

# 25<sup>th</sup> International Conference on Global Nursing Education & Research

June 16-17, 2022 | Webinar

Semra SONGUT et al., J Nurs Care 2022, Volume 11

## Obesity surgery in adolescents

**Semra SONGUT<sup>1</sup> and Zehra UNAL<sup>2</sup>**

<sup>1</sup>Hitit University, Turkey

<sup>2</sup>Hitit University, Turkey

Obesity is defined as excess weight and fat accumulation in body at a level that may impair health (WHO). Obesity prevalence is reported 5% and 20.5% world-wide, and it constitutes one of the most important global health problems of the 21st century in developed and developing countries.

Today, the most important reasons for obesity in children and adolescent are sedentary lifestyle, lesser physical activities, increased screen time, negative changes in nutritional behaviors including eating more than needed, presence of an overweight/obese individual in family, diseases, drugs, problems with family and peers, depression or other mental problems due to separation from family or parental involvement like divorce, etc.

Various treatment options are applied, including diet, physical activity, lifestyle changes, pharmacological and surgical treatment.

Bariatric and reconstructive methods are used in obesity surgery. The former aims to reduce absorption of nutrients from gastrointestinal tract, and while methods like bypass, gastroplasty, gastric banding, gastric balloon are used in bariatric surgery, it is aimed to remove the existing fat tissues localized in various parts of the body in reconstructive surgery.

Bariatric surgery has recently become a standard practice in treating adolescents with severe obesity in the USA, and guidelines emphasize bariatric surgery be considered in adolescents with a BMI>35 kg/m<sup>2</sup> and a comorbid disease. European Society of Pediatric Gastroenterology, Hepatology and Nutrition emphasizes it is very important to clarify precise indications for bariatric surgery in adolescents.

Studies show obesity affects individuals of all ages, especially adolescents. Thus, obesity risk and obesity emerge as an important health problem in the pediatric population. Therefore, nursing interventions, early diagnosis, identifying risk factors, informing adolescents and their families, raising awareness, etc. are critical in preventing obesity, and nurses should educate adolescents and their families about effective methods for treatment of obesity.

## Biography

Zehra Aydin is doctor (PhD) in the Department of Surgical Diseases Nursing. She has been working in Department of Surgical Diseases Nursing, Faculty of Health Sciences, Hitit University, Corum, Turkey since 2013.

---

**Received:** June 09, 2022; **Accepted:** June 10, 2022; **Published:** June 22, 2022

---