

# MIDDLE EAST OBESITY, BARIATRIC SURGERY AND ENDOCRINOLOGY CONGRESS

June 25-26, 2018 Dubai, UAE

## Surgical management of pancreatic neuroendocrine neoplasms women

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**P**ancreatic Neuroendocrine Neoplasms (PNEs) are rare, accounting for less than 3% of all pancreatic tumors. PNEs exhibit a wide spectrum of clinical behavior that has made classification and staging difficult. While the majority of PNEs are associated with relatively good survival, there can be significant variability in outcomes based on their biological heterogeneity. PNEs share a unique genetic identity, functional behavior and clinical course. Compared with tumors of the exocrine pancreas, they are rare and show a different biological behavior and prognosis. Some PNEs are associated with symptoms of hormone secretion, with increased systemic levels of insulin, gastrin, glucagon or other hormones. More commonly, PNEs are non-functional, without hormone secretion. Surgical resection is the mainstay of therapy, particularly for localized disease that must be tailored to tumor and clinical characteristics. Surgery is indicated in patients with PNEs to alleviate systemic symptoms due to hormone over production, compressive symptoms due to local mass effect and to prevent malignant transformation or dissemination. Small, incidental PNEs are increasingly managed non-operatively. Surgery may also be indicated in some instances of metastatic disease, if all metastatic foci may be removed.

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## Prevalence of childhood obesity among school children (8-14 years old) and school preventive measures to fight against this problem in Karri locality, Khartoum state, Sudan

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**Background:** Childhood obesity is associated with serious health problems particularly an increasing incidence of NIDDM among children.

**Objective:** To measure the prevalence of childhood obesity among school children age (8-14 years old) and to determine the school preventive measures to fight against obesity.

**Methodology:** An institutional based cross-sectional study was conducted among school children of age (8-14) years in six schools in Khartoum state, Sudan. A total of 228 pupils (114 males and 114 females) were selected from six basic public schools using cluster random sampling. Anthropometric measurements were recorded for each child according to WHO protocols. Scientific questionnaire was designed to collect information about socio-economic status of families. Data were analyzed using SPSS; WHO AnthroPlus was used to obtain the Z-score (BMI for age and sex) in order to determine the nutritional state for each child. An observation checklist was used to determine the school preventive measures against obesity; it includes information about types of snacks sold in the school, types of activities the children perform while they are in the school.

**Result:** The prevalence of childhood overweight was 9.6%; obesity was 10.5%; underweight was 25% and the normal weight was 50.9%. There was a positive correlation between pocket money (pound per day) and the childhood overweight and obesity. There was no association between age, gender, mother work, mother education and childhood obesity. Only two schools out of six do not allow soft drinks to be sold in their food canteens. These two schools showed the least mean BMI (18:18.3) in comparison with the mean BMI of the other four schools (18.5, 19.2, 19.4 and 19.9).

**Conclusion & Recommendation:** The study revealed a high prevalence of childhood overweight and obesity and the overall school's preventive measures against obesity were found to be inadequate for maintaining appropriate physical environment and good nutritional behavior for the pupils. So, there is a need to implement a school preventive program to fight against this problem.

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