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Titolo	Multidisciplinary Approach to Obesity : From Assessment to Treatment // edited by Andrea Lenzi, Silvia Migliaccio, Lorenzo Maria Donini
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2015
ISBN	3-319-09045-3
Edizione	[1st ed. 2015.]
Descrizione fisica	1 online resource (346 p.)
Disciplina	610 616.39 616.4 616.6
Soggetti	Endocrinology Diseases Urology Psychiatry
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	INTRODUCTORY CHAPTERS: Anatomy and physiology of adipose tissue -- Regulation of energy intake -- Obesity: definition and epidemiology -- METABOLISM & ENDOCRINOLOGY: Obesity and thyroid function -- Hypothalamic Growth Hormone/IGF-1 Axis -- Adrenal function and obesity -- Ovarian function and obesity: PCOS, menopause -- Obesity and osteoporosis -- Sarcopenic obesity -- Obesity and testicular function -- Obesity and Glucose metabolism -- Dyslipidemia and cardiovascular risk in obesity -- Pulmonary complications of obesity -- Sexual distress in obesity -- EVALUATION OF OBESE SUBJECTS: Clinical evaluation -- Nutritional status evaluation: energy balance and body composition -- Psychiatric and psychological evaluation -- Functional evaluation -- Impairment of quality of life in obesity -- THERAPEUTIC APPROACH: Therapeutic education and psychotherapy -- Dietary intervention and nutritional counseling -- Physical activity and training prescription -- Prescription Medications for the Treatment of Obesity -- Bariatric surgery -- Reconstructive plastic surgery -- Nutritional,

metabolic and psychological rehabilitation -- Increasing adherence to diet and exercise through cognitive behavioral strategies -- Interdisciplinary approach to obesity.

Sommario/riassunto

This book describes in detail the multidisciplinary management of obesity, providing readers with a thorough understanding of the rationale for a multidisciplinary approach and with the tools required to implement it effectively. The emphasis is on a translational approach, starting from basic concepts and fundamental mechanisms of the pathology and clinical morbidity. Experts in the field discuss the full range of relevant topics, including the significance of physical exercise, psychological issues, nutritional strategies, pharmacological options, and bariatric surgery. Put another way, the book covers all aspects from the bench to the bedside. Physicians, scientists, and postgraduate students will all find it to be invaluable in understanding the causes and optimal management of obesity, which has rapidly become a major public health problem.
