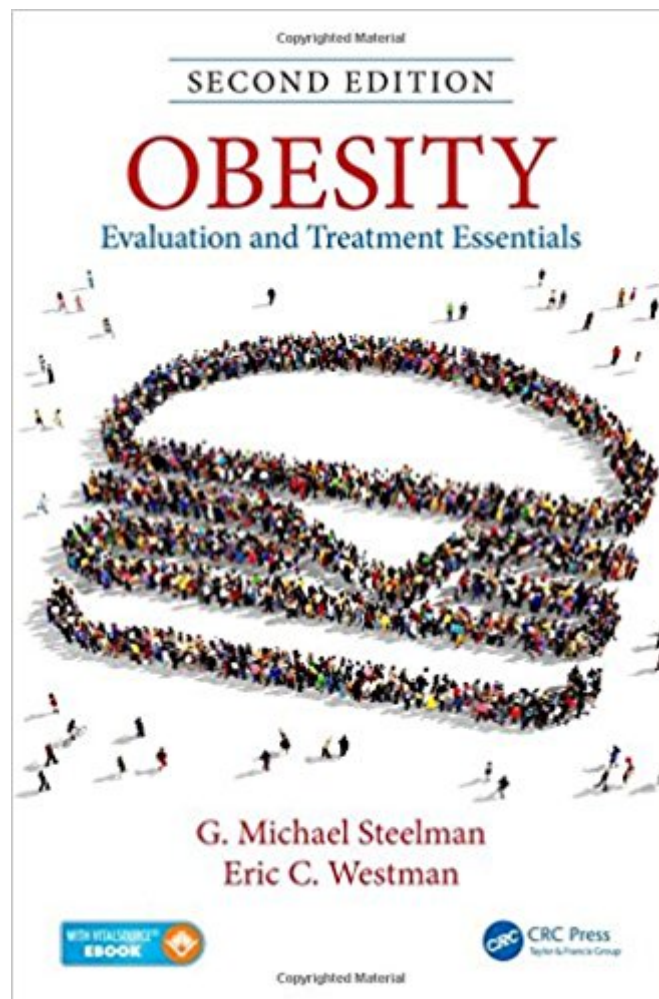


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Obesity: Evaluation And Treatment Essentials, Second Edition



Synopsis

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 dietitians, as well as all other professionals who currently treat obesity.

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Customer Reviews

Edited by G. Michael Steelman, MD, FASBP, is board certified in bariatric medicine, family practice,

anti-aging medicine, and neuro-linguistic programming. Dr. Steelman is the past president of The American Society of Bariatric Physicians. He served on the advisory board of the American Obesity Association, was Medical Director of Eating Disorders at Mercy Health System of Oklahoma, and to C. Everett Koop, the former Surgeon General. Dr. Steelman has worked in private practice for over 30 years and runs the renowned Steelman Clinic in Oklahoma City. He was editor of The American Journal of Bariatric Medicine and was twice named Bariatrician of the Year by the American Society of Bariatric Physicians. Eric C. Westman, MD, MHS, is an associate professor of medicine and director of the Lifestyle Medicine Clinic at Duke University Health System in Durham, North Carolina. Dr. Westman received his medical degree from the University of Wisconsin and completed his internal medicine residency at the University of Kentucky. He also received a master's degree in biostatistics during a General Medicine Fellowship at Duke University Medical Center. He is a fellow of The Obesity Society and the Society of General Internal Medicine. Dr. Westman is Chairman of the Board of the Obesity Medicine Association (formerly ASBP), and has received the Steelman-Seim Educator Award for advancing the cause of health care through education and teaching. He is board certified in obesity medicine and internal medicine.

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