detection of hypertension during adolescence is important because hypertension is one of the major preventable risk factors for adult cardiovascular disease. With increasing levels of obesity, there have been reports of increasing incidence of hypertension among adolescents (LaRosa and Meyers, 2010). Screening for hypertension and associated risk factors should take place annually beginning at 3 years old. Specific guidelines for monitoring and treatment of hypertension in adolescents are found in the 2011 National Heart Lung Blood Institute Summary Report (see also Chapter 23).

Hyperlipidemia

Along with hypertension, smoking, and obesity, elevated serum cholesterol and triglyceride levels are major risk factors for the development of adult cardiovascular disease. The National Heart Lung Blood Institute (2011) recently issued a recommendation for universal lipid (nonfasting or fasting) screening of all children and adolescents between 9 and 11 years old and again between 17 and 21 years old. Low-density lipoprotein (LDL) cholesterol–lowering drug therapy is recommended for children and adolescents 10 years old and older whose LDL remains elevated after 6 months to 1 year on a restricted fat diet, lifestyle modification (exercise), and weight management (National Heart Lung Blood Institute, 2011). Additional information and practice guidelines for monitoring cholesterol levels and initiation of LDL cholesterol–lowering medication, as well as specific dietary modifications, are found in the 2011 National Heart Lung Blood Institute Summary Report at http://www.nhlbi.nih.gov/health-pro/guidelines/current/cardiovascular-health-pediatric-guidelines/summary.

Immunizations

An immunization update is an important part of adolescent preventive care. Obtaining a record of the teenager's prior immunizations is important. The Tdap (tetanus, diphtheria, acellular pertussis) vaccine is recommended for adolescents 11 to 18 years old who have not received a tetanus booster (Td) or Tdap dose and have completed the childhood DTaP/DTP series. When the Tdap is used as a booster dose, it may be administered at any