The image contains text related to Endocrine: Obesity and Metabolic Syndrome. It discusses the risk of obesity in children with spina bifida, the potential for metabolic syndrome, and guidelines for growth and nutrition through different age sections. The text is structured into paragraphs and sections, providing a detailed discussion on the topic.
5. Referral to physical therapist or athletic trainer with experience or training in proper exercise for individuals with physical or cognitive limitations

6. Screening for diabetes should be performed in children over 10 years of age (or at the onset of puberty if it occurs at a younger age) who are overweight or obese and have two or more additional risk factors (family history of T2DM in a first- or second-degree relative, high-risk ethnicity, acanthosis nigricans or PCOS).

7. Screening for dyslipidemia for children of ages 9 and above with a BMI ≥85th percentile or other risk factors for cardiovascular disease (family history of dyslipidemia/early cardiovascular disease and/or morbidity in first- or second-degree relatives, history of diabetes, hypertension, or smoking in childhood)

TEENAGE THROUGH ADULTHOOD (3)
1. Annual assessment of weight, height or arm span, and BMI
2. Discussions with the family of the importance of diet in maintaining a healthy lifestyle.
3. Referral to dietician for assessment of nutritional status and diet.
4. Monitoring weight and growth parameters to follow response to dietary changes
5. Referral to physical therapist or athletic trainer with experience or training in proper exercise for individuals with physical or cognitive limitations
6. Screen for diabetes and dyslipidemia

Research gaps:

Is there evidence that obesity is more common in children with spina bifida? And are those children at higher risk for metabolic syndrome?

Should screening for metabolic complications of obesity be performed in children and adolescents with spina bifida?

Is there evidence to support the role of weight management intervention in the prevention of metabolic syndrome?

References

2. Pediatric guidelines