

WHY is it difficult to avoid weight gain in
PWS in spite of information.

And why is it difficult to loose weight

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Overweight arises in PWS

- When the intake of calories are more than is used
- Caloric intake: from what is eaten or drinken.
- Weight cannot rise because of medicine alone,
- Weight can rise if medication increases appetitete

- We use calories: basal use to keep the body alive
- our muscles use calories when we move.
- Calory needs in PWS is lower than in normal children and adults

Early correct information is essential. Wrong information makes it difficult

- Dietician:
- Must know PWS, and inform according to PWS
- children should not automatically be ordered same amount of food as other children, and the goal is not to have the same weight as other children
- then the child accumulates too much fat
- and the parents become sorry, they try their best
- When the child is able to eat: another risk:
- It is very satisfying to see the child, finally able to eat and enjoy food,
- And so difficult to stop the child

Children with PWS are different

- Almost never drop a meal (as normal children do)
- Eat what is served, and take gladly " a little more"
- Only leave the table when lifted down from the chair

- To have a peaceful meal it is temptaking to give something more
- Every time "a little more" is given, it is expected next time
- Many families require that all sit at the table until all meal is over
- At parties all sit for a long time, and the child with PWS eats gladly

So gradually the child becomes a little "puffy"

Here I think many parents think: OK, a little round, but it will stop
But it does not stop unless the routines are changed.

In kindergarden:

Parents do not want the child to be special (shy ?)

"He/ she can have a piece of cake at parties." ... only one,(but has 2!)

He/she sits at the table with the others, and often have 2-3 cakes

And find the way to the kitchen. To food boxes etc

So here we have a lot of possibilities for extra intake

In the school

- The teachers have too little information
- Many teachers
- Many children
- Many families
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- they are not informed about PWS
- and the child with PWS never says no thank you

After school.. At work

- Many challenges
- Too many risks
- It does not help that there is a diet at home
- When it is possible to eat too much during the day
- Lack of information and supervision is disrespect of the disease

To loose weight in PWS

- Simple way:
- Eat less, moove more

- For many:
- Lifestyle must be changed
- Firts of all : only eat at meals. One plate, then leave the table
- Many with PWS need supervision 24 hours every day
- But weight loss is possible, but have to be done correctly

Recommendations

- Secure that the food is correct:
- Enough proteins, fat, carbohydrates and vitamins and minerals
- Secure enough movement during the day:
- Simple way: walk ½ hour after each meal (3 times per day)
- A lot of activities between meals
- Have fun, enjoy what you do, be praised.
- Food security: no expectations about " a little more">>>>crises !