

Pittsburgh Partnership

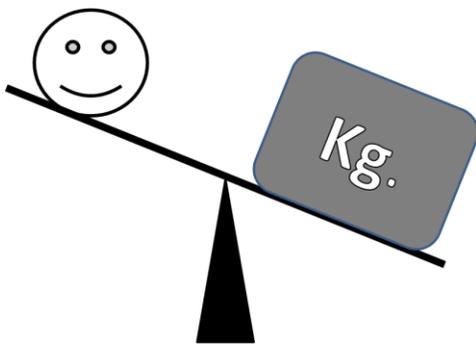
Specialists in Prader-Willi Syndrome

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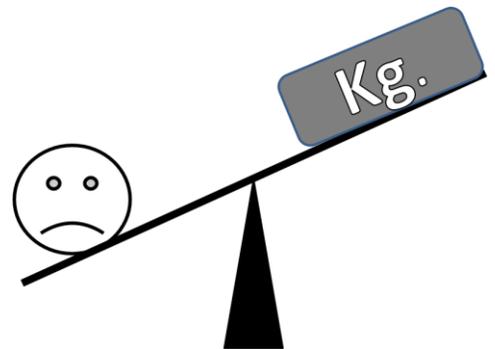
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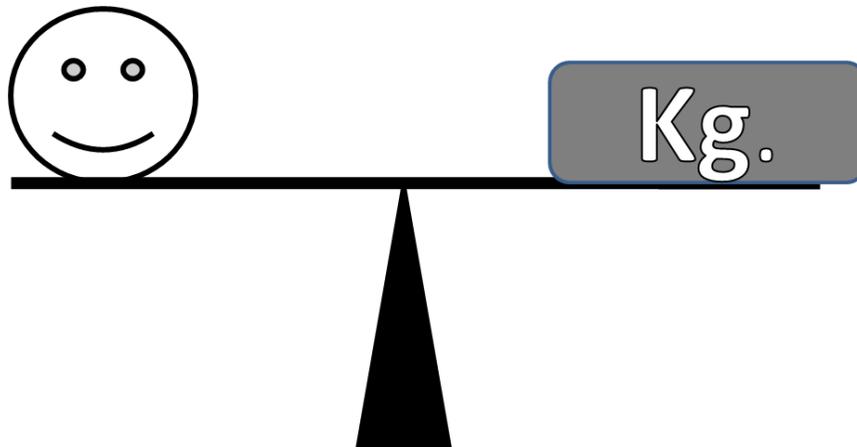
Prader-Willi Syndrome Food Security Basic Concepts



Families and professionals often mistakenly believe that the patient cannot be happy unless he has as much food as he demands. Because efforts to limit food, if attempted without establishing food security cause increased stress and behavior problems.



When *Food Security* is fully implemented, weight and behavior are both managed successfully and simultaneously.



Food Security

Remember: "Food is STRESS"

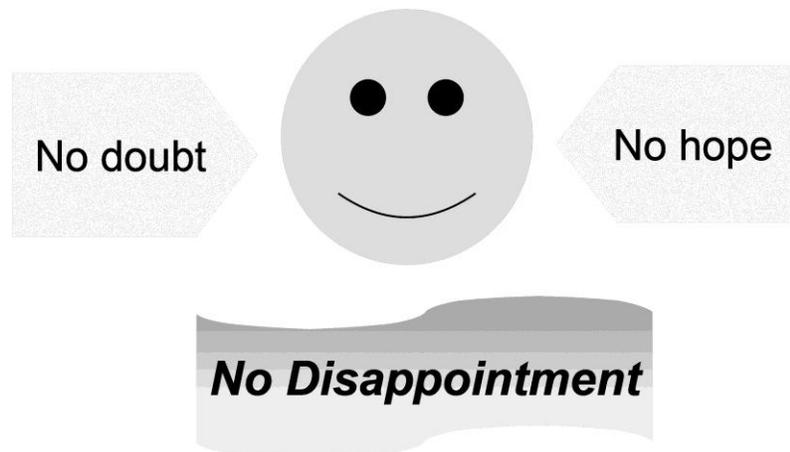
Food Security includes:

NO DOUBT

The person with PWS is able to relax and think less about food when he knows the plan for his food each day. This is achieved by a predictable routine for the day in which meals are scheduled reliably among his other activities. Focus on the *sequence* of events and not the *time* of each meal. Advanced planning assures the individual of what activities will precede the meal and which will follow. Advanced menu planning provides him with expectations which will be reliably fulfilled.

NO HOPE (NO CHANCE)

As children get older, opportunities for food acquisition increase and they require more measures to assure that they are not hopefully scouting for food all day. Chances to obtain food are stressful and therefore, as much as possible, should be eliminated. The measures taken will depend on the individual's history and capability of food acquisition



Successful Behavior Management of PWS means that uncertainty about food must be eliminated as much as possible. Advance planning of meals, a schedule of all the day's events with the place of meals clearly identified, reminders of these plans and a behavior program which requires completion of one task before the next activity (including meals) is begun, all contribute to successful behavior management.