

Surpoids et obésité en pédiatrie

Par où commencer...



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Parler de poids...

Confiance

Troubles alimentaires

Relation avec les patients

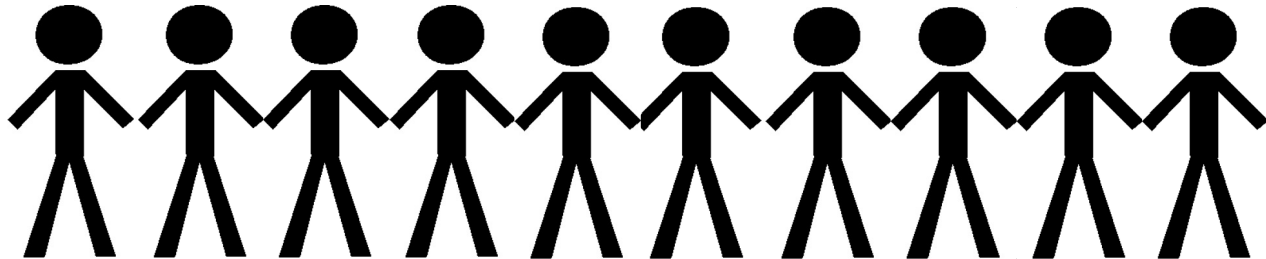
Au terme de cette conférence, les participants seront en mesure de :

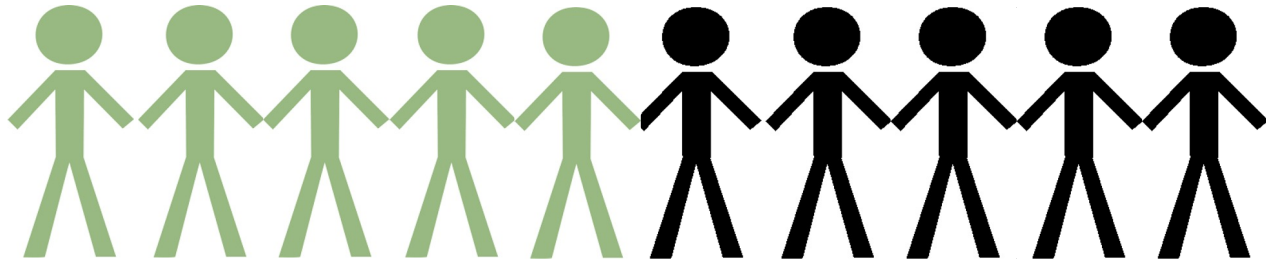
Nommer des stratégies pour aborder plus facilement une problématique de surpoids avec les enfants et leur famille;

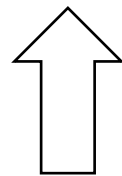
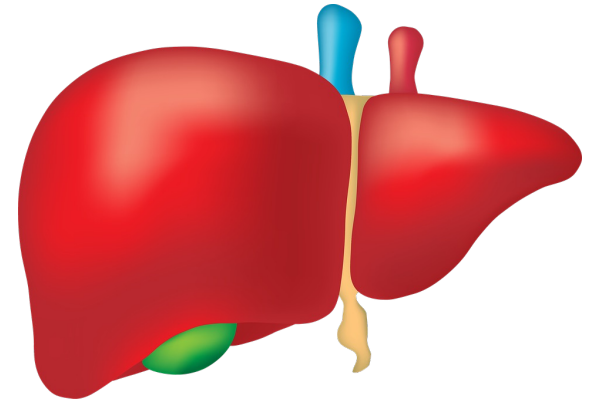
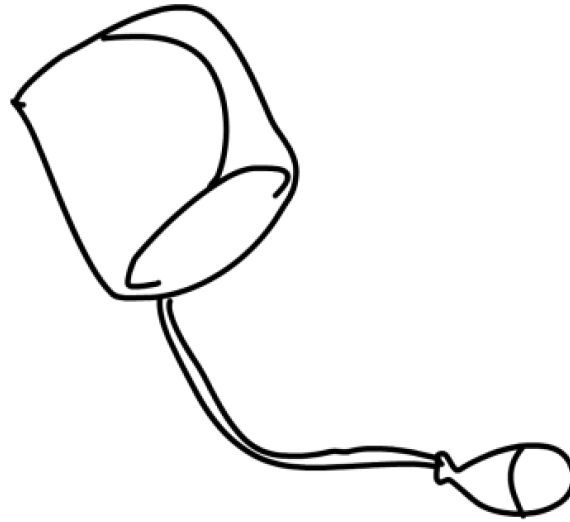
Discuter de différentes approches pour soutenir les patients pédiatriques et leurs parents dans leur changement d'habitudes de vie;

Divulgation

Aucun conflit d'intérêt





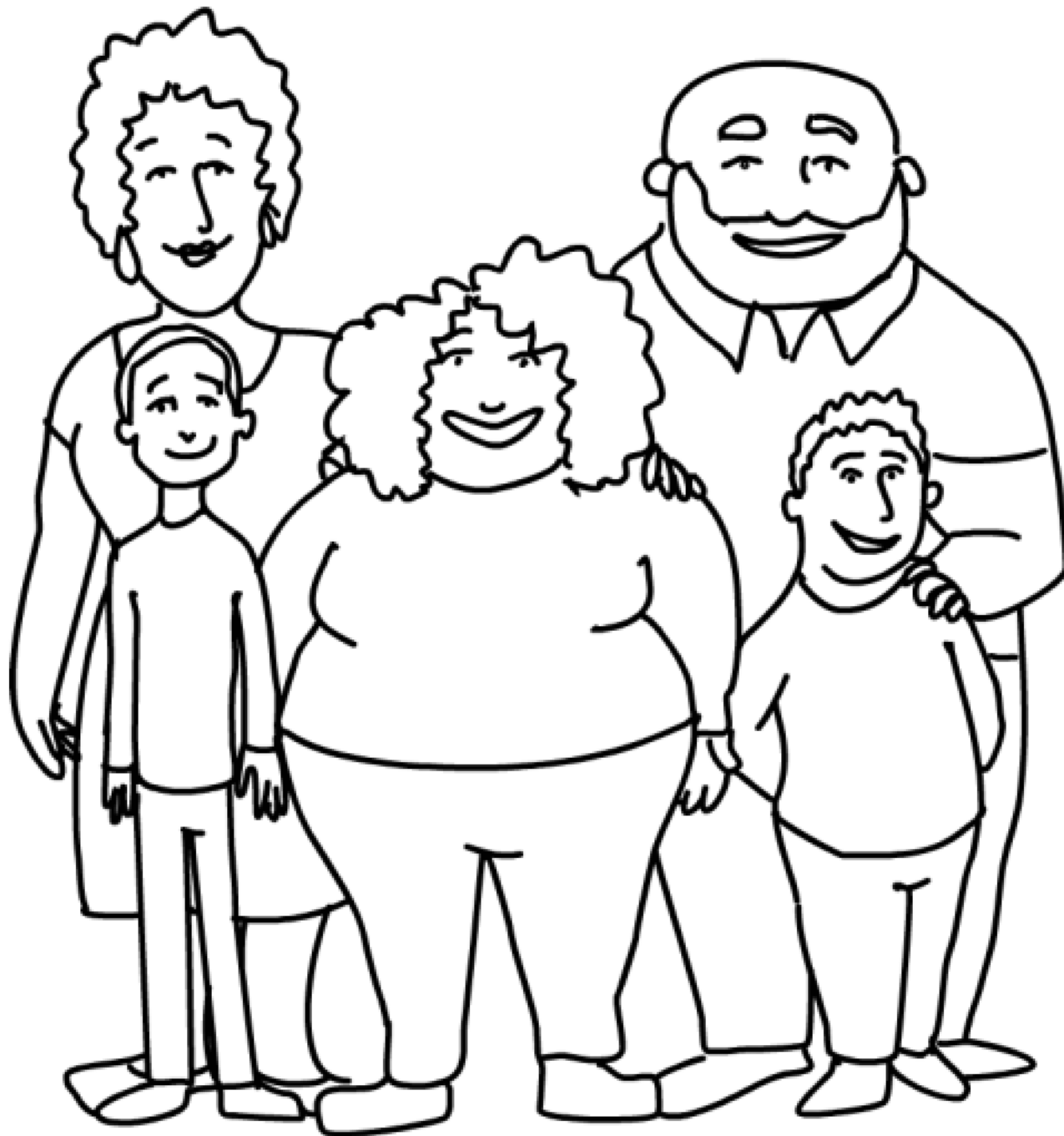


CHOLESTÉROL



QUI?





QUAND?



JANVIER

DOLTEUR

COMMENT?

Demander la permission

Terminologie...



Ne pas assumer...



Informers, mais...



-DIABÈTE
-HYPERTENSION
-PROBLÈME CARDIAQUE
-AVC...

PERDRE²

40lbs

en
mangeant

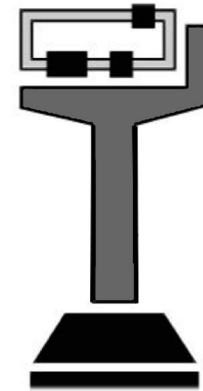
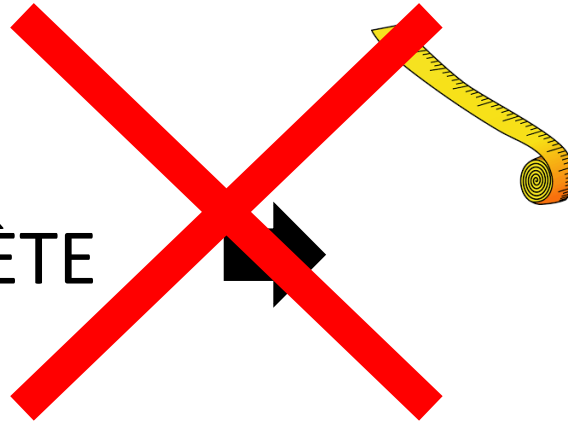
des

ÉPINARDS!





DIÈTE



SAINES HABITUDES
ALIMENTAIRES



Causes secondaires...

Sévère < 5 ans

Hyperphagie sévère

Anomalie neurologique

Gain de poids rapide

Stigmates de dysfonction endocrinienne

Dysmorphisme

Vision/Audio

Examen physique

Poids, taille, IMC +/-PC + Tension artérielle

Fond d'oeil

Amygdales

Acanthosis nigricans, Hirsutisme et acné

Vergetures/bosse de bison/faciès lunaire

Signes hypothyroïdie

Oedème périphérique

Sensibilité/amplitude articulaire MI/démarche

Stade de tanner/ OGE

Signes associés différents syndrome

Bilans

Hb1Ac + glycémie ajeun

Bilan lipidique ajeun

ALT

+/- Hyperglycémie orale provoquée

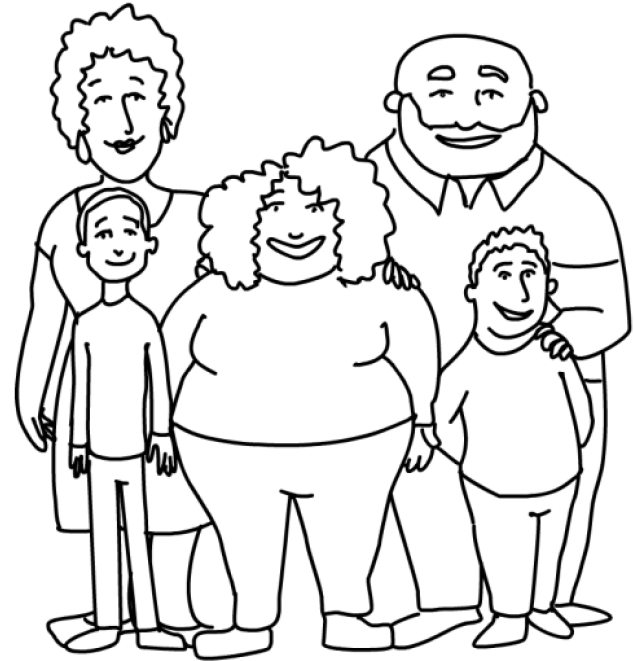
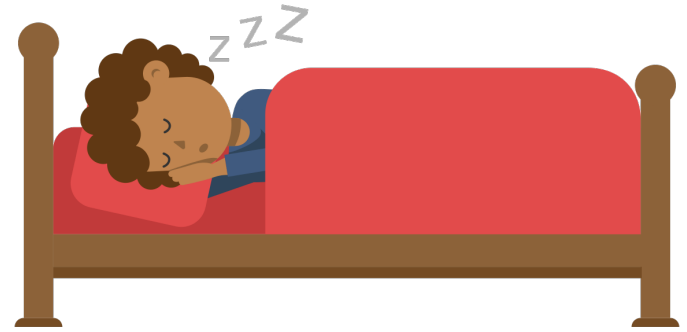
+/- Bilan SOPK

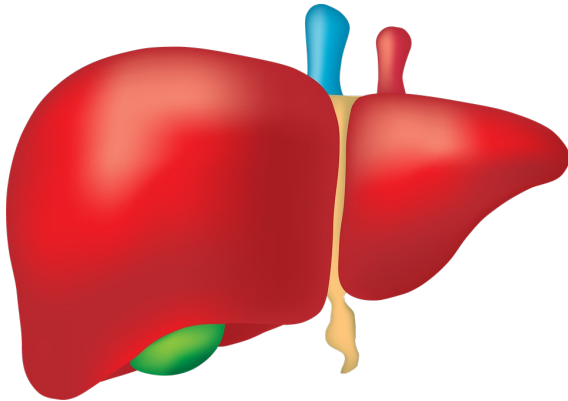
+/- Investigations causes secondaires

+/- Référence à un spécialiste en santé mental

+/- Polysomno ou oxymétrie nocturne

+/- Investigations orthopédiques





Dans le concret...

SMART goals



SMART goals

S : Spécifique

M : Mesurable

A : Atteignable

R : Relevant

T : Time based





Médication?

Conclusion

L'obésité est une maladie chronique

Sujet sensible à l'adolescence

Mettre l'accent sur les saines habitudes

Chaque petit changement compte...!

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