

Obesity Faq

Jolanta Weaver

Pediatric Obesity FAQs William J. Cochran, 2007 Pediatric obesity is an epidemic in the USA and other developed countries affecting more than 30% of children. Pediatric Obesity FAQs, part of the Geisinger Healthcare System FAQs series, is intended as a patient education resource for patients, family members, and the physicians who treat them. The book succinctly explains what obesity is, what contributes to so many children being obese, and how to determine if your child is obese. The authors provide brief, focused answers to common questions and important tips on what you can do as a parent to help you, your child, and your family live healthier lives. The text offers discussions of the different methods of treating childhood obesity before it creates significant problems into adulthood. The focus is on treating obesity through awareness, lifestyle changes, physical activity and nutrition. As with all titles in the FAQ Series, this book works to educate patients and provide concise, current information for common health conditions.

Obesity Christine L. B. Selby, 2019-02-22 This book serves as an accessible resource for teens who want to learn more about obesity. The information and guidance it offers make it a valuable tool for young adult readers with questions or concerns about their weight. Obesity—represented by a BMI over 30—may be easy to define, but its causes and consequences and how individuals and agencies should address it are not as clear. Is obesity simply the result of eating more calories than one burns, or are other factors involved? Can an individual be obese and healthy? How does obesity affect psychological and social health? Are public health campaigns targeted at reducing obesity helping or hurting? Obesity: Your Questions Answered, a part of Greenwood's Q&A Health Guides series, answers these and other questions related to this high-interest topic. Each book in this series follows a reader-friendly question-and-answer format that anticipates readers' needs and concerns. Prevalent myths and misconceptions are identified and dispelled, and a collection of case studies illustrates key concepts and issues through relatable stories and insightful recommendations. The book also includes a section on health literacy, equipping teens and young adults with practical tools and strategies for finding, evaluating, and using credible sources of health information both on and off the internet—important skills that contribute to a lifetime of healthy decision-making.

Obesity Shamim I. Ahmad, Syed Khalid Imam, 2015-10-19 This book brings a comprehensive treatise about obesity, examining the measures that can be taken to stop and even reduce obesity if these right measures are taken in time. Recent studies show that obesity is on the increase at an alarming rate, especially in the industrialized and affluent countries. A number of reasons have been put forward for this increase, including life style choices, over-eating, over-use of commercially processed food, addiction for fast food, high caloric diet specially containing high levels of sugar and fat, lack of exercise and sedentary life style. Also genetic make up has been associated with obesity. Obesity can lead to a variety of lethal diseases, notably coronary heart disease, cancer and diabetes. These diseases account for the highest number of human death amongst all other causes. There are also a number of other side effects associated with obesity including increased stress, loss of intelligentsia, pancreatitis, premature birth and osteoarthritis. In recent years media have been playing important roles in highlighting the lethality and damage caused by obesity, nevertheless no significant effects can be seen in the population and obesity remains on the increase, especially amongst children. The editors believe that it is important that more education, campaign and research are used to stop this increasing disease.

Obesity Prevention and Treatment James M. Rippe, John P. Foreyt, 2021-09-23 The World Health Organization estimates that there are 2.1 billion individuals with obesity globally. Nearly three quarters of adults in the United States are overweight or obese. The average individual with obesity cuts ten years off their life expectancy, yet less than 40% of physicians routinely counsel individuals concerning the adverse health consequences of obesity. Obesity Prevention and Treatment: A Practical Guide equips healthcare practitioners to include effective weight management counselling in the daily practice of medicine. Written by lifestyle medicine pioneer and cardiologist, Dr. James Rippe and obesity expert Dr. John Foreyt, this book provides evidence-based discussions of obesity and its metabolic consequences. A volume in the Lifestyle Medicine Series, it provides evidence-based information about the prevention and treatment of obesity through lifestyle measures, such as regular physical activity and sound nutrition, as well as the use of new medications or bariatric surgery available to assist in weight management. Provides a framework and practical strategies to assist practitioners in safe and effective treatments of obesity. Contains information explaining the relationship between obesity and increased risk of heart disease, diabetes, cancer, osteoarthritis, and other chronic conditions. Chapters begin with bulleted key points and conclude with a list of Clinical Applications. Written for practitioners at all levels, this user-friendly, evidence-based book on obesity prevention and treatment will be valuable to practitioners in general medicine or subspecialty practices.

100 Questions & Answers About Your Child's Obesity Barton Cobert, Josiane Cobert, 2009-12-18 EMPOWER YOURSELF! Childhood obesity has become a very common condition and can often lead to serious physical and emotional complications as the child grows up. If you are the parent, caregiver, or loved one of a child who is battling obesity, 100 Questions & Answers About Your Child's Obesity can offer help. This book is an authoritative and user-friendly guide that will enhance your knowledge of this condition and answer your questions about causes, diagnosis, treatment options, and the prognosis for children with obesity. Written by a gastroenterologist/pharmacologist and a child psychiatrist, and with contributions from actual parents of overweight children, this book is an excellent resource of learning about how to live a healthier lifestyle and to cope with the medical, emotional, and everyday aspects of childhood obesity.

The Practical Guide, 2000

Managing Obesity Cathy Nonas, Gary D. Foster, 2009 This best-selling clinical guide now includes new chapters on meal replacements, the glycemic index and the DASH Diet, plus cultural sensitivity and weight management issues in pregnancy and menopause. This publication is a must-have for professionals working with overweight adults.

The Expert's Guide to Weight-Loss Surgery Garth Davis, Laura Tucker, 2008-12-26 An indispensable guide to weight-loss surgery written by a leading bariatric surgeon Today, an estimated 44 million Americans suffer from obesity. For one in five Americans, diet and exercise simply don't work. Luckily, weight-loss surgeries offer a realistic solution that can help people overcome genetics and work toward drastic, life-altering weight loss. As the cofounder of an obesity clinic at Houston's Methodist Hospital, Dr. Garth Davis has helped hundreds of patients manage the emotional and physical effects of being more than a hundred pounds overweight. His successful program was featured on the hit TLC show Big Medicine. In this essential handbook, Dr. Davis delivers the expert advice that his patients use to overcome issues surrounding their obesity, help shed the weight and regain a healthy body. With anecdotes from real-life patients and a complete diet and exercise plan that ensures long-term success, Dr. Davis shows how anyone can achieve a healthy weight through surgery. The Expert's Guide to Weight Loss Surgery is required reading for anyone seeking a permanent obesity cure.

Obesity and Weight Control Reva T. Frankle, Mei-Uih Yang, 1988 This is a comprehensive, thorough guide with scientific rationale and clinical approaches concerning everything from appetite regulation, The role of hormones, and energy metabolism, To assessment, treatment modalities, and obesity and pregnancy. You'll also get much needed treatment strategies for obesity in children And The elderly, eating management, nutrition, counseling, diet, exercise, behavior modification, relapse prevention, drug and surgical treatment, and more.

The Family Guide to Fighting Fat Texas Children's Hospital, 2013-11-19 A PRACTICAL GUIDE TO A HEALTHIER LIFESTYLE FOR THE ENTIRE FAMILY More than 30 percent of American children are overweight. Childhood obesity has become an epidemic in this country, leading to early onset diabetes and a general health crisis for children. The best plan to attack obesity starts at home and engages the whole family. And now, the experts at Texas Children's Hospital are providing the tools to do it. This book gives parents the information and strategies they need to help their children eat less fast food and boost fitness. It features information on healthy diet and exercise options for every age group. It gets families off to the right start for losing extra pounds and guides them through a step-by-step approach to creating a personalized plan for controlling weight. Through this guide, the experts at Texas Children's Hospital empower parents to establish healthy family habits. With numerous nutritious recipes, fun activities to get the family fit, and helpful tips to overcome weight management roadblocks, this guide is an excellent resource for parents who want to make a healthy lifestyle a way of life. Drawing on the expertise of the wide range of health professionals at Texas Children's Hospital, this book is a comprehensive and authoritative guide to family weight management and smart nutrition. Texas Children's Hospital is one of the largest pediatric medical centers in the

United States. Consistently recognized as one of the top children's hospitals in the nation by Child magazine and the U.S. News & World Report, Texas Children's Hospital is committed to creating a community of healthy children through excellence in patient care, education and research.

A Clinical Guide to Pediatric Weight Management and Obesity Sandra Gibson Hassink,2007 This handy, practical guide provides clinicians with a comprehensive approach to the medical management of overweight children and adolescents. Coverage begins with the epidemiology, pathophysiology, and developmental aspects of child and adolescent obesity and a guide to evaluation of obese children. Subsequent chapters address respiratory, cardiovascular, endocrine, metabolic, orthopaedic, gastrointestinal, renal, and neurologic complications and comorbid conditions as well as mental health issues, acute obesity-related emergencies, and obesity as part of genetic syndromes. Pathophysiology is linked to clinical presentation, evaluation, and treatment, and lifestyle issues are discussed where appropriate. Highlighted boxes and algorithms help clinicians find and digest information quickly.

A Clinical Guide for Management of Overweight and Obese Children and Adults Caroline M. Apovian,Carine M. Lenders,2006-12-15 While unhealthy diet and sedentary behaviors are second only to smoking as the leading preventable cause of death in the U.S., less than 45 percent of adult and pediatric obese patients received any prior advice from a physician to lose weight. The low rate of identification and treatment of obesity by physicians can often be attributed to lack of

Obesity Robin P. Blackstone,2016-08-24 This book is the most current, comprehensive medical text focusing specifically on obesity and its related syndromes and diseases. This text takes the newest science and latest research about obesity and renders the information imminently readable and immediately useful to the medical practitioner charged with providing best practices health care for patients who are obese. In the process, this text scientifically clarifies obesity as a disease of epidemic proportions, debunks common myths about obesity, and challenges medicine's traditional and oftentimes limited view of obesity. More specifically, in *Obesity: The Medical Practitioner's Essential Guide* you will find comprehensive, accurate, science-based information about the epidemiology, biology, genetics, psychology, discrimination and prejudice, causes, and effects of obesity, as well as the latest science about obesity's related syndromes and diseases. In addition, this book provides the medical practitioner with specific best practices, including preferred methods of measurement, preferred methods of obesity screening, a system of graded interventions, a comprehensive description and analysis of various bariatric/surgical interventions, and a proposed population management strategy. This medical text focusing on obesity and its related syndromes and diseases is not only an invaluable reference source for current front line practitioners, but is an essential tool that can be used both domestically and internationally to educate all students in medical schools, nursing programs, physician assistant programs, doctor of osteopath programs, medical weight loss clinics, and any other health science programs.

KIDS GT OBESITY Sheila Stewart,2016-06-14 Obesity is a major health problem around the world. Millions of people are affected by obesity. They may have health problems caused by obesity or find normal activities difficult. Obesity can even lead to early death. With big portion sizes, unhealthy food choices, and fast food on every corner, obesity is a bigger problem than ever before. You hear about obesity on TV and read about it online. But many people-kids and adults-don't understand how much your weight can affect your health. What happens to your body when you're obese? How do people become obese? What is life like for the people around the world who are obese? What can you do if you're overweight or obese to change your life? Discover the answers to all of these questions-and more!

Practical Guide to Obesity Medicine Jolanta Weaver,2017-09-29 Get a quick, expert overview of the many key facets of obesity management with this concise, practical resource by Dr. Jolanta Weaver. Ideal for any health care professional who cares for patients with a weight problem. This easy-to-read reference addresses a wide range of topics – including advice on how to unpack the behavioral causes of obesity in order to facilitate change, manage effective communication with patients suffering with weight problems and future directions in obesity medicine. Features a wealth of information on obesity, including hormones and weight problems, co-morbidities in obesity, genetics and the onset of obesity, behavioral aspects and psychosocial approaches to obesity management, energy and metabolism management, and more. Discusses pharmacotherapies and surgical approaches to obesity. Consolidates today's available information and guidance in this timely area into one convenient resource.

Expanding Waistlines David Campos,2007-01-01 Many health experts agree that childhood obesity is an epidemic in the modern world. In the United States alone, government data suggest that the number of overweight or obese children is nearly triple the number of 1980, and there are no signs that this incidence is decreasing. Information like this cannot be ignored or trivialized because excess weight can prove damaging to general wellness. Indeed, overweight or obese children and youth risk a wide range of medical complications. Extra pounds can also negatively impact their well-being, which can cause long-term mental health problems. In short, if the childhood obesity crisis is left forsaken, an unprecedented generation of youth will have a diminished quality of life. *Expanding Waistlines* is ideal for child advocates and youth-serving professionals who seek to learn more about childhood obesity. A prominent feature of *Expanding Waistlines* is that each chapter poses a series of questions relevant to school personnel, such as: • What can I do at my school and in my classroom? • How should I approach my students who are overweight or obese? • What are some key elements I should look for when evaluating a potential program? Specifically, the book explores the factors that contribute to obesity in society and the associated risks of excess weight on children and youth. Subsequent chapters discuss how to promote healthy eating practices and regular physical activity at school and home. The final chapters report on specific resources. *Expanding Waistlines* also features the latest demographic data, BMI calculations and classifications, recommended guidelines for health, Wellness Policy requirements, and food label information.

Integrative Weight Management Gerard E. Mullin,Lawrence J. Cheskin,Laura E. Matarese,2014-05-03 *Integrative Weight Management: A Guide for Clinicians* intends to educate physicians and nutritionists about the wide ranges of approaches to weight control from non-traditional sources. The options for weight management in conventional practices are limited to a small number of medications, a confusing array of dietary approaches and surgical procedures with their inherent risks and complications. Unfortunately medical practitioners are not exposed to nutrition and weight control principles during training and thus are reluctant to manage their patients weight control issues. This volume is structured into 4 sections: Introduction to Weight Management Disorders; Morbidity and Mortality of Obesity; Therapy of Obesity; and Integrative Medicine and Obesity. *Integrative Weight Management: A Guide for Clinicians* represents a powerful collaboration of dozens of leading experts in the fields of nutrition, weight management and integrative medicine who have managed countless numbers of patients and summarized the research from thousands of articles to create an up-to-date state of the art guide for healthcare practitioners, allied health professionals and public health authorities who manage those who are overweight/obese along with the associated metabolic consequences.

The Gravity of Weight Sylvia R. Karasu,T. Byram Karasu,2010-04-13 *The Gravity of Weight: A Clinical Guide to Weight Loss and Maintenance*, by Sylvia R. Karasu, M.D., and T. Byram Karasu, M.D., is a scholarly and critical inquiry into the field of overweight and obesity. Reviewing more than 900 publications, from some of the early classical papers to the most recent research, the authors have integrated the complex psychological and physiological aspects of the mind, brain, and body to explain why the control of body weight is so daunting for so many people. Written primarily for clinicians in all health-related fields, including physicians, psychologists, nurses, social workers, and nutritionists, as well as for their intellectually curious patients, *The Gravity of Weight* explores the controversy regarding obesity as a disease with morbidity and mortality, as well as the complex methodological issues involved in obesity research. The authors delineate the extraordinary metabolic complexities implicated in weight control as well as the importance of circadian rhythms and sleep as they relate to weight and even disorders such as the night eating syndrome. They also investigate the psychological aspects of overweight and obesity, including discrimination against the obese and the fat acceptance movement, and they discuss some of the most common diets as well as the psychotherapeutic, pharmacological, and surgical treatment options currently available for these patients.*The Gravity of Weight: A Clinical Guide to Weight Loss and Maintenance* is a comprehensive, multidisciplinary text that synthesizes some of the most essential information for successful weight control: The role of the environment, including diet, disordered eating, and portion control, in weight management The National Weight Control Registry and the study of those successful at weight control The importance of differentiating weight loss from weight loss maintenance The qualitative and quantitative measurements of physical activity, including the role of exercise for maintenance of weight loss The contribution of genetics to the obesities Depression and obesity: cause or consequence? Psychotherapeutic strategies, including

cognitive behavioral therapy Medical and surgical treatment approaches and their effectiveness Drs. Karasu have drawn from both professional and personal experience to write The Gravity of Weight: A Clinical Guide To Weight Loss and Maintenance. Both had fathers who suffered from morbid obesity. One died at the age of 56, while the other lived to be 91. The authors' professional curiosity led them to question how differences in environment, genetics, and overall physical and psychological health can affect one person's longevity and another's early passing. In searching for the answers to some of the most perplexing questions regarding weight, the authors have created what is perhaps the most comprehensive exploration of the relationship of the mind, brain, body and our environment to overweight and obesity. The resulting text deserves a prominent place in the library of those who work in this field.

The Clinician’s Guide to the Treatment of Obesity Adrienne Youdim,2015-04-01 Presenting detailed information on treatment of the obese patient, this handy, concise title is designed not only to educate practitioners about obesity but, most importantly, to provide practical strategies in the comprehensive approach to treating this disease. Replete with bulleted lists and tables for easy referencing, this unique reference provides a comprehensive overview of the pathophysiology and natural history of obesity as well as a thorough review of available treatment options. The book’s early chapters discuss the disease of obesity, its corresponding health burden on individuals and society, and the psychosocial morbidity and effect of weight loss. Later practical, treatment-centered chapters include dietary and lifestyle strategies for weight loss, physical activity and writing an exercise prescription, pharmacotherapy approaches, perioperative care of the surgical patient, and complications of weight loss surgery, to name just several. An indispensable, easy-to-read resource for all health professionals interested in obesity diagnosis and treatment, The Clinician’s Guide to the Treatment of Obesity is a significant contribution to the literature that will be of value to all physicians, with particular appeal internal medicine and primary care physicians, endocrinologists, cardiologists, physician assistants, nurse practitioners and any practitioner that wishes to learn the up to date treatment strategies for the obese patient.

The Complete Guide to Weight Loss Surgery Lisa Kaouk,Lisa Kaouk Rd,2018-02-23 If you're planning on undergoing weight loss surgery, have recently had surgery, or are a few years out, this book is for you! Weight loss surgery is a big deal and there's so much to know! Our comprehensive FAQ-style guide answers 80 of the most common and crucial questions we-as WLS dietitians-get asked on a daily basis, such as: - Why is my hair falling out? - Why are my friends losing more weight than me? - Why can't I eat and drink at the same time? This book is also packed with a ton of practical tips for those tricky and sometimes overwhelming parts of life after surgery. We provide advice for almost everything! - Difficulty transitioning to solid foods? - Struggling with digestive issues (i.e. nausea, vomiting, foods getting stuck/blocking, constipation and diarrhea)? - Unsure of what to eat the first time you eat out? And so much more! No more guesswork. Just practical expert advice! Lisa and Monica are expertly placed to understand the huge challenges of weight-loss surgery patients post-op. I only wish this book had been available when I had my own surgery in 2009. - Carol Bowen Ball, www.bariatriccooking.com

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