

Question 26 – Week of February 4

A 48 year-old-woman presents to your endoscopy suite for chronic reflux symptoms. During your pre-procedure assessment, you note that she has a Mallampati grade 4 and she admits to snoring at night. Her BMI is 38. What intervention would you recommend for this patient's obesity?

- A. Diet, physical activity and behavioral therapy
- B. Pharmacotherapy
- C. Surgery
- D. All of the above
- E. Anti-reflux therapy

Answer: D

Patients with BMI 35-40 are classified as obese and should be advised diet, physical activity, behavioral therapy and pharmacotherapy. If the patient has co-morbidities, then surgical intervention should be recommended. This patient has chronic reflux symptoms and a history suggestive of obstructive sleep apnea and all three modalities should be recommended.

Reference:

The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. October 2000, NIH Pub No 00-4084.