**ALARM FOR OVERWEIGHT KIDS**

For many people, obesity starts developing in early childhood, when good dietary and exercise habits are neglected. It’s important for parents to know there’s long-term danger in their children being overweight or obese — it can lead to greater heart disease risk later in your child’s life.

**Each child may experience different symptoms but some of the most common include:**

* **Appearance:** stretch marks on hips and abdomen; dark, velvety skin around the neck and in other areas; fatty tissue deposition in breast area
* **Psychological** : teasing and abuse; poor self-esteem; eating disorders
* **Pulmonary**: shortness of breath when physically active; sleep apnea
* **Gastroenterological** : constipation, gastroesophageal reflux
* **Reproductive**: early puberty and irregular menstrual cycles in girls; delayed puberty in boys; genitals may appear disproportionately small in males
* **Orthopedic**: flat feet; knock-knees; dislocated hip

**MJM HOSPITAL** runs “**OBESITY CLINIC**” in their hospital at Ghole road, Pune. The hospital has special programs to help patients in preventing diabetes.

For more details contact: 09769337236.

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