

Teeth	Baby eruption	Adult eruption
Two front teeth, top, (2) ¹	7.5 months	7 years
Two front teeth, bottom, (2)	6 months	6-7 years
Teeth beside 2 front top, (2)	9 months	7 years
Teeth beside 2 front, bottom, (2)	7 months	7 years
Pointy teeth top, (2)	18 months	9 years
Pointy teeth bottom, (2)	16 months	9.5 years
Premolars, 2 each, top & bottom, left and right, 8 in all		12-14 years
First molar top (2)	14 months	10.5 years
First molar bottom (2)	12 months	10 years

¹ (2) means one each, left and right. It does not mean 2 left and 2 right.

3 months	4 kg	Social smile
7 months	6 kg	First teeth erupting
12 months	8 kg	4 front teeth each, top and bottom
24 months	9.5 kg	20 baby teeth or almost
3 years	11.5 kg	Speaks in whole sentences
6 years	17 kg	Can touch ear on the other side
8 years	21 kg	4 adult front teeth

$$\text{BMI} = \frac{\text{Weight in kilograms} \times 100}{[\text{Height in cm}]^2}$$

Not valid in pregnancy or with any kind of body swelling. Normal BMI is more than .192.

Suspect BMI is .180-.192. Malnourished BMI is less than .18.

Adult

Tempera- ture	Minimum pulse
99	60
100	70
101	80
102	90
103	100
104	110
105	120

Child 5 years old

Temperature	Minimum pulse
99	80
100	$80+12=92$
101	$80+24=104$
102	$80+36=116$
103	$80+48=128$
104	$80+60=140$

Condition	Pain	Appearance	Other symptoms
Passion fruit juice	Mild	Normal or slightly red	None
Viral respiratory infection	Mild to moderate	Red, maybe blisters	Cold symptoms., little or no fever
Strep throat	Yes, moderate to severe	Tonsils very red and swollen	Fever; no cold symptoms
Mononucleosis	Minimal to mild	White/gray scum on tonsils	Extreme fatigue, large neck nodes, fever
Diphtheria	Variable	White/gray scum on tonsils	Very ill; weakness, +/- swollen neck
Anthrax (rare)	Minimal	Black or white scab or scum on tonsils	Massive swelling, very fast onset

List of supplies to take to the physical exam lectures

Bathing suit—wear under your clothes.

Non-LED flashlight

Stethoscope

Washable marking pens, various colors

Watch with hands or digital seconds

Various thermometers, if possible

A tablespoon or a tongue blade