloma Virus
- HPV infection usually occurs due to sexual exposure & contribute 99.7% of total cases of cancer of cervix (lower most part of uterus)¹
- **In India: ~27% deaths worldwide is due to Cancer cervix**
- Higher prevalence & death than any other cancer in India amongst the women which is on the increase

Walboomers JM, Jacobs MV, Manos MM, et al. J Pathol. 1999;189:12–19. 4. X. Castellsagué, S. de Sanjose, T. Aguado, K. S. Louie, L. Bruni, J. Muñoz, M. Diaz, K. Irwin, M. Gacic, O. Beauvais, G. Albero, E. Ferrer, S. Byrne, F. X. Bosch. HPV and Cervical Cancer in the World. 2007 Report. WHO/ICO Information Centre on HPV and Cervical Cancer (HPV Information Centre). Available at: www.who.int/hpvcentre

Facts about HPV Infection





**Confidence and Hardwork
is the Best Medicine to Kill
the Disease called Failure .
It will Make You
Successful Person.....**

Safety tips

- Learn to Say NO
 - Situations in life will need you make a decision
 - Try to follow your mind more than your heart
 - Never say **YES** when you actually want to say **NO**
 - Learn to politely refuse (and give reason if needed...)
 - Differentiate **GOOD** & **BAD TOUCH**
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8. What is

Sexual Abuse

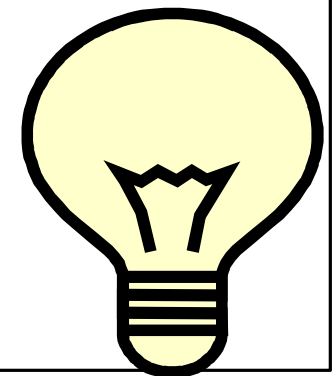
Sexual abuse is when:

- someone touches your private parts in a sexual way, your body is private, you can ask them to stop
 - someone makes you touch him or her
 - someone takes pictures of your private parts
-

STD (sexually transmitted diseases)

- STDs are dangerous
- Occurs only after Sexual contact with infected partner
- An infected person may not have visible signs
- Definite illness cannot be predicted

Prevention is better than cure!



How HIV is not transmitted?

- Staying in one house/playing together
- Studying in school together
- Working together at office / factory
- Hugging / Eating together / Hand shaking
- Using common clothes / attires
- Using public toilets
- Using common swimming pool
- Mosquito bite/other insect bite
- By air via respiration



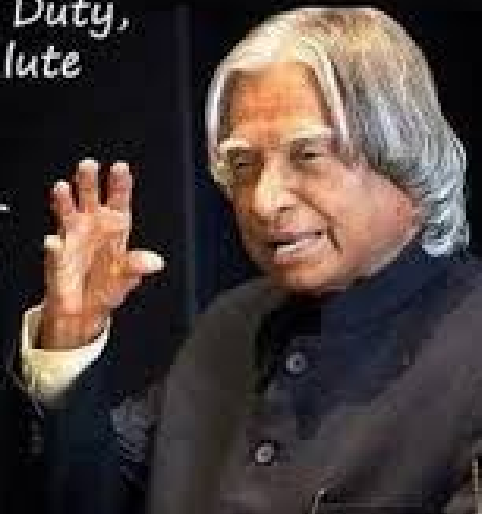
9. Suicidal tendency

- AVOID STRESS
 - BE FRIENDLY WITH YOUR PARENTS
 - DISCUSS WITH TEACHERS/ PARENTS about your personal problem rather than friends
 - Don't decide anything in Anger and Depression
 - Adolescent Pregnancy & abortion produce serious complications
 - Explain how pregnancy occurs in which situation
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Needed Life Skills

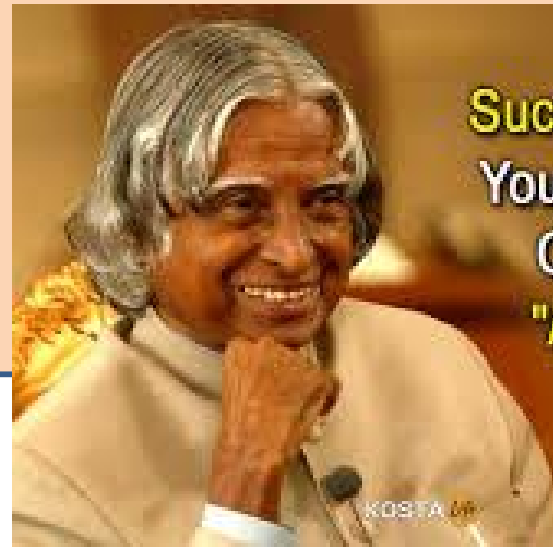
- Success and failures – part of life
- Accept it
- A life without goal is like a ship without rudder
- Learn a game / art
- Passion colors life
- Defeatists attitude – Negative. Avoid it.

If you Salute your Duty,
You no need to Salute
Anybody,
But
If you pollute your
Duty, You have to
Salute Everybody
-Kalam



Success Is When
Your "Signature"
Changes to
"Autograph"

-A P J Abdul Kalam





Thanks a lot!
It's the li'l things you do that
mean so much to me!