

Welcome to the Adolescent Medicine Clinic

We understand the unique health needs of teenagers and specialize in caring for teens.

Your first visit is on _____ (date)
at _____ (time) in the 3F Clinic.

You will meet with:

- Dr. Christina Grant
- Dr. Sheri Findlay
- Dr. Natasha Johnson
- Dr. Allison Rodrigues



Please bring your health card!

The 3F Clinic is on the 3rd floor by the “red” elevators at McMaster University Medical Centre, 1200 Main Street West, Hamilton.

Please call 905-521-2100, ext. 75290:

- **To confirm your appointment, OR**
 - **To change an appointment, OR**
 - **To tell us you cannot attend an appointment.**
-

What is adolescent medicine?

“Adolescent” means “teenager”.

During adolescence – your teenage years – you go from being a child to becoming an adult. This normal stage of development involves major changes in:

- your physical maturity and sexuality
- how you think and what you think about
- emotions or feelings
- relationships with others

As teenagers have unique health needs, they need more than routine check-ups. A doctor in adolescent medicine understands these needs and specializes in caring for teenagers.

The doctors in our clinic are pediatricians who specialize in the care of adolescents. They help teens with needs relating to:

- physical development and sexuality
 - nutrition
 - body image
 - mental health
 - use of substances or other risky behaviours
 - difficulties with family, school or peers
 - health problems that affect the ability to take part in regular activities such as going to school
 - conversion disorders
 - symptoms that are medically unexplained
-

What will happen at my first visit?

At your first meeting, the doctor will meet privately with you. She will talk with you to learn more about you and your health care needs. You may also have a physical examination.

The purpose of the appointment is to:

- assess your physical, emotional and social needs and concerns
- plan the care and services that will best meet your needs

The first visit usually takes about 2 hours, but it may be longer. The length of your visit will depend on your needs and the reason you were referred to the clinic.

Who else may be involved in my care?

Depending on your needs, you may meet other members of the health care team.

The team's social worker can provide counselling, emotional support and practical help to get the resources and services you need.

As we are a "teaching hospital", you may also meet medical residents and other students in health professions.

All members of our health care team provide care that is:

- **Holistic** – meaning that we consider all aspects of your health (physical, mental, emotional and social).
 - **Confidential** – meaning we keep your concerns and care private, although we encourage you to involve your family.
-

During your visits, we will help you learn about your health and how to care for yourself. As you move towards adulthood, you will gradually take more responsibility for your health.

We will give you lots of information, support and care along the way.

**If you have any questions about your referral
to the Adolescent Medicine Clinic,
please call 905-521-2100, ext. 75290.**