

Hello

Since this may be the first time you have met me, I wrote these few notes to help you feel more comfortable.

My name is Dr. Ann Engelland. I am a specialist in adolescent medicine. That is why you or your parents made an appointment for you to see me today.

What is an adolescent health doctor?

Adolescent health doctors may be pediatricians or internists (doctors for adults) or family practitioners who have a special interest and special training in taking care of teenagers.

We enjoy talking with teenagers. We specialize in their problems. These include physical ones (like asthma or diabetes) as well as problems related to:

- growing
- parents
- friends
- school
- sexuality
- nutrition
- the way you look

We recognize that what bothers kids goes beyond traditional medical issues and that all of these aspects of your life relate to what makes you healthy, safe and happy.

What will make this visit different from previous doctor visits you've had?

- *I try to schedule visits when we can spend some extra time talking about you and your life.*
- *You may have different kinds of questions, like about your growth and development.*
- *You will probably see me without a parent for at least part of your visit.*
- *We will sit and talk before you are examined.*
- *I will ask you lots of questions, sometimes about things that are very private. Your answers will matter because they have to do with your health as a whole person, that is your body, mind, and feelings.*
- *Our conversations are confidential. We will speak to your parents together at the end of your visit. You and I will discuss first those matters that need to be shared with your parents. Only truly life threatening problems (like suicide or cancer) must legally be shared with your parents. Otherwise, this is a private matter between us.*

Your parents may also have questions or concerns they want to share.

See you soon.