

Bengal Journal of Otolaryngology and Head Neck Surgery

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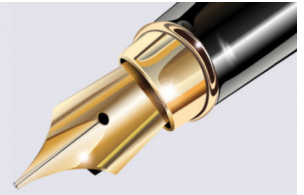
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From the Desk of the Editor



“All work and no play make Jack a dull boy”

In India, rapid urbanization, decrease in playfields in localities, nuclear family with over protective parents, school timings and study pressure and last but not the least, increasing use of smartphones among school going children, all leads to decreasing number of children in playgrounds and as a consequence of lack of exercise, obesity is in a steep rising curve. Due to minimum exposure to external environment there is also a problem in developing immunity among the children and school going kids against common environmental allergens. Childhood and adolescent obesity is at present a growing public health problem in India. In a recent research, prevalence of overweight/obesity among children aged 0–59 months was found to be 2.6%.¹ The prevalence of obesity among 5- to 19-year-old Indian children, ranged between 3.6 and 11.7% and It is predicted that by 2025 there will be 17 million obese children in India.² The prevalence of hypertension, type 2 diabetes, dyslipidemia and non-alcoholic fatty liver disease in children is also increasing with increasing obesity.

Risk of obesity and lack of outdoor exposure in childhood also touches the field of Otorhinolaryngology. Obesity has a direct relation with upper airway obstructive diseases and childhood sleep apnea. There is a definite rise in incidences of recurrent upper airway infections, tonsillitis, chronic cough common viral and bacterial infections of upper airway etc. in last few decades. Lack of outdoor exposure and exercise are definitely major reasons behind this rise.

It is high time to make initiatives to bring the children and school going kids back into the playground to decrease the burden of common ailments related to the field of otolaryngologist. As the under 15 children constitutes almost one third of the patients in ENT OPD and clinics, Otolaryngologists have an important role in this regard. Counseling of the parents by Otolaryngologists in every visit to send their wards to playfields, may serve a crucial role in preventing and controlling many of the ENT diseases among the children.

Sirshak Dutta

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Managing Editor

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