

# Summer Check-Ups Are Important

It's officially summertime!! The heat is kicking in, the sailboats are out and kids are already bored. ☹ Often times we don't think of this 3-month reprieve as the season to concentrate on health and doctor's appointments, however, it's an optimal time to get the kiddos checked out and ready for the school year ahead. Being intentional about your child's health is key to wellness. Here are some tips, provided by the HCA of East Florida for you to take into consideration when scheduling out your summer:

## Annual Physical

Children should have a regular yearly visit with their pediatrician. The doctor should measure height and weight and let you know the percentile your child falls in. With childhood obesity being a serious concern, make sure you pay careful attention to any suggestions your doctor makes about diet and exercise for your child.

You can ask your doctor for a schedule of necessary immunizations. But shots are not the only thing the doctor will prescribe. Your child may submit a urine sample to ensure the kidneys are working properly. For children entering and enduring puberty, the doctor will talk to them about making smart choices for their health, diet, and body. Teenagers who make healthy choices will likely become adults who are healthy as well.

## Screenings

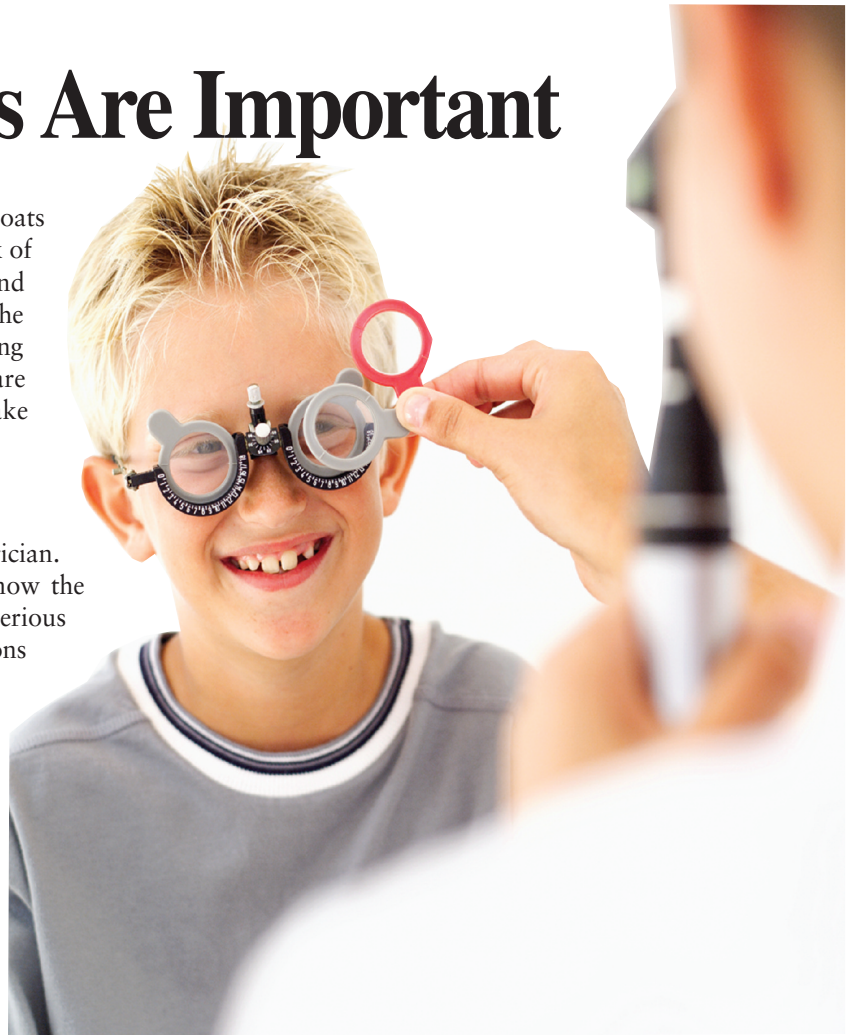
There are many screenings your child can get during the summer to ensure perfect health. You can get your child's eyesight checked out, but don't wait for your child to complain about poor eyesight. Many children have less than perfect vision without realizing it. Hearing screenings are the same. A simple test can determine how each ear is functioning. A scoliosis screening is important as well. If your child's spine is not growing straight, you will want to address the problem right away.

## Dental

Don't neglect those pearly whites. Summer is a great time to schedule an appointment with the dentist and orthodontist. Make sure your child gets a good cleaning and any cavities filled as soon as possible. Updated X-rays are also a good idea if your dentist thinks it is necessary.

While taking time for vacations, time at the beach and the lazy days of summer; make time for checkups for the whole family. Enjoying summer is much easier when everyone is healthy!

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