

## **PREVENTION IS BETTER THAN CURE – CHILD HEALTH CHECK UPS**

A child's wholesome development is a combination of physical, mental and emotional development.

At the Paediatric Department of Rakshith Hospital we help you parents bring out the best in your child by providing you with information, guidance and high quality medical care at affordable costs.

### **GROWTH :**

A child's rate of growth and development is fascinatingly rapid and needs to be monitored annually between 3-6 years and every 2 years after 6 years. Check your child's weight, height, head circumference and BMI (Body Mass Index) – you will know if your child is undernourished, overweight, or short for age.

### **DEVELOPMENT :**

A child develops his mental faculties with the stimulation he gets from the environment at home, in school and the neighborhood. Help your child develop his learning potential to the fullest by regular developmental assessments and play stimulation.

### **VISION :**

Vision (sight) development occurs maximally during the first 6 years of life and is completed by 12 years of age. Any eye defects in children can hamper vision for life. So go for an eye check up by an eye doctor for your precious one to identify early, short sight, long sight, cataract, squint and eye cancer even if you feel they are normal. This is the recommendation of the American Academy of Ophthalmology.

### **HEARING :**

Get an audiogram done on your child, once to identify minimal decibel losses. This is the recommendation of the American Academy of Paediatrics. Hearing evaluation is done for all newborn babies in recent times in reputed hospitals.

### **TEETH CHECK UP :**

Get a dental check up done once in 6 months after the age of 2 years for your child to prevent dental caries. i.e. tooth decay, as children eat more of chocolates. Temporary teeth defects can lead to permanent teeth defects. Obtain advice on good, well aligned teeth which boosts the self esteem of your child.

### **DIET CHARTS :**

Obtain diet charts for your child and advice about balanced diet and exercise that prevent obesity in your child. Obesity is now a global epidemic and is causing a lot of diabetes, B.P, heart diseases, joint pains and cancers etc.

## **VACCINATIONS :**

Children are very vulnerable to infectious diseases and as parents we need to protect them from as many as we can. Bring your vaccine card and ensure you have given your child all vaccines including the latest ones.

The best gift we give our children is "**GOOD HEALTH**".

**Preventive action taken in childhood prevents disease and disability in adulthood, besides enhancing the school performance of a child , increasing his productivity and lengthening his lifespan.**

## **CHILD HEALTH CHECK**

(for children aged below 12 years )

- Complete Haemogram
- Complete Urine Analysis
- X - Ray Chest
- Mantoux Test
- Stool Examination
- Growth Monitoring & Development Assessment
- Consultation with Paediatrician
- Vision Testing
- Hearing Screening
- Dental Check Up
- Diet Advice

## **ADOLESCENT HEALTH CHECK**

(for teenage group between 12 and 18 years of age)

- Complete Haemogram
- Complete Urine Analysis
- Urine Culture & Sensitivity ( for females only)
- X - Ray Chest
- Mantoux Test
- Stool Examination
- Audiometry
- Vision Testing
- Breast examination
- Scrotum examination
- Sexual Maturity Rating
- BP Check Up
- Dental Check Up
- Diet Advice
- Consultation with Paediatrician