

الكلية : الطب

القسم او الفرع :طب الاطفال وحديثي الولادة

المرحلة: الخامسة

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اسم المادة باللغة العربية : طب الاطفال وحديثي الولادة

اسم المادة باللغة الإنكليزية : طب الاطفال وحديثي الولادة

اسم المحاضرة الأولى باللغة العربية: داء السمنة

اسم المحاضرة الأولى باللغة الإنكليزية : Obesity

Obesity

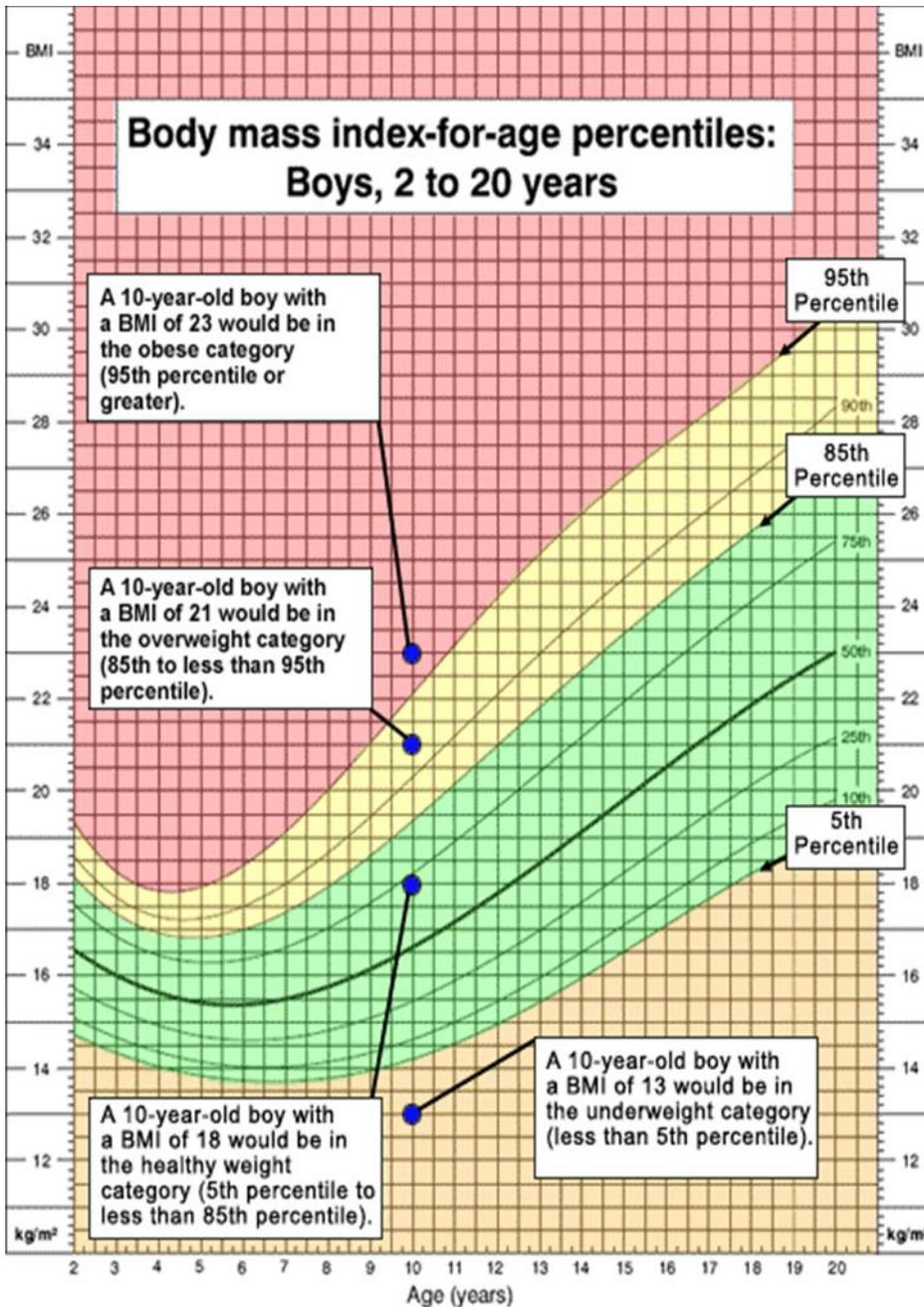
Definition :

□ increased adiposity (or an excess proportion of total body fat), and best defined using the **body mass index (BMI)**, which is an excellent proxy for more direct measurement of body fat.

** Body Mass Index

□ BMI = body mass index = $\frac{wt(kg)}{ht(m^2)}$

Weight Status Category	Percentile Range
Underweight	Less than the 5th percentile
Healthy	Weight5th percentile to less than the 85th percentile
Overweight	85th to less than the 95th percentile
Obesity	Equal to or greater than the 95th percentile



Risk factors:

- Obesity runs in families
- endocrine abnormalities; hypothyroidism, Cushing's disease
- excessive dietary intake
- Environment factors.

- maternal obesity during pregnancy
- some small for gestational age (SGA) newborns .

Clinical assessment

1- History;

- # dietary history: food type , binge eating, nocturnal eating .
- # Any symptoms related to weight gain (poor sleep or snoring or dyspepsia)
- # Taking relevant drugs ?
- # Underlying disorder such as hypothyroidism or Cushing's syndrome?
- # Family history of obesity, DM ?
- # is the child active or lazy ?

2- Examination and measurements;

- # BMI =kg/m² and growth charts
- # skin fold thickness.
- # Search of complications of obesity .
- # Look for signs of hypothyroidism or Cushing's syndrome.

3-Investigations

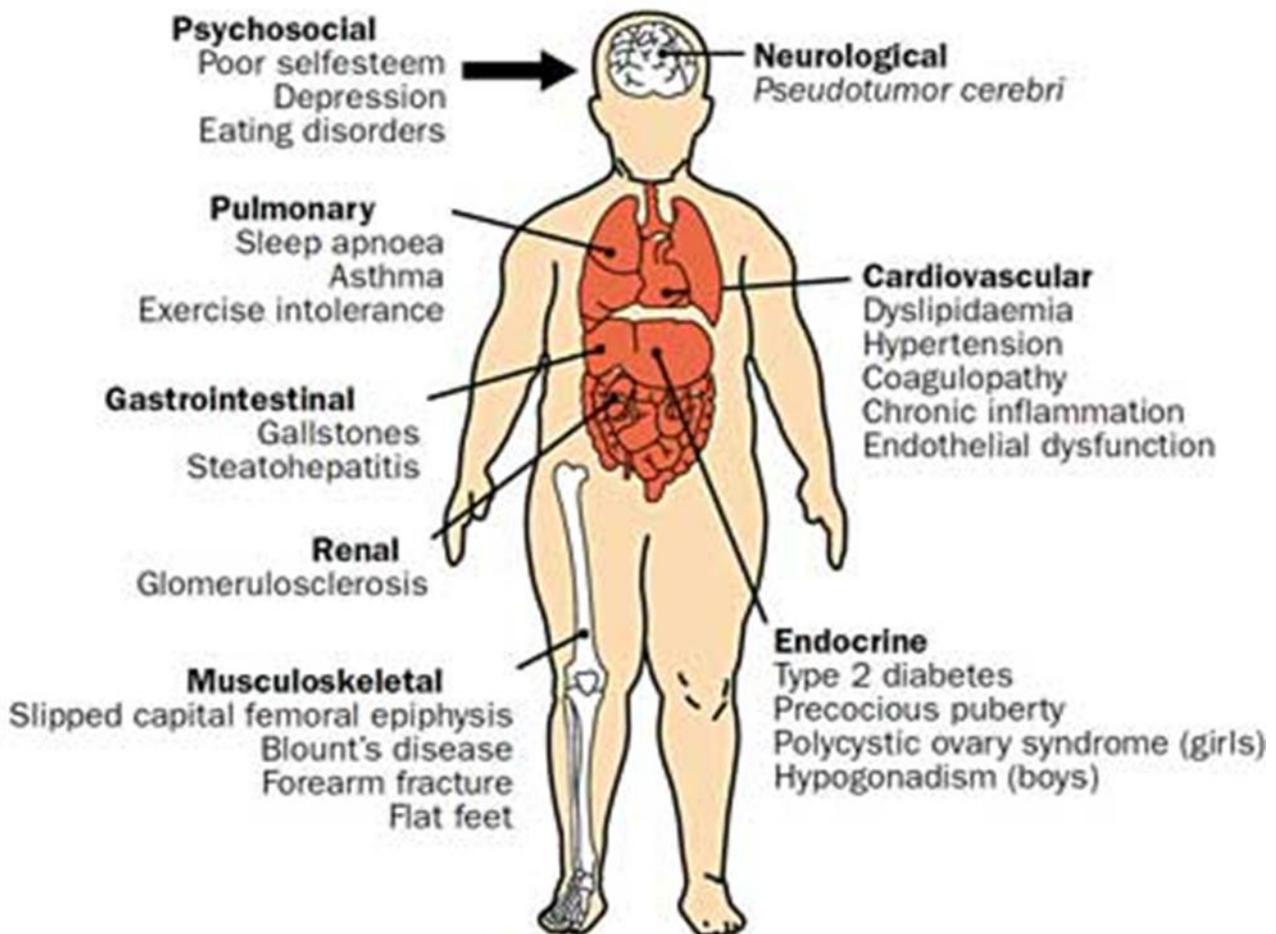
- # Blood glucose and a serum lipid profile
- # Serum transaminases
- # Thyroid function tests
- # dexamethasone suppression test or 24-hour urine free cortisol

Complications of Obesity

- # Psychosocial: Peer discrimination, isolation, depression,
- # Growth: Advance bone age, early menarche

- # Central nervous system : Pseudotumor cerebri
- # Respiratory: Obstructive sleep apnea
- # Cardiovascular : Hypertension, arrhythmias,
- # Orthopedic : Slipped capital femoral epiphysis,
- # Metabolic : Insulin resistance, hypercholesterolemia,

COMPLICATIONS OF CHILDHOOD OBESITY



Treatment

- Treating underlying medical causes.

- Explore family eating pattern and activity.
- The “traffic light” diet groups* drinking lower quantities of sugar-sweetened beverages, consuming higher-quality diets.
- increasing exercise*, watching less TV.
- The only (FDA)-approved medication for obesity in children more than 12 yr old is Orlistat .