

Preface

Overnutrition, Overweight, and Obesity are the main health problems in industrialized countries worldwide. One of the most striking phenomena is the prevalence in which many young individuals are affected with obesity and its health- and psychological consequences. These health hazards are much more influencing on the general well-being of children and adolescents and their families than most medical practitioners can imagine. Data has been showing that the quality of life in adolescents affected with the burden of obesity can be compared to subjects suffering from cancerous diseases. Moreover, the many morbidly obese young subjects are a group of patients who are affected with very severe problems in regard to metabolism, skeletal health, and skin. They often are unable to take part in sportive activities and tend to be socially isolated with a high probability of becoming depressive. Most of the available conservative treatment procedures are not adequately successful; therefore many centers around the world have commenced with surgical methods in the last decade. It is obvious that these procedures are very drastic and invasive and are accompanied by side effects like nutritional deficiencies, psychological disorders, and, in some cases, consequent surgical interventions. Based on these facts we tried to bring outstanding experts from various fields together and organized a 2-day meeting in Vienna. Our aim for this book was to present the lectures in a comprehensive form, dealing with different aspects of bariatric surgery in adolescent patients from epidemiology, effects on metabolism, accompanying diseases, options for conservative treatments, legal aspects, and the very experiences from international bariatric centers.

We hope that physicians, pediatricians, surgeons, clinical nutritionists, psychologists, and social care workers will receive appropriate and evidence-based information in this rather new field of adolescent medicine. One final goal should be to focus on the importance of efforts to prevent morbid obesity from occurring.

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Conservative Treatment and Surgical Approaches

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