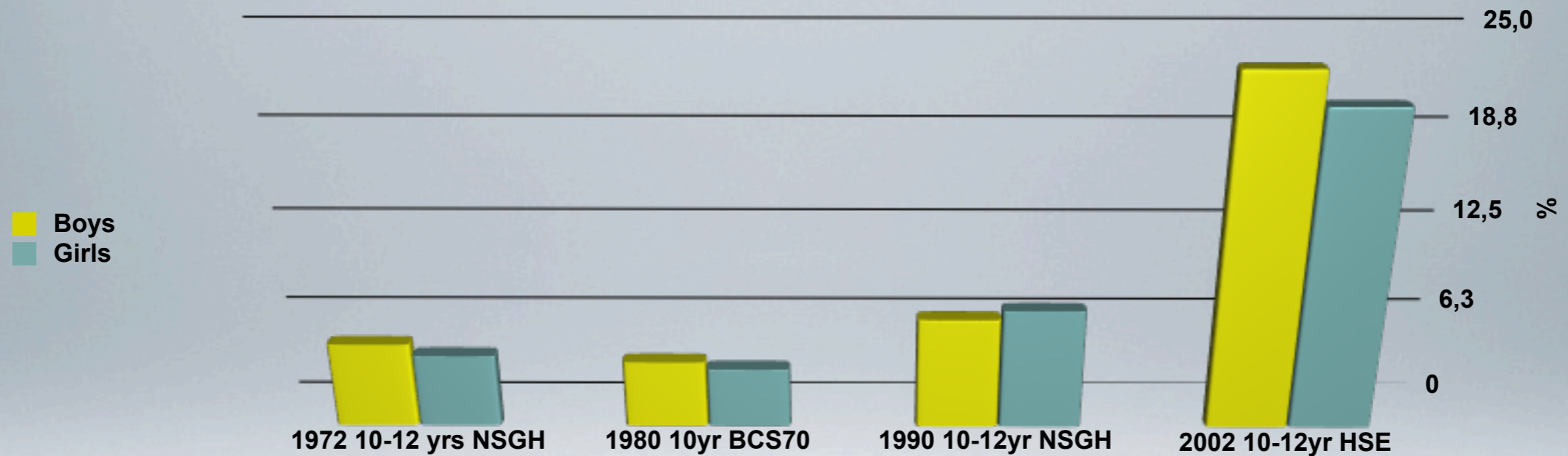


# OBESITY

The young adult

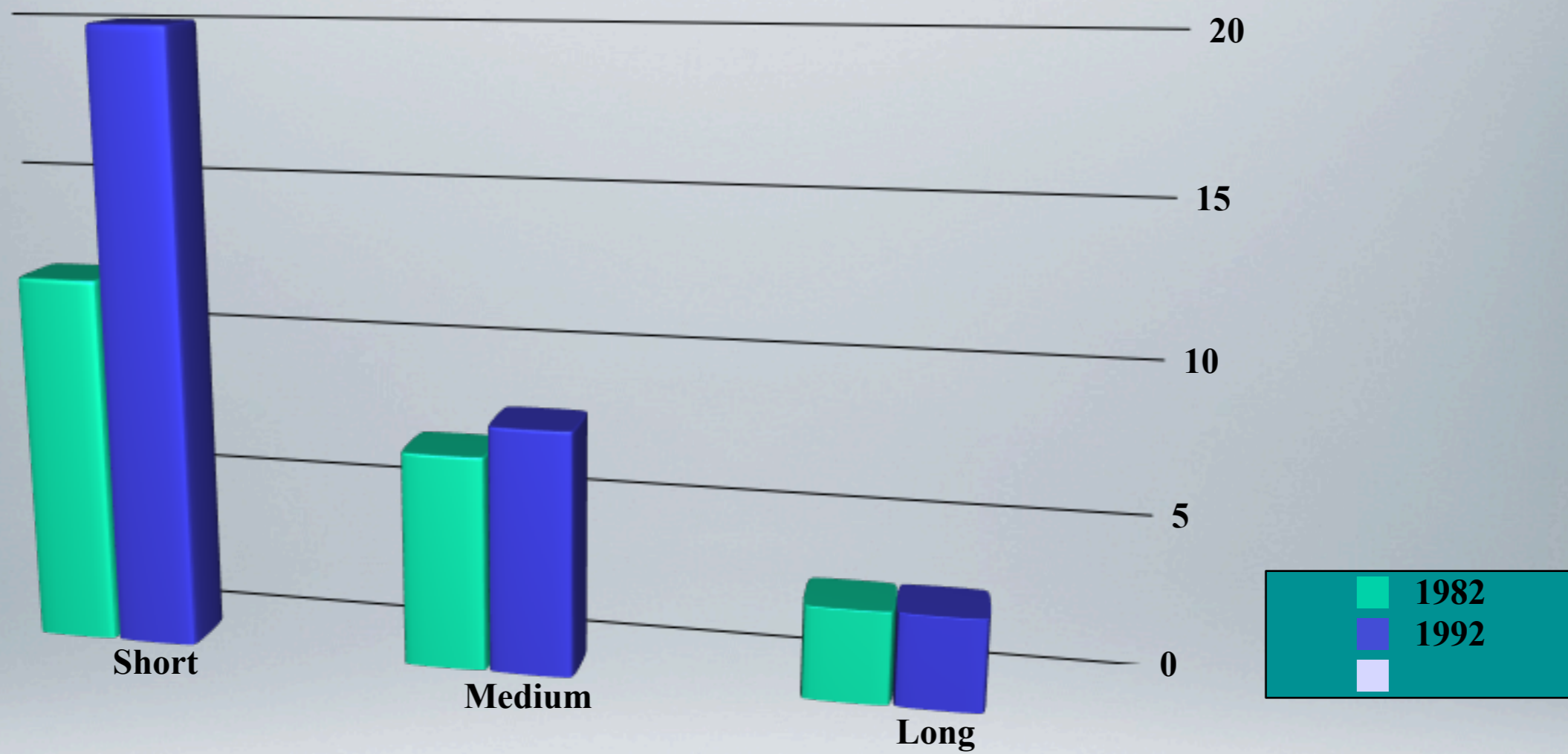
Ditte Trolle, MD, Aarhus University Hospital, Skejby

### Prevalence of obesity (BMI >95th centile) in early adolescents in Britain, 1972-2002



Children are getting fatter

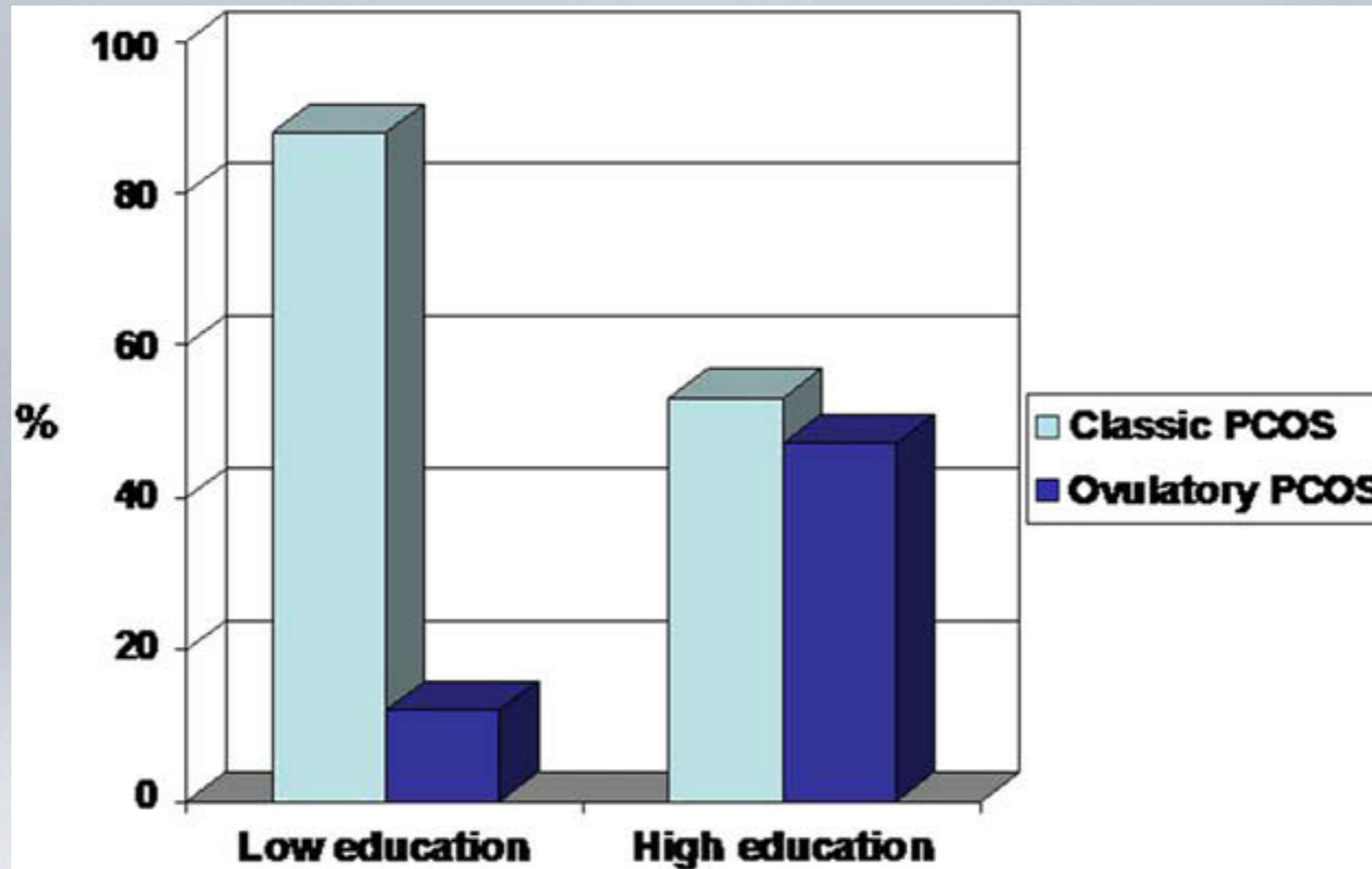
and 70 % of fat children become fat grownups



Percentage of women with BMI > 30 in relation to education length

## FIGURE 2

Influence of education on ovulation in 244 women with polycystic ovary syndrome.



*Di Fede. Social classes and ovulation in PCOS. Fertil Steril 2009.*

Low socioeconomic status = more anovulation

TINA, 18

Birthweight 2300 grams

Now: 98 kg



# Acne can double suicide risk

People with severe acne can be up to twice as likely to try to kill themselves as their peers, say medics.

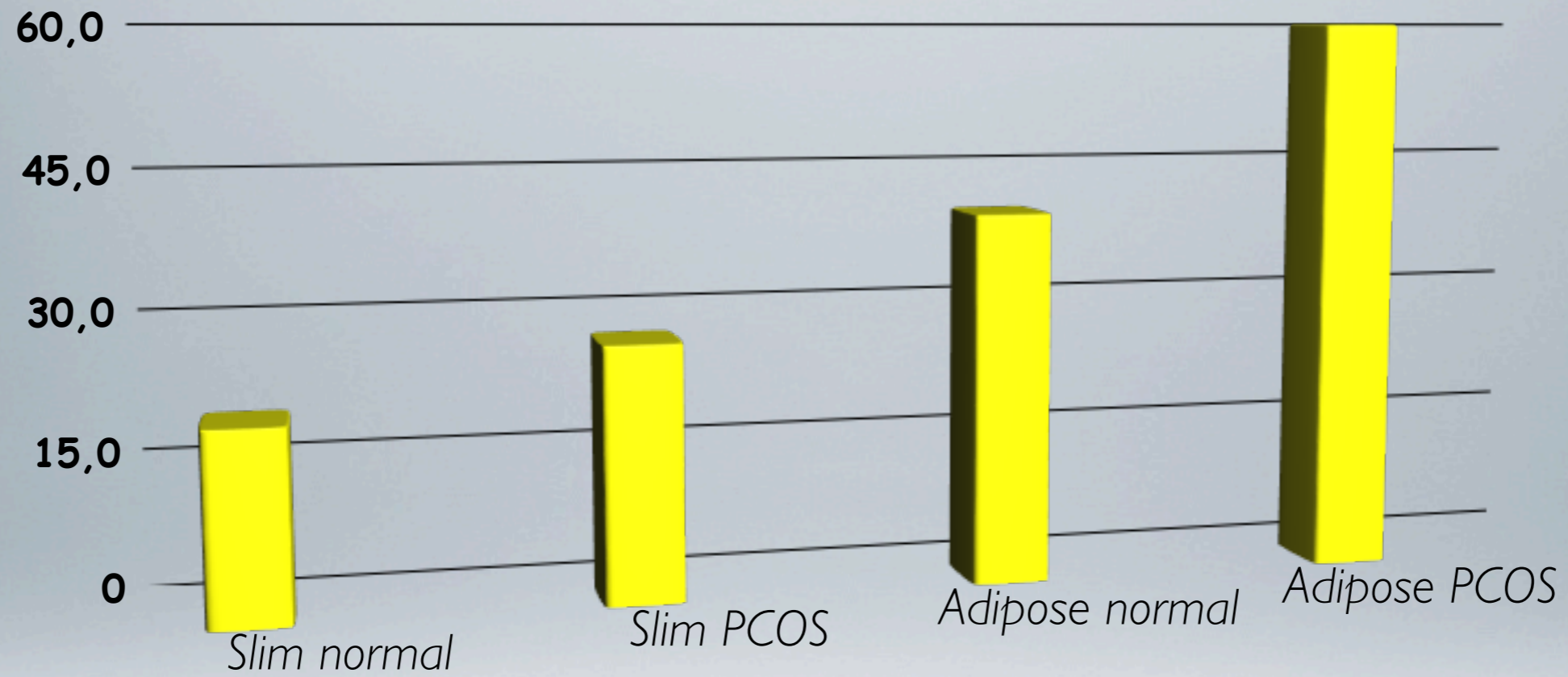
By [Stephen Adams](#), Medical Correspondent 6:30AM GMT 12 Nov 2010

[Comments](#)

The risk peaks in the months after coming off a drug called isotretinoin, found the Swedish study of almost 6,000 people with the condition.

It has long been known that **people with acne are more prone to depression**. While it is most often associated with teenagers going through puberty, many adults get it too. **Stress is thought to trigger it**.

This study has found that, in the six months after starting treatment, those with severe acne were 93 per cent more likely to have made a suicide attempt than others without it.



# INSULIN RESISTANCE

# TREATMENT

- Lifestyle
- Contraceptive pills - which?
- Metformin
- Spironolactone?

# TINA

Seven years later: 120 kg  
Has a boyfriend



Tina's dream



# REAL LIFE



- Low control
- Overweight
- Depression
- Terrible lifestyle
- Low education



# MARIANNE

- High control
- Normal weight
- Perfect lifestyle
- High education
- High performance



Remember to ask your patient about eating disorders!



”It is not the neurotic, delicate person who is prone to angina, but the robust, the vigorous in mind and body, the keen and ambitious woman, the indicator of whose engine is always full speed ahead.”  
William Osler (1897).



# HOW CAN WE HELP TINA?

- Socioeconomic problems and low motivation:
  - Intense education and psychosocial support
  - Long-term intervention
  - Group therapy