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| 1. Record Nr. | UNINA9910810092703321 |
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| Titolo | Obesity and weight management in primary care // by Colin Waine ; foreword by Nick Bosanquet |
| Pubbl/distr/stampa | Malden, MA, : Blackwell Science, 2002 |
| ISBN | 9786611321710 9781281321718 1281321710 9780470760185 0470760184 9780470759912 0470759917 |
| Edizione | [1st ed.] |
| Descrizione fisica | 1 online resource (130 p.) |
| Disciplina | 616.3/98 |
| Soggetti | Obesity Body weight - Regulation |
| 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 | Obesity and weight management in primary care; Contents; Foreword; Preface; Acknowledgements; 1 Introduction and overview; 2 Epidemiology; 3 Causes of obesity; 4 The autocrine, paracrine and endocrine functions of adipose tissue; 5 Obesity-a disease in its own right!; 6 Beneficial effects of modest weight loss; 7 Management in clinical practice: a patient orientated approach; 8 Drug treatment in the management of obesity; 9 The place of surgery in the management of obesity; 10 The economic consequences of obesity; 11 Prevention of obesity; 12 Childhood obesity; Appendix 1: Healthy eating Appendix 2: Characteristics of successful weight management programmes Appendix 3: Facts on fat; Appendix 4: BMI charts; Appendix 5: The Milan Declaration; Index |
| Sommario/riassunto | Obesity is undoubtedly the major nutritional disorder of the western world. It has such a major impact on mortality, morbidity and the quality of life that it most certainly merits consideration as a disease in its own right and should be managed as such. Obesity and Weight |

Management in Primary Care covers all the evidence on the disease of obesity which impacts both quality of life and health. It reviews the links to long-term illness, especially diabetes and cardiovascular disease, and dedicates much to the current management strategies and treatment of obesity. This book
