Obesity

BMI > 85th percentile with comorbidities

Absence of menses for 3 consecutive cycles or 6 months?

Class I Obesity: BMI >95th percentile

Class II Obesity: BMI between 120% and 140% of the 95th percentile

Class III Obesity: BMI >140% of the 95th percentile

Obtain fasting AM labs: Total and free testosterone, DHEA-S, 17-OH progesterone, androstenedione, LH, FSH, estradiol, prolactin, Chem 14, TSH, Free T4, HbA1c, lipid profile

Obtain Fasting AM Labs: Chem 14, HbA1c, Lipid Profile

Treat PCOS

Refer to Endocrinology or Adolescent Medicine for PCOS evaluation

Class I Obesity or Class II without co-morbidity

Class II obesity with co-morbidity or any Class III

Initiate lifestyle modification

Start an obesity pharmacotherapy

See back every 3 months

Initiate lifestyle modification

Start an obesity pharmacotherapy

See back every 3 months

Refer to Endocrine Weight Management

Comorbidities

Type 2 Diabetes: HbA1c > 6.5% and fasting blood glucose ≥ 126 mg/dL

Insulin Resistance: HbA1c ≥5.7%, Impaired fasting blood glucose ≥100 to 125 mg/dL,

Impaired glucose tolerance (2-hour OGTT glucose 140 to 200 mg/dL)

ALT ≥ 45

Dyslipidemia

Diagnosed or Suspected Obstructive Sleep Apnea

PCOS (amenorrhea, signs of androgen excess – severe acne, hirsutism, deepening voice)

History of Slipped Capital Femoral Epiphysis or Blount's Disease

Hypertension

Prader Willi Syndrome

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