

 **Skipping Breakfast and Obesity** (*Int J Obes.* 29 March 2011; doi:10.1038/ijo.2011.58)

Authors assessed the association between breakfast skipping and body mass index (BMI) among young Chinese children in Hong Kong. A cohort of 113457 primary 4<sup>th</sup> class school children participants of the Department of Health Student Health Service in 1998-2000 was followed up for 2 years, with 68,606 (60.5%) participants available for analysis in primary 6 class. At baseline and follow-up, students reported breakfast habit (consumed vs skipped) and other lifestyle characteristics using a standardized questionnaire. A total of 1805 (5.3%) boys and 1793 (5.2%) girls skipped breakfast at baseline. In cross-sectional analyses, breakfast skippers had a higher mean BMI than did eaters. Breakfast skippers also experienced a greater increase in BMI in the subsequent 2 years.

COMMENTS In urban India, the number of obese school children is going up dramatically. Counseling about the importance of Breakfast is a simple, modifiable and apparently effective way of trying to control this burgeoning epidemic.

 **What treatments really work in Autism Spectrum Disorder?** (*Pediatrics* April 4 2011, epub ahead of print)

Evidence from this systematic review supports the benefit of risperidone and aripiprazole for challenging and repetitive behaviors in children with ASDs. Evidence also supports significant adverse effects of these medications. Insufficient strength of evidence is present to evaluate the benefits or adverse effects for any other medical treatments for ASDs, including serotonin-reuptake inhibitors and stimulant medications. The authors conclude that although many children with ASDs are currently treated with medical interventions, strikingly little evidence exists to support benefit for most treatments. Risperidone and aripiprazole have shown benefit for challenging and repetitive behaviors, but associated adverse effects limit their

use to patients with severe impairment or risk of injury. *Pediatrics* April 4 2011, epub ahead of print

COMMENTS The diagnosis of Autism has risen in India. It is important for pediatricians to realize that even with current advancements in medical knowledge, just a couple of medicines have been shown to be scientifically effective in treating this condition.

 **Can neck circumference predict anesthesia complications?** (*Pediatrics* April 4 2011, epub ahead of print)

Using a prospective, observational design, the authors studied children aged 6 to 18 years undergoing elective noncardiac surgeries at the institution. Trained research assistants collected clinical (including perioperative adverse events) and anthropometric data from all subjects. Patients were stratified into 2 classes: high of neck circumference (NC) versus low NC on the basis of age- and gender-specific receiver operating characteristic curve analysis. Subsequently, univariate factors associated with high NC were explored, and odds ratios for the occurrence of perioperative adverse events were then calculated from logistic regression after controlling for clinically relevant cofactors. Among the 1102 patients, the prevalence of high NC was 24.3%. NC was positively correlated with age and other anthropometric parameters. Children with high NC were more likely to be loud snorers and have a history of bronchial asthma, hypertension, and type 2 diabetes. Composite adverse airway events were more frequent in children with a large NC. NC was positively correlated with other indices of obesity in children, and large NC (indicative of central obesity) was associated with some adverse respiratory events in these children undergoing noncardiac surgery. NC could be a useful clinical screening tool for the occurrence of perioperative adverse respiratory events in children.

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