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Soggetti	Internal medicine Cardiology Endocrinology Primary care (Medicine) Internal Medicine Primary Care Medicine
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	Foreword; Contents; Contributors; List of Abbreviations; Chapter 1; The Disease of Obesity; Etiology of Obesity; Control of Energy Homeostasis; Gut Hormones; Other Hormones; Afferent Pathways; Effector Signals; Health Consequences of Obesity; Bariatric Surgery and its Beneficial Effects on Body Weight; Nonsurgical Therapy of Obesity; Quo Vadis?; References; Chapter 2; The Health Burden of Obesity; Obesity: Definitions; The Economic Burden of Obesity; The Health Burden of Obesity; Social Stigmatization; Sleep Apnea; Osteoarthritis; Nonalcoholic Fatty Liver Disease (NAFLD); Hypertension Cardiovascular Disease and StrokeHeart Failure; Cardiac Rhythm Abnormalities; Coronary Heart Disease (CHD); Stroke; Insulin Resistance and Diabetes; Insulin Resistance; Diabetes; Cancers; Breast Cancer; Prostate Cancer; Colorectal Cancer; Endometrial Cancer; Reproductive Issues; Life Expectancy; Effect of Fitness; The Burden of Obesity in Children; Disease Burdens on Obese Children; Social Burdens on Obese Children; Where Do We Go from Here?; Historical Overview; Future

Directions; References; Chapter 3; Psychosocial Morbidity and the Effect of Weight Loss; Overview/Introduction  
Psychological Comorbidities Depression; Anxiety; Binge Eating Disorder; Substance Abuse/Dependence; Psychosocial Consequences; Stigma; Impact on Outcome; Quality of Life; Body Image; Conclusions/Future Directions; References; Chapter 4; Dietary and Lifestyle Strategies for Weight Loss; Defining Lifestyle Modification; Treatment Delivery; Groups; Remote Support; Weight Loss Surgery Candidates; Choose Your Words Wisely; Self-monitoring With Food Journaling; Dietary Self-monitoring Using Technology; Improving Underreporting of Food Intake; Self-monitoring With Weighing  
Macronutrients and Dietary Interventions Meal Replacements Accelerate Weight Loss; Environment Influences Food Choices; Implementation Intentions (Otherwise Known as Planning); Conclusion; References; Chapter 5; Physical Activity and Writing an Exercise Prescription; Physical Activity trends; Definitions; Benefits of Exercise; Physical Activity Guidelines; The Exercise Prescription; References; The Doctor's Tool Kit: Pharmacotherapy for the Patient with Obesity; Chapter 6; Introduction

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Sommario/riassunto

Presenting detailed information on treatment of the obese patient, this handy, concise title is designed not only to educate practitioners about obesity but, most importantly, to provide practical strategies in the comprehensive approach to treating this disease. Replete with bulleted lists and tables for easy referencing, this unique reference provides a comprehensive overview of the pathophysiology and natural history of obesity as well as a thorough review of available treatment options. The book's early chapters discuss the disease of obesity, its corresponding health burden on individuals and society, the psychosocial morbidity and effect of weight loss. Later practical, treatment-centered chapters include dietary and lifestyle strategies for weight loss, writing an exercise prescription, pharmacologic approaches, perioperative care of the surgical patient, and complications of weight loss surgery, to name just several. An indispensable, easy-to-read resource for all health professionals interested in obesity diagnosis and treatment, *The Clinician's Guide to the Treatment of Obesity* is a significant contribution to the literature that will be of value to all physicians, with particular appeal to internal medicine and primary care physicians, endocrinologists, cardiologists, physician assistants, nurse practitioners and any practitioner who wishes to learn the up to date treatment strategies for the obese patient. .

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