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Nota di contenuto	Nutrition and the primary care clinician / Darwin Deen and Katherine Margo -- Changing the office culture to make it work / Arlo Kahn and Jane White -- Methods of weight control / Cathy Nonas, Jennifer Williams, and Valentine J. Burroughs -- Growing up healthy / Susan Konek and Diane Barsky -- Feeding the mother-to-be / James M. Nicholson, Catherine Sullivan and Morghan B. Holt -- Staying healthy in later life / Connie Watkins Bales and Heidi K. White -- Dyslipidemia, hypertension and metabolic syndrome / Frances Burke and Philippe Szapary -- Diabetes, pre-diabetes and hypglycemia / Marion J. Franz and Richard Wender -- Gastrointestinal disorders / Marianne Aloupis and Thomas Faust -- Everything else / Marion Vetter and Katherine Chauncey -- Vitamins / Randee Silverman and Jeremy Brauer -- Minerals / Randee Silverman and Jeremy Brauer -- Dietary and nutritional supplements / Joel S. Edman and Elizabeth Horvitz -- Considering the alternatives / Benjamin Kligler, Joel S. Edman, and Mary Beth Augustine -- It's all about changing behaviors / Darwin Deen and Alice Fornari -- Community counts / Kathryn M. Kolasa -- Cultural considerations / Kim M. Gans and Charles B. Eaton.

Sommario/riassunto

The Complete Guide to Nutrition in Primary Care Edited by Darwin Deen, MD, MS Lisa Hark, PhD, RD Clinicians and patients agree that primary care office visits should include routine nutrition assessment and counseling. But how do you fit it into an already crowded consultation? And what is the most up-to-date advice? With The Complete Guide to Nutrition in Primary Care, Drs. Deen and Hark provide the necessary tools. This comprehensive overview of nutrition answers your questions on: Nutrition as Preventive Medicine Nutrition through the Lifecycle I
