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Intro -- WEIGHT CHANGEPATTERNS, RISKS AND PSYCHOSOCIAL EFFECTS -- PUBLIC HEALTH IN THE 21ST CENTURY -- WEIGHT CHANGEPATTERNS, RISKS AND PSYCHOSOCIALEFFECTS -- Library of Congress Cataloging-in-Publication Data -- Contents -- Preface -- CHAPTER 1. Out-of-Home Eating and Weight Gain -- Abstract -- Introduction -- Associated Factors with the Habit of Eating Out of Home -- The Growing Number of Women in the Labor Force and Working Out of Home -- Time Scarcity -- Increases in Household Income and Dual-Income Households -- Changes in Household Composition -- Urbanization, Industrialization and Globalization -- Marketing -- Food Costs -- Consumers' Characteristics -- Characteristics of Food Consumed Away From Home and Mechanisms Associated with Excessive Weight Gain -- Results From Studies: Food Away From Home and Weight Gain -- Recommendations to Promote Healthy Eating Out -- Conclusion -- References -- CHAPTER 2. Effects of Structured Exercise on Non-Structured Physical Activity and Food Intake: Can Compensation Limit Weight Loss? -- Abstract -- Introduction -- 1. Acute and Short Term EI Compensatory Response Following Structured Physical Activity Energy Expenditure -- 1.1. Sedentary Women and Men -- 1.2. Lean and Obese Women and Men -- 1.3. Intensity of the Exercise -- 1.4. Cognitive Factors -- 1.5. Limitation of Food Intake Measurement -- 1.6. Summary for the Short and Acute Effects of Exercise on EI -- 2. Acute and Short Term Non-Structured Physical Activity Compensatory Response to Structured Physical Activity Energy Expenditure -- 3. Medium and Long Term EI Compensatory Responses to Structured Physical Activity Energy Expenditure -- 3.1. Women and Men -- 3.2. Lean and Obese -- 3.3. Cognitive Factors -- 3.4. Summary for the Medium and Long Effects of Structured Physical Activity Energy Expenditure on Energy Intake. 4. Medium and Long Term Non-Structured Physical Activity Compensatory Response to Structured Physical Activity Energy Expenditure -- 4.1. Structured Physical Activity Energy Expenditure and Decreased Non-Structured Physical Activity -- 4.2. Structured Physical Activity Energy Expenditure and Increased Non-Structured Physical Activity -- 4.3. Summary for the Medium and Long Effects of Structured Physical Activity Energy Expenditure on EE -- Conclusion -- References -- CHAPTER 3. Calories and their Role in Weight Gain/Loss -- Abstract -- Introduction -- Excess of Calorie Intake: Obesity -- Metabolic Complications of Obesity -- Diet Composition X Metabolism -- Strategies for Weight Loss -- Endocrine Alterations in Response to Calorie Restriction in Humans -- Final Considerations -- References -- CHAPTER 4. Weight Gain in Kidney Transplant Recipients: Risks, Cardiovascular Outcome and Management -- Abstract -- Introduction -- Obesity -- Weight Gain after Kidney Transplantation -- Risk Factors for Cardiovascular Disease -- Immunosuppressive Drugs and Cardiovascular Risk -- Complications Related to Obesity -- Management of Obesity in Recipients -- Conclusion -- References -- CHAPTER 5. Combined Effect of Exercise Training and Protein Diet on Beating Obesity -- Abstract -- Introduction -- Methods and Materials -- Animals and Treatments -- Experimental Protocol -- Determination of Hormonal and Biochemical Parameters -- Statistical Analysis -- Results -- Discussion -- References -- CHAPTER 6. Determinants of Successful Body Weight Reduction -- Abstract -- Purpose -- Methods -- Results -- Conclusion -- Introduction -- Methods -- Study Subjects and Weight Loss Program -- Statistical Analysis -- Results -- Discussion -- Conclusion -- Acknowledgments -- Conflict of Interest -- References -- CHAPTER 7. Obesity Management: Is Weight Loss Always Justified?.

Abstract -- Introduction -- Section I. - Are We Part of the Problem? -- Section II. - Traditional ObesityTreatment: A "Weight-Loss Centered" Approach -- Section III. - Underlying Factors in Unsuccessful Weight-Loss Attempts -- Altered Eating Behaviour -- Altered Appetite Control -- Sleep Deprivation -- Stress -- Depressive Symptoms -- Section IV. - Weight Loss Maintenance Challenges -- Section V. - The New Paradigm:Changes in Obesity Treatment -- Section VI. - Conclusion: is Weight Loss Always Justified? -- 1. Treat Obesity on the Basis of the Global Health Status Rather ThanJust on Weight -- 2. Consider Barriers to Weight Loss in Obesity Treatment -- 3. Design the Most Appropriate Intervention for Each Individual -- 4. Integrate Continued Support and Follow-Up into aMulti-Dimensional Approach -- References -- Index.

#### Sommario/riassunto

Obesity is a public health and policy problem because of its prevalence, costs, and health effects. In this book, the authors gather topical research on calories and their role in weight loss/gain and nutrition as well as the patterns, risks and psychosocial effects of weight change. Topics discussed include out-of-home eating and weight gain; effects of structured exercise and food take in weight loss and the combined effect of a protein diet and exercise training in beating obesity.