

2. Having a Physical Exam

adult
appointment
blood (blud)
body

chest
clinic
deep

exam
important
lab

medicine (med' i cin)
pain
pressure (presh' ur)

Having a complete physical exam is a way of checking on the health of your body.

How often should an adult have a complete exam by a physician? The answer is different for different people.

You should have a physical exam *every year* if:

- you take medicine for long times.
- you have a long-lasting health problem.
- you are over 65 years of age.

You should have a physical exam *every two years* if you are between 40 and 65.

You should have a physical exam *every two-five years* if you are an adult under 40.

If you are changing doctors, it is important to have a complete physical exam.

If you don't have a doctor, you can find the names of doctors in the telephone directory. Look under *Physicians* in the yellow pages.

Some cities have free or low-cost public clinics. To find out about clinics where you live, phone your city or county health department.

You will need to make an appointment for your exam at a physician's office or at a clinic. You can make the appointment by telephone. When you phone, ask if there is anything you should bring. Ask about the cost of the exam and any lab tests you will need to have.

If you have health insurance, phone your insurance company. Ask what your insurance will pay for. Although insurance doesn't usually pay for physical exams, some lab tests may be covered.

When you arrive for your appointment, a nurse will talk to you first. She will ask about any sickness you have had and any medicine you are taking. She will weigh you and measure you.

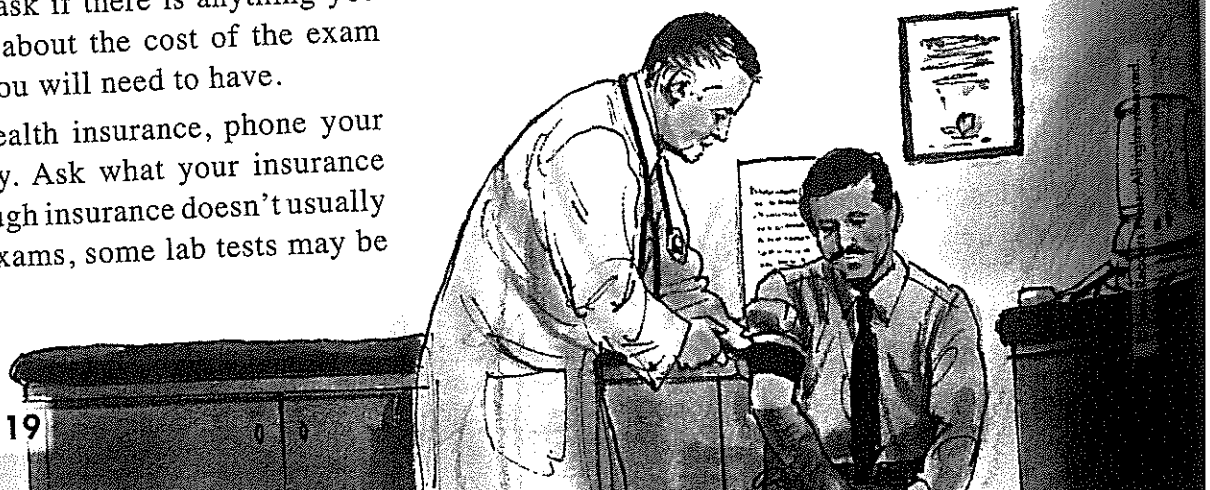
The nurse or doctor will test your blood pressure. This test is very important. About one in ten Americans has high blood pressure. High blood pressure can cause very bad problems, but a person can have it and not know it.

The doctor will ask about any health problems you are having, such as pains or coughing. It is important to tell the doctor everything about how you feel. The doctor will look into your eyes, ears, nose, mouth, and throat.

The doctor will listen to your heart and chest. He or she will ask you to breathe deeply and then to cough. As you breathe deeply and cough, the doctor will listen to sounds in your heart and chest.

The doctor will check other parts of your body. He or she will take some blood for a blood test. The doctor may want you to have other lab tests.

If you have any questions during the exam, ask the doctor. Your physician should take the time to discuss things with you.



Reading Directions on Medicines

ache (ake)	redness	soap	warn (worn)
headache	tablet	spray	direct (di rect')
dose	unless	minor (mī' ner)	direction (di rec' shun)
overdose	bite	once (wuns)	prescription (prē scrip' shun)
aspirin	case	taken	non-prescription
insect	reach		

There are some medicines that you can buy only with a doctor's prescription. There are other medicines that you can buy without a doctor's prescription. Non-prescription medicines, like the ones below, are for minor health problems. It is important to read the directions with care before you use *any* medicine—prescription or non-prescription.

ASPIRIN

For head colds, minor headaches, and other minor aches and pains.

Dose: (Take with water.)
 Adults: 1 or 2 tablets
 Children over 12 years: 1 tablet

For children under 12 years of age: Use aspirin only as directed by physician.

For adults: May be taken every 4 hours, up to 6 times daily.

For children: May be taken every 4 hours, up to 3 times daily.

Warning: Keep aspirin and all other medicine out of reach of children. In case of overdose, phone physician at once.

Cough Medicine

DIRECTIONS

Dose for adults and children over 12: Take 2 teaspoons every 4 hours. Do not take more than 12 teaspoons in 24 hours.

Dose for children 6 to 12: Take 1 teaspoon every 4 hours. Do not take more than 6 teaspoons in 24 hours.

Dose for children 2 to 6: Take 1/2 teaspoon every 4 hours. Do not take more than 3 teaspoons in 24 hours.

Do not give to children under 2 unless directed by physician.

WARNING: Persons with high blood pressure or heart problems should not use this medicine unless directed by physician.

Do not use for more than 10 days unless directed by physician.

Keep out of the reach of children.

FIRST AID SPRAY

Protects skin wounds. Takes pain out of minor burns and insect bites.

For minor cuts: First, gently clean the cut with soap and water. Dry the skin around the cut and apply First Aid Spray on the cut. May be covered with a clean bandage.

For minor burns and insect bites: Spray lightly onto skin.

Warning: Do not use on major cuts, deep wounds, bad burns, or animal bites. If redness or pain continues, stop using and see a physician. Spray should not be used on a cut for more than 10 days.

Use only on skin. Do not spray into eyes or mouth. Do not use on long-lasting skin problems.

Do not use on children under 2.

Practicing Health Words

Part A: Fill in each blank with one of the following words.

appointment	clinics	prescription
blood	lab	test
body	non-prescription	throat
chest	nurse	weigh

Getting a physical exam is a way of checking on the health of your _____. Some cities have free or low-cost public _____. _____ where you can get a checkup. But first you need to call and make an _____.

When you arrive for your appointment, a _____ will talk with you first. She or he will _____ you and measure you. The nurse will also take your _____ pressure.

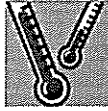
The doctor will look into your eyes, ears, nose, mouth, and _____. He or she will listen to your heart and _____. The doctor will take some blood for a blood _____. He or she may want you to have other _____ tests. If you need medicine, the doctor may write you a _____ . Or the doctor may tell you to go to the drug store for a _____ drug.

Part B: Look at the medicine directions on page 128 of skill book 4. Circle the letter of the answer below that best completes each sentence.

- The aspirin dose for a 12-year-old child is
 - 1 tablet every 2 hours
 - ½ tablet every 4 hours
 - 1 tablet every four hours, up to 3 times daily.
- If people with high blood pressure take cough medicine, they should
 - take the children's dose
 - ask a physician first
 - keep the medicine cold.
- Cough medicine should not be taken longer than
 - 24 hours
 - 1 week
 - 10 days.
- First aid spray is to be
 - taken by mouth
 - sprayed on minor skin wounds or insect bites
 - taken as a shot in the arm.
- The directions warn against using first aid spray
 - on the head or chest
 - on a deep wound
 - on the knees.
- The directions say to stop using the spray
 - if redness or pain continues
 - after you clean the wound with soap and water
 - after you wrap the wound with a bandage.

Fever

Although it can be frightening when a child's temperature rises, fever itself causes no harm and can actually be a good thing – it's often the body's way of fighting infections.



Signs and Symptoms

A child may have a fever if he or she is:

- fussy
- uncomfortable
- warm to the touch
- flushed
- sweaty



What to Do:

It's best to keep a child with a fever home from school or childcare. If your child is uncomfortable due to fever, here are some ways to relieve symptoms:

- Give the child a sponge bath in lukewarm water to help bring the fever down.
- Offer plenty of fluids to avoid dehydration.
- Ask your doctor about fever-reducing medicines.
- **Never** use rubbing alcohol to bring the fever down.
- **Do not** give aspirin to an infant or child.

Seek Medical Care Right Away if:

- an infant is younger than 3 months and has a temperature of 100.4° F (38° C) or higher

Call the doctor if an older child has a fever and also:

- appears sick
- has a skin rash
- has persistent diarrhea or repeated vomiting
- has signs of dehydration (urinating less than usual, not having tears when crying, less alert and less active than usual)
- has recurring fevers for 5 days
- has a chronic medical problem like sickle cell disease, heart problems, cancer, or lupus



Think Prevention!

Fevers are virtually unavoidable. The key is to make the child as comfortable as possible until the fever passes and seek medical treatment when necessary.

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