2020 KACO Posts

January

Bariatric Surgery and Pediatrics

What was once a very rare procedure for adolescent patients with severe obesity, bariatric surgery, has become a more common one. The AAP policy on bariatric surgery, released last month, indicates that it still is offered too late and infrequently for many of our patients. While it seems drastic, bariatric surgery can provide relief from many complications of severe obesity. The take-home message for us in primary care from this statement are straight-forward:

- Use percentage over the 95th percentile BMI to define severe obesity when absolute BMI doesn’t make sense due to age/height.
- Look for illness in your patients with severe obesity. It’s there when you look.
- Talk about the health hazards of severe obesity and the treatment options for severe obesity with your patients. Bariatric surgery reduces body weight by about 35% whenever it is performed, so start the conversation early.
- Advocate for treatment options for patients with obesity to be available. Kentucky needs more places who can treat our patients with severe obesity.
- Like all obesity, severe obesity disproportionately affects patients with socioeconomic limitations.

February

2020’s Best Diets

After reviewing recent data and research, US News and World Reports reveals its Top Diets for the year. First off, let’s quit talking about diets, shall we? We all know that achieving a healthy weight is more about lifestyle changes. We want sustainability and not a yo-yo weight history. With a focus on sustainability, what are the best eating plans according to USN&WR? The results are not surprising. Evidence rules. The top plans are the Mediterranean, DASH and Flexitarian, WW (Weight Watchers) and MIND plans. Not surprisingly, these are plans that emphasize lots of fruits and veggies, lean proteins, whole grains and lots of water. And plans that bring up the bottom of the list tend to be highly restrictive and difficult to sustain. 