

2nd International Conference on **Advances in Neonatal and Pediatric Nutrition**

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15th International Congress on **Advances in Natural Medicines, Nutraceuticals & Neurocognition**

July 08-10, 2019 Berlin, Germany

Obesity in Children

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The World health organization WHO regards obesity as the most serious global public health challenges for the 21st century. Definition of the obesity according to the BMI charts in children, considering the age and the sex of the child it is different from the definition of obesity in adults. Essential history about the onset of the obesity any genetic factors, lifestyle, eating habits and exercise. "Red Flag" symptoms and signs such as sleep apnea, any other association (obesity with short stature indicate endocrine problem). Differential diagnosis whether the patient has endocrine disease or syndrome (dysmorphic features, developmental delay), secondary obesity due to prolonged use of steroids. Complications, obesity is associated with medical comorbidities affecting many organ systems such as hypertension and type 2 diabetes. Investigations establish whether the child is short or tall, any dysmorphic features and assess development status. Plot weight and height then BMI according to the charts. Blood test: Hormones test, lipid profile, kidney function, glucose and HBA1c other blood test like genetic test if indicated in the clinical examination. Sleep study according to the history.

Biography

Iman Barakat is a pediatric consultant at Kingdom Hospital in Riyadh, Kingdom of Saudi Arabia. She graduated from Aleppo University, postgraduate training in MRCPCH, London, UK.

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