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Altri autori (Persone)	WilliamsGareth <1952-> FruhbeckGema
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Nota di contenuto	Obesity: Science to Practice; Contents; Preface; Contributors; 1 History of Obesity; Early human history; History of the biology of obesity; Descriptions and measurements of obesity; Metabolism and energy balance; Health hazards of obesity; Causes of obesity; Treatment of obesity; Growth of the scientific community; References; 2 Epidemiology and Social Impact of Obesity; Definitions of obesity; Current and recent prevalences of obesity; Childhood obesity; Predicted increases in obesity in adults; Comorbidities of obesity; Costs of obesity to society; Conclusions; References 3 Key Methodologies in Obesity Research and PracticeAnthropometric indices; Measurements of body composition; Measurements of fat distribution; Measuring energy balance; Assessing insulin sensitivity; References; 4 Adipose Tissue: Development, Anatomy and Functions; Introduction; Development of white adipose tissue; Structure of white adipose tissue; Fat storage and mobilization; Adipokines; Receptors

expressed by adipose tissue; Brown adipose tissue; Adipose tissue development and dynamics; References; 5 The Regulation of Energy Balance: An Overview; Regulation of body fat and composition Regulation of energy intake and expenditure Lessons from other species: informative or misleading?; Causes of obesity; References; 6 Control of Eating; Flavour and orosensory signals; Gut signals; Metabolic signals; Adiposity signals; The neuroanatomy of eating regulation; The neuropharmacology of eating control; Modulating factors; References; 7 Energy Balance in Humans; Energy balance; Energy intake; Energy expenditure; Altered sympathetic activity in obesity; Substrate oxidation and predisposition to obesity; References; 8 Aetiology of Human Obesity; Lifestyle-related obesity Changes in the prevalence of obesity over time Drug-induced obesity; Endocrine causes of obesity; Specific genetic disorders; References; 9 Health Hazards of Obesity: An Overview; Measures of obesity as predictors of morbidity and mortality; Obesity and premature mortality; Cardiovascular disease; Type 2 diabetes; Malignancy; Gall-bladder disease; Osteoarthritis; Chronic renal failure; Ethnic differences in obesity-related predictors of disease; Conclusions; References; 10 Metabolic Complications of Obesity; Type 2 diabetes; The metabolic syndrome; Obesity and insulin resistance Obesity and the development of type 2 diabetes Dyslipidaemia in obesity and the metabolic syndrome; References; 11 Liver Disease in Obesity; Epidemiology; Pathogenesis of NAFLD in obesity; Pathology of NAFLD; Natural history of NAFLD; Clinical presentation; Investigation of suspected NAFLD; Management of patients with NAFLD; References; 12 Cardiovascular Disease and Obesity; General links between obesity and cardiovascular disease; Impact of obesity on the heart; Obesity and hypertension; Obesity and congestive heart failure; Obesity and coronary artery disease; Obesity and arrhythmias Cardiac-associated adipose tissue

Sommario/riassunto

This comprehensive textbook addresses one of the major public health concerns of our era - obesity. Clearly and simply, Obesity: science to practice provides a balanced, coherent account of obesity: how to define and measure it, its epidemiology, the physiological basis, associated diseases, how to assess, manage and treat it, and also strategies for prevention. The book is generously illustrated, including graphs and flow charts for easy reference. The chapters cite key references so that interested readers may pursue a given topic in more detail. Well presented and thoroughly e
