Gyno 101

Teen girls may not need Pap tests until they’re 21, but they still need to see a gynecologist yearly. Gynos don’t just deal with STDs and pregnancies. “They specialize in women’s health, so they can help girls cope with puberty issues, like body hair and breast growth,” says Jennifer Ashton, M.D., an ob-gyn in Englewood, New Jersey, who sees mostly teens and is a mom of tweens. “Over 55% of my patients are not sexually active.” Girls should change doctors between ages 13 and 15, ideally soon after they begin menstruating. Ask your daughter’s pediatrician to refer you to a practice that welcomes teens.

Unexplained red spots, cuts or bruises on the neck

Pinpoint-size tiny blood spots around the eyes

Disorientation after spending time alone

Tip: Stained teeth may be a sign of poor diet or, in rare cases, disease. So discuss the potential causes with your kid’s dentist.