

POINTS TO REMEMBER FOR CLINICAL PRACTICE

Endocrine
manifestations

Overweight and Obesity

- The risk of becoming overweight/obese is 2-3 times higher than in the general population. It also increases with age, both in children and adults; the risk is higher in women than in men.
- There are two critical periods: the adiposity rebound period, which occurs earlier (girls: 3 years of age; boys: 5 years of age) than in the general population (6 years of age), and the peripuberty period.
- For diagnosis and prevention in children, BMI curves for the general population (WHO, CDC, IOTF) should be used, which are the best representation of excess adiposity.
- The importance of diagnosing and treating OSAS, hypothyroidism, type 2 diabetes, non-alcoholic fatty liver disease, orthopedic problems
- The importance of prevention: healthy family and school eating habits, fighting against sedentary lifestyle, encouraging sport and physical activity.