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Nota di contenuto	Obesity and Diabetes; Contents; Foreword; List of Contributors; 1 Changing Epidemiology of Obesity - Implications for Diabetes; Introduction; Assessment of obesity in epidemiological studies; Prevalence of obesity; The epidemiological link between obesity and diabetes; Factors modifying the relationship between obesity and diabetes; Conclusions; References; 2 The Genetics of Human Obesity; Introduction; Why has the genetics of obesity been difficult to study?; How much of obesity is genetic?; Is there a major gene for obesity?; How to identify obesity genes; Summary and conclusions References 3 Lifestyle Determinants of Obesity; The importance of energy balance; Physical activity; Energy intake; Environmental impacts on lifestyle; An integrated analysis; Conclusions; References; 4 Pathogenesis of Obesity-Related Type 2 Diabetes; Introduction; Defining fat accumulation in terms of health risk; Implications of obesity-associated diabetes; Development of obesity-related type 2 diabetes; Fat distribution; Evaluating obesity-related hypotheses for progression of type 2 diabetes; Ectopic fat storage: fat content in

obesity; Lipid metabolism in adipose tissue

Effects of NEFA on hepatic insulin action Adipose-tissue derived factors; Summary; References; 5 Obesity and Prevention of Type 2 Diabetes; Obesity and the risk of type 2 diabetes; Lifestyle intervention studies; Other intervention studies; Conclusions; References; 6 Diet and Food-based Therapies for Obesity in Diabetic Patients; Introduction; Type 2 diabetes; Patterns of weight loss in diabetes; Target setting; Dietary and lifestyle alterations; Dietary nutrient composition in type 2 diabetes; The approach to dietary prescription; Failure of therapy; Fat or carbohydrate

Meal replacement therapy Very low calorie diets (VLCD); Conclusions; References; 7 Behavioural Modification in the Treatment of Obesity; Introduction; Genetics; The 'toxic environment'; Components of obesity treatment; Features of behavioural lifestyle change; Behavioural modification strategies in obesity treatment; Efficacy of combination treatments; Conclusions and future work; References; 8 Physical Activity, Obesity and Type 2 Diabetes; Introduction; Physical activity and exercise, what is the difference?; Current physical activity behaviour and guidelines

The importance of physical activity to health Energy balance; Energy expenditure; Exercise tolerance and cardiorespiratory fitness in overweight and obese adults and children; Guidelines for exercise and activity prescription (including practical issues of clinical management for diabetics and the obese); Research evidence on the role of physical activity in the prevention and treatment of obesity and type 2 diabetes; Physical activity and the behavioural treatment of obesity; Linking research and practice; Case study; Summary; References
9 Diabetes, Obesity and Cardiovascular Disease - Therapeutic Implications

Sommario/riassunto

Obesity has become the most common chronic disease of the present day, with significant increases in prevalence in populations across the world and all age groups. This has resulted in a dramatic increase in obesity-related metabolic and cardiovascular complications, making it an important public health issue. Type 2 diabetes associated with obesity or 'diabesity' is today the most common form of type 2 diabetes. It is also associated with a number of other cardiovascular risk factors, which constitute the metabolic syndrome. Effective management of 'diabesity' is crucial to the reducti
