

People with Prader-Willi syndrome can avoid obesity

Prader-Willi syndrome (PWS) is often associated with obesity.

Find out more at: www.ipwso.org

Why are people with PWS at high risk of obesity?

- Excessive drive to eat (hyperphagia) that results from genetic abnormalities and starts at a young age
- Lifelong impaired satiety of hypothalamic origin
- Self-control of food intake is not possible without external support
- Lower than normal energy requirements and low muscle mass

How can families and caregivers manage the risks?

- Accept that people with PWS need special and ongoing support with food
- Collaborate with the person with PWS when planning environmental controls
- Provide nutritionally balanced menus that take account of reduced energy needs
- Avoid sugary drinks and foods that are high in calories and low in nutrients
- Provide a food secure environment where food is not freely available to prevent excessive energy intake and reduce temptation
- Support regular physical activity, which is key to good health and fitness*
- Engage people with PWS in regular, purposeful activities to use energy and distract from the desire to eat
- Ensure all caregivers understand PWS and are consistent around access to food and opportunities to obtain food

What is likely if food is not managed?

- Extreme obesity and a reduced lifespan
- Health problems resulting from obesity, including disordered sleep and cardiovascular diseases
- Increased behavioural problems
- Reduced capacity to engage in activities
- Challenges with social engagement and family life

What is possible if food is well-managed?

- Good health and a longer lifespan
- Enhanced self-esteem, wellbeing and happiness
- A social life and community involvement
- Reduced thoughts about food

*Growth Hormone Treatment can help improve body composition and increase muscle strength. Even in the absence of Growth Hormone Treatment, people with PWS can achieve and maintain a healthy weight if the environment is appropriately managed.



SCAN ME

We can help and advise, please contact office@ipwso.org or visit www.ipwso.org for more information



IPWSO
International
Prader-Willi Syndrome
Organisation

Registered as a charity in England & Wales, charity no. 1182873