

Dear Parent or Guardian,

As a doctor and parent, I know how important it is to have essential conversations with teens as they transition to adulthood. I also know that these conversations can be challenging to have on your own. The good news is your child's doctor can partner with you to ensure your child is aware of important health topics so they can take control of their health.

During your child's teen years their doctor may start talking to them independently for part of their visit. During this time they will discuss private concerns that you or your child may not necessarily be comfortable discussing with others. The discussions may cover topics like:

- Healthy eating and sleeping habits
- Friends and relationships
- Emotions and mood
- Sexuality
- Drugs and alcohol use

Rest assured that your child's doctor will tackle these subjects in an age-appropriate manner. These conversations will be kept confidential, as well. If there is a concern that your child may harm themselves or others, their doctor will inform you.

One specific topic their doctor will discuss is sexual activity and STD screening. This is recommended for patients aged 15 and older. Few people talk about STD screenings, but many do it.

Chlamydia is one of the most common STDs that impacts 1 in 20 young sexually active women. It can cause serious damage if left untreated. Getting screened and seeking treatment can help your child get on with their life. Learn more about the importance of STD screenings at <https://www.buckeyehealthplan.com/get-tested>

Stay healthy,



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BHP-MM-092023-112023-kr