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Case Study

1. Patient Profile:

Patient is a 10-years-old girl. Weight 62 kg

There is an increase in weight gain for about 6 years.

Insulin resistance has formed with weight.

Hunger crises and sweet crises exist.

Have a motionless life.

She usually spends time with computer or TV.

She has no interest on anything around her.

She has emotional gaps. No friends.

She as psychological troubles, use drug for 2 years.

Mom, a house lady. Dad is a worker in a factory, has a mid-level income.

She has 2 siblings, one of them elder, the other is older.

2. Description of the case:

There are constant aggressive behaviors that are not at peace with oneself.

He chooses between bread and dessert as a meal.

There is a need to eat constantly.

She has emotional ties with the television and/or computer.

Drugs used for psychological disorders have increased in weight.

3. Situation before the Professional care:

Family is not happy that their daughter is in this situation.

The child wants to lose weight.

He wants to establish healthy relationships with his friends.

She's had diets for a while. But she has not been successful.

Both body and psychological disorders need to lose weight in order to heal and grow well.

4. Situation during the intervention of the Professional:

The family and the child were informed in detail.

Detailed information was provided about which road map should be applied in the processes.



Regular exercise was planned.

An appropriate diet program was developed for her age and implemented.

Diet was not fully applied in the first days. There were breakouts. After the first 3 days of the diet, nervousness, insomnia, unhappiness increased in the child. Psychiatric support and medication were changed in consultation with the psychiatrist. In the second week, the child was able to adapt.

- The first weight loss occurred on the 4th day.
- At the end of the week, he lost 2,300 gr.
- At the end of 2 weeks, he gave 2,100 kg more.

After that, she started to lose weight together with professionals in a healthy manner depending on the diet and exercise program.

The motivation of the child and the family started to increase regularly.

The child now looks happier and more hopeful than life.

5. Treatment developed for the patient:

Regular meal list,

Proper diet and exercise program.

6. Results of the Professional care:

The child and the family began to eat healthy and got balanced.

Weight loss has occurred as requested.

The child and the family get used to do the exercises.

7. Experiences & Recommendations:

When treating obesity that occurs in children, it is necessary to change the habits of the whole family.

All families need to exercise their exercise program together.

8. Partner's Advice:

The family should change their eating habits as a whole.

Together we should increase our exercises.

The child and the family must get used to regular exercises. A new way of life must be established in the family.

The calories of the meals made in the family should be served in portions appropriate to the whole family.

Sugar, flour, carbohydrate unsaturated oils should be avoided.

Healthy foods and healthy oils should be included in the meals.



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9. Queries & Consideration:

We have to take away from our lives the conveniences that technology brings to us.

The forms of unhealthy eating is another bad habit that are visually appealing to us.

We must completely remove sugar, flour, GMOs and unsaturated fats from our diets.

Fast food in children's lives is the main reason for weight gain. We can reach our goal of weight loss and healthy living with bringing out the sugar and carbohydrates from our lives.

The greatest illness of our age is that obesity can be solved by changing the lifestyles of all people.

In our lives, we must convert the conveniences of technology into the exercise.

10. Questions to think about the theme:

How do we provide a healthier environment for our children?

How do we allow our children to exercise?

How can we direct our children to healthy eating?

How can we motivate our children to quit TV, computer and videogames and do physical activities?

What can you (as an adult) can take from your childhood to teach something to your son?