



Obesity: Evaluation and Treatment Essentials, Second Edition

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Obesity is considered a complex and multifactorial disease. Its treatment, therefore, must also be multimodal and tailored to meet the needs of each patient. **Obesity: Evaluation and Treatment Essentials** presents a wide spectrum of practical treatment protocols for obesity including exercise, pharmacology, behavior modification, and dietary factors, from the point of view of the practicing physician.

The book includes information about the new pharmacotherapy available for the treatment of obesity. It also includes a chapter on medical treatment of pediatric obesity that identifies the special needs of children and outlines approaches for managing the obese child. A chapter on binge eating disorder has been added and the information on pharmacology of bariatric medicine has been updated. The book addresses various dietary interventions such as low-calorie balanced diets, low-carbohydrate diets, and very-low-carbohydrate diets while also exploring the comorbidities of obesity such as hypertension, cardiovascular disease, and Type II diabetes.

Written by prominent members of the Obesity Medicine Association and a multidisciplinary team of clinicians and researchers, the book showcases successful treatment methods by including personal key points by clinicians in each chapter. This comprehensive resource is an invaluable, user-friendly tool for bariatric physicians and surgeons, endocrinologists, diabetologists, nutritionists, and dieticians, as well as all other professionals who currently treat obesity.

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