

Obesity is a chronic disease characterised by the increase in fat mass. Its origin is complex and related to the interaction between genetic factors and others, such as wrong eating habits, low energy consumption and metabolic alterations. Together with them, other factors become relevant, such as the environmental, familiar, working and social ones.

The incidence of obesity in Italy is 10,4% among adults and more than one-third of the population overweight. The 21% of children is overweight and the 10% obese.

Various studies have demonstrated that overweight and obesity increase the causes of death and significantly increase the risk of developing some illness and diseases as type 2 diabetes, cardiovascular problems, sleeping and respiration disorders and also some cancers. Above all, they have serious repercussions on daily life.

Solatrix, in Rovereto, is a clinic that offers a care programme specific for patients with severe obesity and with serious clinic complications, following the standards of the Italian Society of Obesity.

These are different and specialised programmes depending on each patient situation.

We hospitalise in the medicine's ward patients with severe obesity, marked clinical instability or patients that need diagnostic verifications and complex multidisciplinary evaluations pre-bariatric surgery or, due to complications, even after-bariatric surgery.

Depending on each medical case, there is the possibility to carry out additional radiologic and ultrasound verifications. There is also a nuclear magnetic resonance for patients up to 180 kg. It is also possible to go into a digestive endoscopy (it can be realised under sedation and anaesthetic care). We can also realize sleep studies (even therapeutic with adaptation to a nocturnal ventilatory therapy),

maximal effort tests, psychodiagnostics, psychiatric, cardiologic, motor skill evaluations and all the necessary investigations for the overview of the situation and for the treatment of the main risk factors. The metabolic and nutritional check-up comprehend the evaluation of the resting metabolism and the body composition, using the calorimeter.

Patients with a very fragile clinic situation are treated according to the most appropriate modality. After the hospitalisation the clinic proposes a programme that can be medical, surgical and rehabilitative.

The hospitalisation for an intensive metabolic-nutritional psychological rehabilitation (RMNP) is required in the case of the suitability criteria of the Italian Obesity Society. It is also required for pre-bariatric surgery or post-surgery in the event of complications that cannot be solved in day hospital. Programmes last 2/3 weeks depending on the patient's clinic conditions. During the hospitalisation each patient, together with people who suffer from the same problematics, realizes a rehabilitation path in different fields: medical, psycho-educational, nutritional and physical rehabilitative. They follow a specific schedule of activities guided by the multidisciplinary team specialised in obesity. Some meetings and moments for dialogue between patients and medical team are scheduled to encourage the "therapeutic alliance" between team members and patients.

When the hospitalisation comes to an end, a specific follow-up programme is established. It considers the particular problematics of every patient and the future development of a rehabilitative process keeping the patient in touch with doctors.

The day-hospital is recommended for patients with a lower clinic seriousness but that, in any case, need an intensive rehabilitation.

The activities are similar to the one of the rehabilitations in hospitalisation and put the focus on the self-management ability.

There is also a specific programme for **eating disorders associated with obesity**. It can be daily or weekly bases.

A long-term rehabilitative hospitalisation is recommended for patients who have a significant motor disability or are in geriatric age or with a medical case incompatible with the execution of other treatments against obesity. The Italian Obesity Society standards are here respected.

Out-patient programme with multidisciplinary evaluation.

Evaluation realised by doctor, dietician, psychologist, psychotherapist; dietetic therapy, cognitive-compartmental therapy, motor skills therapy (groups) and possible preparation for bariatric surgery.

Collaborations with Universities and research groups: we are currently collaborating with the University of Bologna, *Padova and Verona and with the Fondazione Bruno Kessler, in Trento.*

PRENOTAZIONI:

Prima visita tramite Cup 0464 491111

Prenotazioni ricoveri 0464 491374

INFORMAZIONI:

Casa di cura Solatrix, Via Bellini 11

38068 ROVERETO (Tn)

Tel. 0464 491111

e-mail: centro.obesita@cdcsolatrix.it

Responsabile: dott.ssa Francesca Giordano

RESERVATIONS:

First visit by CUP **0464491111**

Reservation for hospitalisation **0464491374**

INFORMATION:

Casa di cura Solatrix, via Bellini 11

38068 Rovereto (Tn)

Phone 0464491111

email centro.obesita@cdcsolatrix.i

director: Dr. Francesca Giordano



SOLATRIX SPA

casa di cura psicosomatica



Care centre for obesity and
eating disorders treatment

**CENTRO PER LA CURA
DELL'OBESITÀ E DEI DISTURBI
DEL COMPORTAMENTO
ALIMENTARE**

www.cdcsolatrix.it