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Metabolic syndrome of Treatment in Hypocaloric Diet Exogenous constitutional obesity.

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Objectives: To optimize diagnosis and treatment of metabolic syndrome in adolescents with exogenously-constitutional obesity

Methods: We Selected 29 adolescents with exogenously- constitutional obesity of varying severity were examined the average age was 13.0-2.6 years living in Bhaktapur Nepal diagnosis of the metabolic syndrome was carried out on the basis of diagnostic criteria IDF 2008. the risk of developing the metabolic syndrome was calculated using the computer program developed around the waist circumference in children and adolescents of the Nepali population. The treatment was carried out using a hypocaloric diet developed for children and adolescents depending on the age taking into account the national cuisine.

Results: In assessing the components of the metabolic syndrome of children and adolescents with exogenously constitutional obesity, WC>90 and BMI >97 percentiles were found in all 29 subjects metabolic syndrome is diagnosed in 6 (24.0%) adolescents 10-16 years with exogenously-constitutional obesity. violation of carbohydrate metabolism (fasting glycemia) 5.0 mmol/L was detected in 3 (10.3%) of the examined. an increase in blood pressure above the IDF criterion (SMP>130/DBP 85 mmHg) was detected in 3 (10.3%) patients. Dyslipidemia in particular. Hypertriglyceridemia in 4 (13.8%) a decrease in high density lipoproteins <1.03 mmol/L was detected in 6 (20.7%) against the background of hypocaloric diet after correction of diet and lifestyle the normalization of fasting glycemia in 2 (6.9%) the level of triglycerides decreased by half the level of high density lipoproteins also increased 2 fold after 3 months all subjects had normal hemodynamic index.

Conclusions: Our study initial metabolic syndrome was diagnosed in 6 (24.0%) against a background of lifestyle correction and a hypocaloric diet developed in 2 of them the metabolic syndrome was not diagnosed.