



Respect your body.

Appreciate yourself and the skin you're in, and the other tips will be easier to follow. This is the only body you have, so it's worth taking good care of it. Here's how:

Don't smoke.

Smoking is probably the worst thing you can do for your health and your appearance. Smoking leads to premature aging—grey, leathery skin with deep lines. Cigarettes harm almost every organ of your body and cause about 440,000 deaths each year in the U.S. They're also expensive. We have services to help you quit, and stay quit for good.

Get moving.

People who exercise regularly look trimmer, live longer, and feel better about themselves than those who don't. It doesn't have to be hard core workouts every day—just a physical activity that you enjoy that gets your heart pumping. Aim for 30 to 60 minutes of activity on most days.

Keep yourself safe.

Accidents are a major cause of injury and death in young adults. So, take

precautions that will keep you in one piece. Wear a seat belt every time you are in a car and don't drive with anyone who has been drinking. Wear a helmet every time you ride a bike. Make sure the smoke alarms in your house or dorm work. If you are in a relationship where someone is hurting you or putting you down, talk to your doctor or a counselor. We can help.

Eat the good stuff.

Over time, too much junk food affects your health. Aim to eat at least 5 servings of fruits and vegetables every day. Choose whole grains like brown rice and wheat bread. Get your calcium with healthy dairy products, like non-fat or skim milk, yogurt, or cottage cheese. Try to eat when you're hungry and stop when you're satisfied. Limit dressings, sauces, and added fat (especially saturated and trans fats). Treat sodas and sweets as occasional treats. Eat breakfast every day. People who do have an easier time maintaining or losing weight.

Maintain a healthy weight.

Daily physical activity and healthy eating will help you to avoid weight gain and keep you fit. If you are gaining weight or are already overweight, focus on making changes to stop the weight gain or slowly lose some weight. Being overweight now can lead to health problems later in life. If you want to work toward a healthy weight, we have programs and services that can help.

Be smart about sex.

If you decide to have sex, make it on your own terms. Hooking up or having unprotected sex can lead to unwanted pregnancy and/or sexually transmitted diseases, such as Chlamydia and HIV/AIDS. Always use a condom to protect

yourself. Make a birth control plan with your doctor. He/she can help you choose a method that works for you.

Think if you drink.

Being buzzed might be fun at the time, but it can lead to unpleasant consequences (vomiting, hangovers) and more serious problems (unplanned sex, car accidents, and injuries). When you drink, you are more likely to do things you wouldn't normally do and might regret once you are sober. Know your limits and never drink and drive.

Decide whether drugs have a place in your life.

You may feel tempted to experiment. Keep in mind that using drugs can hurt your body, mess up your judgment, and affect your ability to achieve your goals. Many illegal drugs are addictive, and can get you into trouble at school, at home, and with the law. Taking prescription medicine that is not meant for you can be dangerous and even life-threatening.

Limit sun exposure.

Too much sun causes visible wrinkling of the skin and skin cancer. Wear sunscreen every day, and cover up when exposed to bright sun for long periods of time. There is no such thing as a "safe" tan.

Get plenty of sleep.

Sleep is how your body restores itself. When you don't get enough, your memory, concentration, and appearance are affected. Did you know that sleep-deprived people are more likely to get sick, have accidents, gain weight, or become depressed? Aim for 8 hours a night, even if it means sometimes saying no to other things.

When to go...	What you may need	When you need it
See your doctor or practitioner	• Diagnosis and treatment of a health problem or referral to a specialist	Whenever you have an injury, illness, or health concern that needs medical attention
	• Birth control • Emergency contraception	If you are sexually active
	• Blood pressure • Body Mass Index (BMI)	Every 1 to 2 years
	• Pap test	If you are a sexually active female or a female 21 years or older. You will need a test every three years after a normal test.
	• Chlamydia test	Every year if you are sexually active, until you are 25.
	• Test for HIV and other STDs	Any time you have sex without a condom, have more than one sexual partner, are pregnant, or have any reason to think you may be at risk.
For immunizations	• Tdap (Tetanus/Diphtheria, Pertussis)	Once (or Tetanus booster every ten years)
	• MMR (Measles, Mumps, Rubella) • Varicella (Chicken Pox) • Hepatitis B • Meningococcal	If you did not have the prescribed doses when you were younger
	• HPV (Human Papillomavirus) Vaccine	Talk to your doctor if you are a young woman who did not receive 3 doses when you were younger.
	• Hepatitis A	If you are a male who has sex with men, if you have chronic liver disease, if you inject drugs, if you are traveling to a country or living in a community with high rates of Hepatitis A
	• Influenza	Yearly to reduce your risk of getting the flu; especially important if you are the caregiver of children under two, are a health care worker, or have a weakened immune system.
For help from a specialist	• Ophthalmologist or Optometrist*	If you think you may have problems with your vision, or need eye glasses or contact lenses.
	• Gynecologist	When you need your regular Pap test or need pregnancy testing, birth control, prenatal care or have other questions or concerns related to reproductive health.
	• Mental Health Professional	If you feel depressed, sad, or overly stressed or if you have experienced some form of abuse. If you are overly focused on your weight, or if you think you may have a problem with drugs or alcohol.
	• Dermatologist*	If you have problems with your skin or complexion.
	• Sports Medicine Specialist*	If you are competitive athlete and/or need help preventing injury and reaching your fitness goals.
	• Registered Dietician*	If you want help with nutrition or managing your weight

*Your doctor can refer you, as needed.

Staying healthy on the inside

Your emotional and mental well-being can affect your overall health as much as injury or illness. Depression, anxiety, and other mental health problems are common, but sometimes go undiagnosed and untreated. Your doctor can discuss any concerns you may have and refer you to a program or individual practitioner who can help you feel better.

Talk with your doctor or a professional in the mental health department if you've experienced any of the following:

- emotional, physical, or sexual abuse
- problems with drugs or alcohol, or a pattern of unsafe sex

- feeling sad or hopeless or not enjoying the things that you used to for more than 2 weeks at a time
- getting in fights or feeling angry more often than you used to
- thoughts of hurting yourself
- unhealthy weight control (such as bingeing and purging) or restrictive dieting
- feeling so stressed out that you're overwhelmed

Don't wait any longer to ask for support if you need it. We're here to help.

Your health at your fingertips

It's your life. We want to help you make it a healthy one.

Visit kp.org/youngadulthealth, where you can:

- E-mail your doctor.
- Learn how to get care.
- Check out health information just for you.
- Sign up for free, online *Healthy Living* programs.
- Make routine appointments, check lab results, or refill prescriptions—all online.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

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