



Janice M. Wnek, M.D.



YOUR CHILD'S HEALTH

Presented by the medical professionals at Midcoast Pediatrics

Overweight Children

Recent studies have indicated that children between the ages of nine and fifteen aren't exercising enough, leading to a problem of overweight children. This can bring on serious health problems, including obesity, heart disease, diabetes, and high blood pressure. Studies have indicated that up to 80 percent of obese teens become obese adults. Experts fear an exponential increase in heart disease, stroke, cancer and other health problems as overweight children move into their 20s and beyond. An overweight child can be helped by meeting with a pediatrician to assess the child's eating and activity habits and getting some suggestions on how to make positive changes. Medical conditions that can be associated with obesity can also be screened by the doctor.

Parents of overweight children should speak to their pediatrician about methods for losing weight. Your child's doctor can advise you on appropriate diet changes as well as any new exercise regimens. For additional information about today's topic, call MIDCOAST PEDIATRICS at 207-721-8333. We are located at 121 Medical Center Drive, Suite 2600, Brunswick. New patients are welcome.

P.S.: The cumulative effort of overweight children could be the country's first generation destined to have a shorter life span than its predecessor.

www.midcoastpediatricspa.com