

## Faxnotes

Jan. 09, 2006

### MEDICAL UPDATE

#### *Early intervention can reduce childhood obesity*

The prevalence of obesity in the United States has increased dramatically during the past several decades. With the percentage predicted to double in the next 10 years, 65 percent of adults and 25 percent of children are overweight or obese.

Although a genetic predisposition underlies a tendency to obesity, that alone does not explain the rapid increase in obesity. The availability of abundant and cheap food, combined with an increasingly sedentary lifestyle, has led to an excess of positive energy balance that translates into increased body weight.

#### Clinical Nutrition

Because obese children may suffer lifelong physical and emotional consequences, it is imperative to discuss prevention with parents during the well child examination. After an obese child reaches 6 years of age, the probability that obesity will persist exceeds 50 percent and 80 percent of obese adolescents will remain obese as adults. If the parents are obese, the child has almost 100 percent probability of being obese.

Evaluation and treatment of children should be initiated when the trend in increasing weight surpasses the trend in increasing height. All obese children should be screened for hormonal causes, diabetes, sleep apnea, cardiac, psychiatric and orthopedic problems.

Treatment involves a high level of commitment both by the physician and family. Treatment plans should include:

- Reasonable weight-loss goals – 10 percent weight reduction over a six-month period or no weight gain for six months in younger children.
- Referral to registered dietician to tailor a specific dietary plan for the family.
- Aerobic physical activity 20-30 minutes daily.
- Behavior modification limiting the amount of TV and computer use. Family involvement is critical to the success of any treatment regimen. Anorexiants are not advised.

Early intervention of childhood obesity offers the best hope for preventing diseases such as depression, diabetes, hypertension, orthopedic, and heart and pulmonary problems with their associated morbidities into adulthood.

For more information, contact Sarah D. Blumenschein, M.D., 214-456-2333 or [sarah.blumenschein@childrens.com](mailto:sarah.blumenschein@childrens.com).

### SERVICE UPDATE

#### *The Children's echocardiography lab earns accreditation*

The echocardiography laboratory at Children's was granted accreditation in November for transthoracic, transesophageal and fetal studies from the Intersocietal Commission for the Accreditation of Echocardiographic Laboratories. The accreditation acknowledges that Children's is meeting or exceeding the standard of excellence for all types of echocardiographic studies.

The ICAEL has certified 48 pediatric labs in the country. Among these, only 27 are certified for fetal studies and only 14 for transesophageal studies. Children's is one of only two pediatric echocardiography labs in Texas accredited by the ICAEL.

### PEDIATRIC GRAND ROUNDS

Wednesdays at 8 a.m. in the Children's auditorium. For CME information, contact the UT Southwestern office of continuing medical education at 214-648-3705.

- **Jan. 11** - *"Orthopedic Soft Tissue Emergencies,"* Philip Wilson, M.D., Assistant Professor of Orthopedics, Children's Medical Center Dallas; Assistant Professor of Orthopedic Surgery, Texas Scottish Rite Hospital.
- **Jan. 18** - *"Functional Abdominal Pain: The Brain and the Gut,"* Carlo DiLorenzo, M.D., Division of Pediatric Gastroenterology, Children's Hospital of Columbus, Columbus, Ohio; Professor of Clinical Pediatrics, The Ohio State University.

**Main Number (214) 456-7000 | Pharmacy Consult (214) 456-6209**  
**Admitting (214) 456-2190 | Physician Referrals (800) CHILDRX**  
**Emergency Center (214) 456-2100 | Physician Relations (214) 456-2142**  
**Laboratory (214)456-6300 | PICU Consult Pager (888) CMC-PICU**  
**Medical Records (214) 456-2505 | Radiology (214) 456-2305**  
**Medical Staff Services (214) 456-1814 | Transport Services (800) 262-0988**