

# ADOLESCENT HEALTH

**Dr. S. Sampathkumari**

MD,DGO,FICOG, FCDiab.,

**Chairperson**

**FOGSI Adolescent Health Committee**



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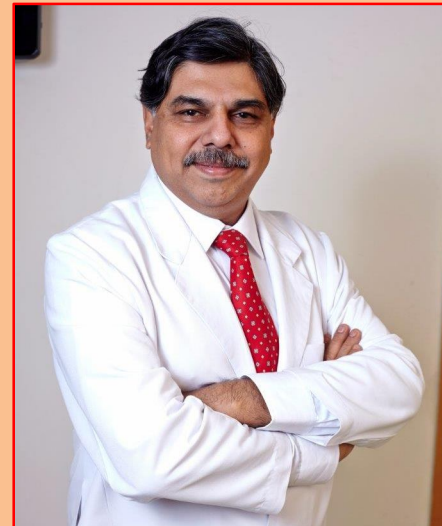
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**With Best Wishes from:**



**Dr. Alka Kripalani**  
**FOGSI President**



**Dr. H D Pai**  
**Secretary General - FOGSI**

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# 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 presentation is adapted 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**

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# Topics covered

1. NUTRITION
2. EXERCISE
3. KNOW YOUR BODY
4. ANAEMIA
5. HYGIENE
6. SPIRITUALITY
7. SUICIDAL TENDENCY



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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.



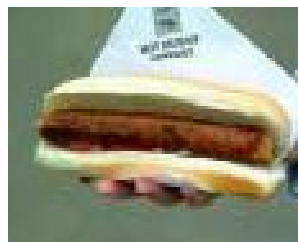
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## Say YES to:

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









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# 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



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## 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!



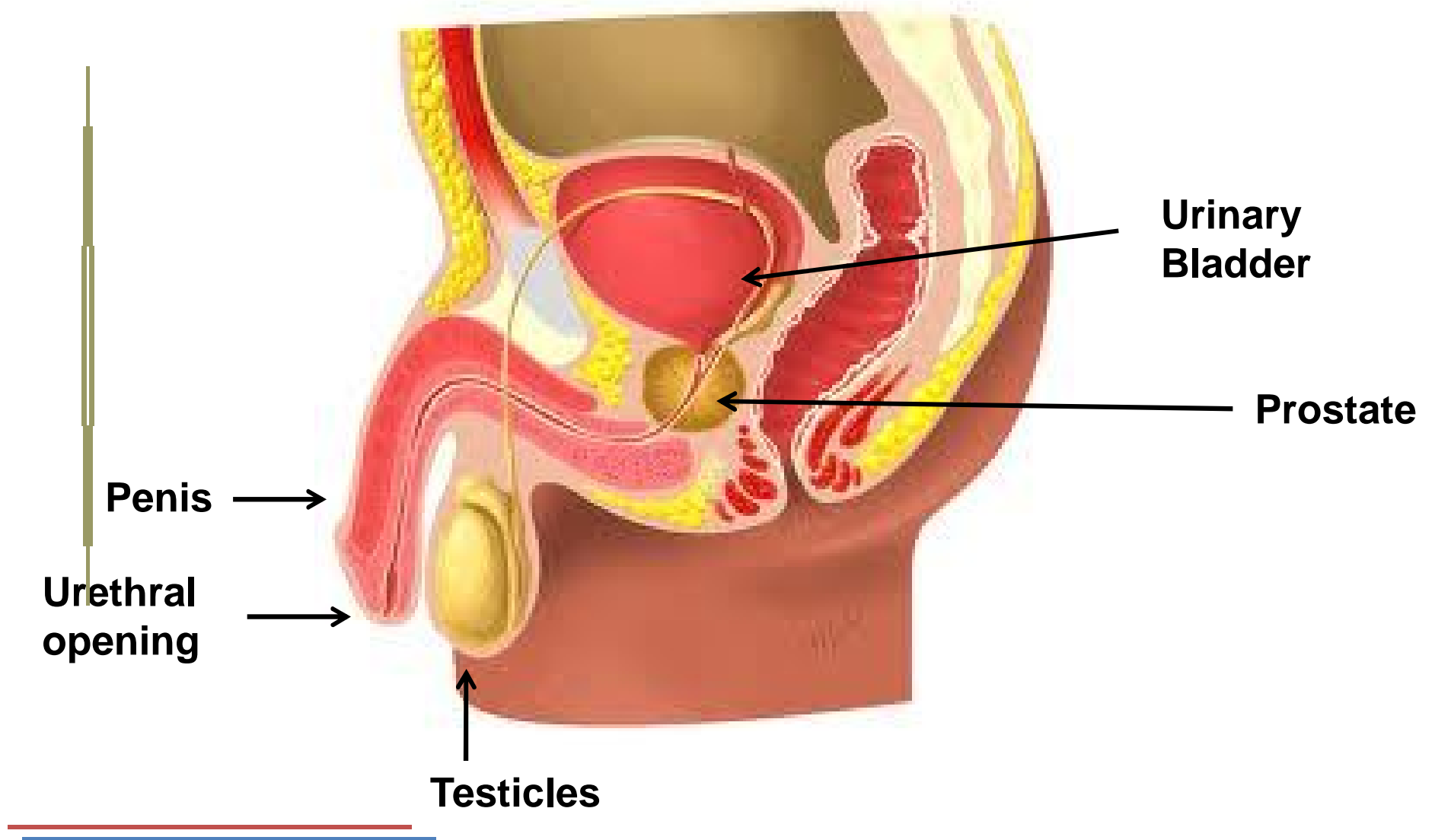


### 3. Know your body: Adolescence



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- During this time the body is essentially adjusting to the influx of hormones.

# Male Reproductive System



# Boys: Puberty Changes



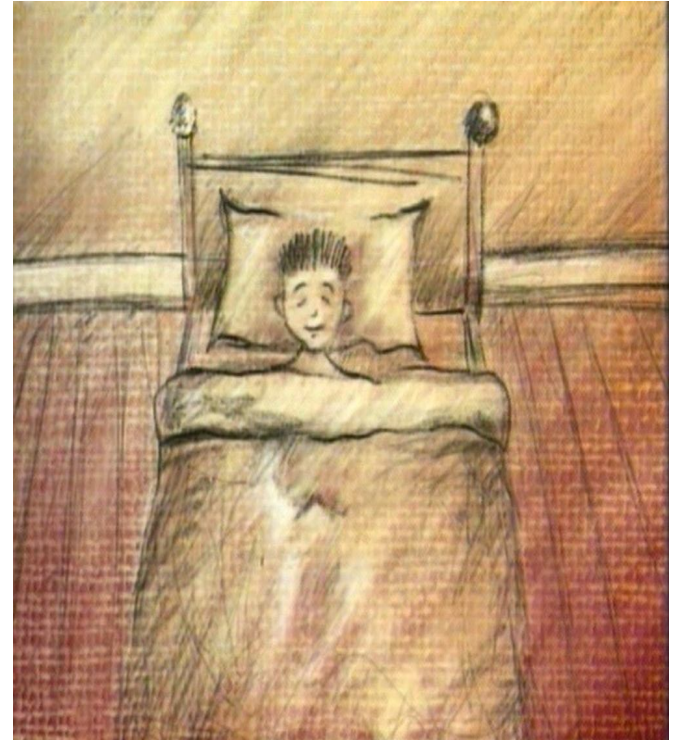
- **Testicles** - grow larger, fuller & Scrotum turns darker.
- **Penis** - grows larger, longer with growth of hair at the base.
- **Hair** - face (moustache, beard, sideburns), chest, underarms.
- **Voice**- cracks, becomes deeper & Adam's apple
- **Sperms**- production starts in the testis.
- **Ejaculations**- including wet dreams
- Shoulders and chest grow bigger, bigger muscles develop



# Common Concerns

## Masturbation

- ❖ What is it?
- ❖ Is it Safe?
- ❖ Will it make me weak?
- ❖ Is it a sin?
- ❖ Do all do it?

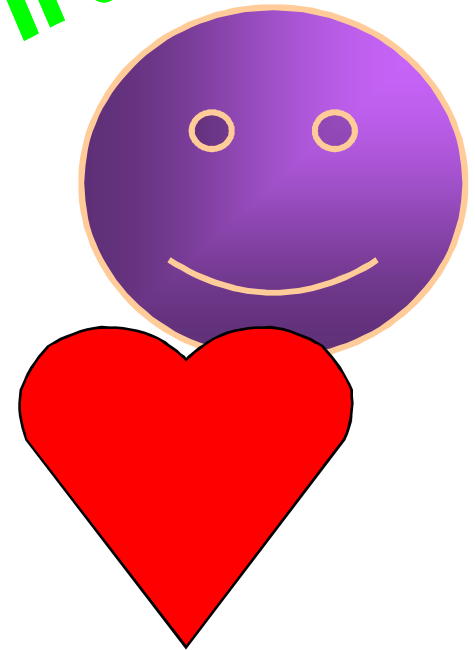


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# EMOTIONAL CHANGES

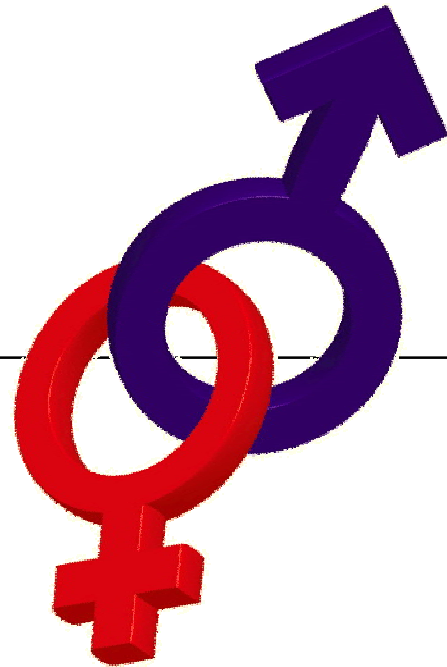
- Transition from childhood to adult
- Attraction
- Fantasies
- Mood changes...irresponsible, stubborn
- Search for identity and sexual development  
create sense of crisis

It's natural & normal!



# Sexuality



Sexuality is not about having sex,  
it is about who you are  
how you live  
how you think  
how you feel  
and  
how you behave.



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## 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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- Though anaemia affects girls more malnutrition causes anaemia in boys
  - 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**



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# Iron Rich Sources



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## 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
  - Clean Habits give you confidence
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# 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.



# Nutrient Robbers

- ❖ Smoking
- ❖ Alcohol
- ❖ Polluted environment
- ❖ Coffee and tea
- ❖ Substance Abuse



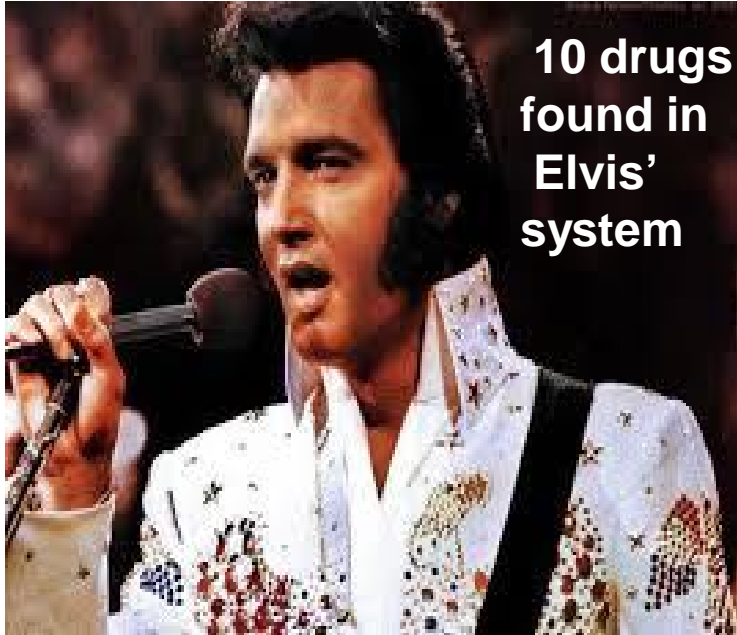
# Substance Abuse

## **Signs and Symptoms include:**

- Physical dependence and addiction
- Health problems
- Social problems
- Morbidity and injuries due to violence
- Unprotected sex
- Motor vehicle accidents
- Suicides, Homicides & Deaths

# Celebrity deaths

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**10 drugs  
found in  
Elvis'  
system**



**Alcohol, cocaine  
alprazolam,  
diphenhydramine,**



**IV anesthetic propofol and other  
sedatives**

**Toxic combination of prescribed drugs**

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## 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

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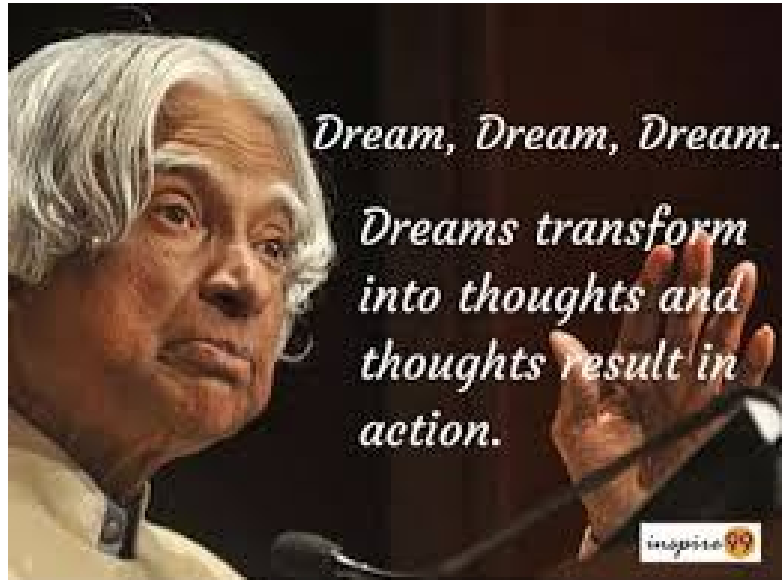
# Moral Decision-making



- 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**

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



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# Safety tips

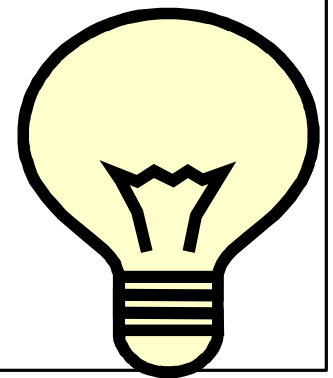
- Learn to Say No
- Situations in life will need you make a decision
- Try to follow your mind more than your heart
- Never say **YES** when you actually want to say **NO**
- Learn to politely refuse (and give reason if needed...)

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## 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!**



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## 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



# Needed Life Skills

- 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
- Rash driving: Speed thrills. It also kills.
- Addiction to electronic gadgets take away your productive time, lead to unwanted habits

# Needed Life Skills

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

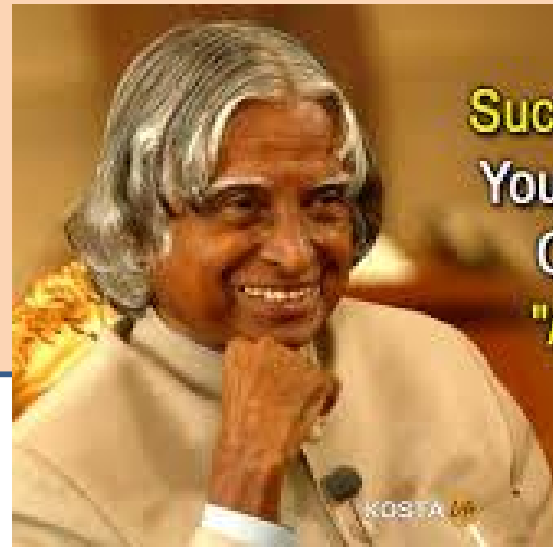
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If you Salute your Duty,  
You no need to Salute  
Anybody,  
But  
If you pollute your  
Duty, You have to  
Salute Everybody  
-Kalam



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!*