

Bueno/smoke/Aging Physical Activity And Health

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Physical Activity, Dietary Calorie Restriction, and Cancer Anne McTiernan 2010-11-18 The World Health Organization estimates that 25 percent of common cancers can be prevented through regular physical activity and weight control. Common cancers linked to overweight/obesity and a sedentary lifestyle include breast, colon, endometrium, pancreas, renal, esophageal, and several others. There are several plausible mechanisms linking lack of physical activity and increased adiposity to cancer risk, supported by results from animal experiments and human intervention studies.

Cumulated Index Medicus 1999

Index Medicus 2003

Psychological Impact of Behaviour Restrictions During the Pandemic Barrie Gunter 2022-07-12 This volume examines the undesirable or harmful cognitive, emotional and behavioural side-effects of COVID-19 and of the behavioural restrictions imposed by governments on their populations during the pandemic. Societal "lockdowns" and other intervening behavioural restrictions, built significantly around social isolation, used by governments to control the spread of COVID-19 disrupted the lives of most people. There were economic costs for many as workplaces closed down, as well as severe stresses on friendships and romantic relationships, an increase in instances of abuse and domestic violence, and concerns about people drinking too much alcohol or gambling too much as compensatory behaviours. Understanding which people were at risk, and in what ways, could teach important lessons for the future. Presenting a timely review of the most recent international research and evidence, author Barrie Gunter assesses the major collateral, psychological side-effects of the pandemic. Looking forward, Gunter also considers how new models might be developed that take into account not just the need to halt the spread of a new virus, but also minimise collateral damage which could be every bit as severe in both the short term and long term. Identifying and analysing the nature and severity of collateral side-effects of pandemic-related behaviour restrictions, this is essential reading for students and researchers in psychology, public health and medical sciences and policymakers assessing

government strategies, responses and performance.

Sleep Disorders and Sleep Deprivation Institute of Medicine 2006-10-13 Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology, otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patients—sleep disorders reach across all ages and ethnicities. Sleep Disorders and Sleep Deprivation presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems.

Occupational and Environmental Safety and Health IV Pedro M. Arezes 2022-10-23 This book gathers cutting-edge research and best practices relating to occupational risk and safety management, healthcare and ergonomics. It covers strategies for different industries, such as construction, chemical and healthcare. It emphasises challenges posed by automation, discusses solutions offered by technologies, and reports on case studies carried out in different countries. Chapters are based on selected contributions to the 18th International Symposium on Occupational Safety and Hygiene (SHO 2022), held on September 8–9, 2022, in Porto, Portugal. By reporting on different perspectives, such as the ones from managers, workers and OSH professionals, and covering timely issues, such as implications of telework, issues related to gender inequality and applications of machine learning techniques in occupational health, this book offers extensive information and a source of inspiration to OSH researchers, practitioners and organizations operating in both local and global contexts.

Coronavirus Disease (COVID-19): Psychological, Behavioral, Interpersonal Effects, and Clinical Implications for Health Systems Gianluca Castelnuovo 2022-08-30

Nordic Nutrition Recommendations 2012 Nordic Council of Ministers 2014-03-06 The Nordic countries have collaborated in setting guidelines for dietary composition and recommended intakes of nutrients for several decades through the joint publication of the Nordic Nutrition Recommendations (NNR). This 5th edition, the NNR 2012, gives Dietary Reference Values (DRVs) for nutrients, and compared with earlier editions more emphasis has been put on evaluating the scientific evidence for the role of food and food patterns contributing to the prevention of the major diet-related chronic diseases. Recommendations on physical activity are included and interaction with physical activity has been taken into account for the individual nutrient recommendations wherever appropriate. A chapter on sustainable food consumption has been added. A Nordic perspective has been accounted for in setting the reference values. The NNR 2012 has used an evidence-based and transparent approach in assessing associations between nutrients and foods and certain health outcomes. Systematic reviews form the basis for the recommendations of several nutrients and topics, while a less stringent update has been done for others. The systematic reviews and individual chapters have been peer reviewed and the systematic reviews are

published in the Food & Nutrition Research journal. The draft chapters were subject to an open public consultation. Recommendations have been changed only when sufficient scientific evidence has evolved since the 4th edition. The primary aim of the NNR 2012 is to present the scientific background of the recommendations and their application. A secondary aim is for the NNR 2012 to function as a basis for the national recommendations that are adopted by the individual

Smoking and Health Bulletin 1975

Advances in Psychology Research Alexandra M. Columbus 2006 This work presents original research results on the leading edge of psychology research. Each article has been carefully selected in an attempt to present substantial research results across a broad spectrum.

How Tobacco Smoke Causes Disease 2010 This report considers the biological and behavioral mechanisms that may underlie the pathogenicity of tobacco smoke. Many Surgeon General's reports have considered research findings on mechanisms in assessing the biological plausibility of associations observed in epidemiologic studies. Mechanisms of disease are important because they may provide plausibility, which is one of the guideline criteria for assessing evidence on causation. This report specifically reviews the evidence on the potential mechanisms by which smoking causes diseases and considers whether a mechanism is likely to be operative in the production of human disease by tobacco smoke. This evidence is relevant to understanding how smoking causes disease, to identifying those who may be particularly susceptible, and to assessing the potential risks of tobacco products.

American Journal of Health Behavior 2000

Handbook of Nutrition in the Aged, Fourth Edition Ronald Ross Watson 2008-10-20 Detailed Review of Nutritional Therapies Used to Combat Elderly Health Issues The combination of the aging baby-boomer generation and their increased longevity has been fortunately met with increased research and greater understanding of health promotion and disease prevention in the elderly. Handbook of Nutrition in the Aged: Fourth Edition shares these groundbreaking insights and serves as a guide to better understand health problems that occur in aging adults and the nutritional therapies that are proven to fight and prevent them. Addresses Requirements for Optimum Health of Aging Physiological Systems This sharply focused work recognizes the special nutrition hurdles associated with the aged, particularly the decline of nutrient intake that compromises health. As a globally relevant text, this fourth edition is extensively revised, updated, and expanded to reflect the latest research in nutrition and aging. New chapters to this edition include information on: Arthritis Cognition Nutrition and the geriatric surgery patient Nutrition supplementation in fracture care Coffee and hypertension Asian medicine This book is a valuable tool not only for geriatricians and gerontologists, but also for dietitians, nutritionists, and aging researchers. It provides all the necessary information for assisting the growing aging population in maintaining a healthy quality of life.

Physical Exercise for Human Health Junjie Xiao 2020-04-27 This book shares the latest findings on exercise and its benefits in preventing and ameliorating numerous diseases that are of worldwide concern. Addressing the role of exercise training as an effective method for the prevention and treatment of various disease, the book is divided into eleven parts: 1) An Overview of the Beneficial Effects of Exercise on Health and Performance, 2) The Physiological Responses to Exercise, 3) Exercise and Metabolic Diseases, 4) Exercise and Cardiovascular Diseases, 5) Exercise and Musculoskeletal Diseases, 6) Exercise and Neurological and Psychiatric Diseases, 7) Exercise and the Respiration System, 8) Exercise and Immunity, 9) Exercise and HIV/AIDS, 10) Exercise and

Neuropsychiatric Disorders, and 11) Future Prospects. Given its scope, the book will be particularly useful for researchers and students in the fields of physical therapy, physiology, medicine, genetics and cell biology, as well as researchers and physicians with a range of medical specialties.

The Ageing Immune System and Health Valquiria Bueno 2016-10-03 The present book intends to provide an update on immunosenescence and how deficiencies in the immune system contribute to a higher susceptibility to infections, decline in organ function, reduced vaccination responses, age-related disease and the ageing process itself, negatively affecting longevity. Our focus is on the main changes in immune system cells and their products occurring during the ageing process and the possible consequences for health and disease. This includes: discussion of the modulatory and/or suppressive mechanisms associated with the alterations in T regulatory cells, B regulatory cells and Myeloid Derived Suppressor cells; changes in the immune system observed in chronic neurodegenerative diseases, cancer, lung disease and frailty will also be discussed. Most importantly we provide recent literature information about possible interventions (focusing on physical activity) that could alleviate the negative effects of immunosenescence. The Ageing Immune System and Health is a comprehensive guide on the field intended to all physicians, researchers, professors and students interested on relationship between immune system, ageing and health.

Exercise and Chronic Disease John Saxton 2011-03-22 It is now widely accepted that there are important links between inactivity and lifestyle-related chronic diseases, and that exercise can bring tangible therapeutic benefits to people with long-term chronic conditions. Exercise and Chronic Disease: An Evidence-Based Approach offers the most up-to-date survey currently available of the scientific and clinical evidence underlying the effects of exercise in relation to functional outcomes, disease-specific health-related outcomes and quality of life in patients with chronic disease conditions. Drawing on data from randomized controlled trials and observational evidence, and written by a team of leading international researchers and medical and health practitioners, the book explores the evidence across a wide range of chronic diseases, including: cancer heart disease stroke diabetes parkinson's disease multiple sclerosis asthma. Each chapter addresses the frequency, intensity, duration and modality of exercise that might be employed as an intervention for each condition and, importantly, assesses the impact of exercise interventions in relation to outcomes that reflect tangible benefits to patients. No other book on this subject places the patient and the evidence directly at the heart of the study, and therefore this book will be essential reading for all exercise scientists, health scientists and medical professionals looking to develop their knowledge and professional practice.

WHO Guidelines on Physical Activity and Sedentary Behaviour 2020 This publication provides evidence-based public health recommendations for children, adolescents, adults and older adults on the amount of physical activity (frequency, intensity and duration) required to offer significant health benefits and mitigate health risks. For the first time, recommendations are provided on the associations between sedentary behaviour and health outcomes, as well as for subpopulations, such as pregnant and postpartum women, and people living with chronic conditions or disability. The guidelines are intended for policy-makers in high-, middle-, and low-income countries in ministries of health, education, youth, sport and/or social or family welfare; government officials responsible for developing national, sub regional or municipal plans to increase physical activity and reduce sedentary behaviour in population groups through guidance documents; people working in nongovernmental organizations, the education sector, private sector, research; and

healthcare providers.

International Differences in Mortality at Older Ages National Research Council 2011-02-27 In 1950 men and women in the United States had a combined life expectancy of 68.9 years, the 12th highest life expectancy at birth in the world. Today, life expectancy is up to 79.2 years, yet the country is now 28th on the list, behind the United Kingdom, Korea, Canada, and France, among others. The United States does have higher rates of infant mortality and violent deaths than in other developed countries, but these factors do not fully account for the country's relatively poor ranking in life expectancy. International Differences in Mortality at Older Ages: Dimensions and Sources examines patterns in international differences in life expectancy above age 50 and assesses the evidence and arguments that have been advanced to explain the poor position of the United States relative to other countries. The papers in this deeply researched volume identify gaps in measurement, data, theory, and research design and pinpoint areas for future high-priority research in this area. In addition to examining the differences in mortality around the world, the papers in International Differences in Mortality at Older Ages look at health factors and life-style choices commonly believed to contribute to the observed international differences in life expectancy. They also identify strategic opportunities for health-related interventions. This book offers a wide variety of disciplinary and scholarly perspectives to the study of mortality, and it offers in-depth analyses that can serve health professionals, policy makers, statisticians, and researchers.

Energy Balance and Gastrointestinal Cancer Sanford D. Markowitz 2012-03-09 The gastrointestinal track provides one of the distinct systems where multiple malignancies, including adenocarcinoma of the pancreas, esophagus and colon are each associated with obesity. This unique association is covered in this volume of Energy Balance and Cancer from the epidemiologic, biologic and potential etiologic viewpoint. The focus on possible dietary contribution as well as the role of exercise in prevention and therapy is presented in both animal model and patient based studies. Special focus is provided also on the role of genetic mutations and inflammatory pathways as drivers of these obesity related gastrointestinal malignancies. Overall, this volume on Energy Balance and Gastrointestinal Malignancies should be valuable to Epidemiologists, Gastroenterologists and Oncologists, as well as to students and researchers from multiple disciplines interested in understanding and disrupting the association between obesity and cancer.

Nutritional Oncology George L. Blackburn 2011-05-02 Nutritional oncology is an increasingly active interdisciplinary field where cancer is investigated as both a systemic and local disease originating with the changes in the genome and progressing through a multi-step process which may be influenced at many points in its natural history by nutritional factors that could impact the prevention of cancer, the quality of life of cancer patients, and the risk of cancer recurrence in the rapidly increasing population of cancer survivors. Since the first edition of this book was published in 1999, the idea that there is a single gene pathway or single drug will provide a cure for cancer has given way to the general view that dietary/environmental factors impact the progression of genetic and cellular changes in common forms of cancer. This broad concept can now be investigated within a basic and clinical research context for specific types of cancer. This book attempts to cover the current available knowledge in this new field of nutritional oncology written by invited experts. This book attempts to provide not only the theoretical and research basis for nutritional oncology, but will offer the medical oncologist and other members of multidisciplinary groups treating cancer patients practical information on nutrition assessment and nutritional regimens, including micronutrient and phytochemical supplementation. The editors hope that this volume will stimulate increased research,

education and patient application of the principles of nutritional oncology. NEW TO THIS EDITION: * Covers hot new topics of nutrigenomics and nutrigenetics in cancer cell growth * Includes new chapters on metabolic networks in cancer cell growth, nutrigenetics and nutrigenomics * Presents substantially revised chapters on breast cancer and nutrition, prostate cancer and nutrition, and colon cancer and nutrition * Includes new illustrations throughout the text, especially in the breast cancer chapter * Includes integrated insights into the unanswered questions and clearly defined objectives of research in nutritional oncology * Offers practical guidelines for clinicians advising malnourished cancer patients and cancer survivors on diet, nutrition, and lifestyle * Provides information on the role of bioactive substances, dietary supplements, phytochemicals and botanicals in cancer prevention and treatment

The Consequences of COVID-19 on the Mental Health of Students Haibo Yang 2022-08-29

Smoking and Health Bulletin 1975 Annual cummulation issued as Bibliography on Smoking and Health, -1988.

Outbreak Investigation: Mental Health in the Time of Coronavirus (COVID-19) Ursula Werneke 2022-03-14

A Prescription for Healthy Living Emma Short 2021-01-05 A Prescription for Healthy Living: A Guide to Lifestyle Medicine takes an evidence-based approach to health promotion and disease prevention. Medical doctors, healthcare professionals and research scientists from a variety of backgrounds provide informed advice on how to encourage patients to take charge of their health and future. This book addresses the impact that socioeconomic and environmental factors have on the health of a population and explores the psychology of health-related behavioral change, as well as considering a variety of subject areas as diverse as nutrition, physical activity, the practice of gratitude, the adverse health impacts of loneliness and the importance of achieving a satisfactory work-life balance. A Prescription for Healthy Living aims to encourage and inspire healthcare practitioners and public health officials to empower patients to make simple behavioral changes that will have a large and positive effect on their physical and mental wellbeing. Written by qualified medical professionals and research scientists from a variety of specialties Addresses a variety of health promotion, disease prevention and wellbeing topics Provides evidence-based information in a digestible and actionable way

Physical Activity and Cancer Kerry S. Courneya 2010-11-26 This book explores in depth the relation between physical activity and cancer control, including primary prevention, coping with treatments, recovery after treatments, long-term survivorship, secondary prevention, and survival. The first part of the book presents the most recent research on the impact of physical activity in preventing a range of cancers. In the second part, the association between physical activity and cancer survivorship is addressed. The effects of physical activity on supportive care endpoints (e.g., quality of life, fatigue, physical functioning) and disease endpoints (e.g., biomarkers, recurrence, survival) are carefully analyzed. In addition, the determinants of physical activity in cancer survivors are discussed, and behavior change strategies for increasing physical activity in cancer survivors are appraised. The final part of the book is devoted to special topics, including the relation of physical activity to pediatric cancer survivorship and to palliative cancer care.

Nutrition and Growth B. Koletzko 2017-02-07 Adequate nutrition is a crucial component for child growth. Under- or malnutrition may not only affect present and future growth, but also a child's ability to develop skills. Tremendous efforts are being made to try and understand the mechanisms leading to stunted growth, proper diet composition, and an appropriate rehabilitation diet for children suffering from under- or malnutrition in all age groups during the growth period. In this publication, specialists in nutrition and growth present some of the best studies from peer-reviewed journals published between July 2015 and June 2016. Each paper is briefly

summarized and supplemented with editorial comments which evaluate the clinical importance of each article and discuss its application. This 'Yearbook' is an important tool for practicing physicians, including pediatricians, subspecialists in pediatric gastroenterology, metabolism and nutrition, and endocrinology. Nutritionists and dieticians, as well as other health professionals involved in the care of children, will also find this to be a useful resource.

Healthy Longevity and Immune System Valquiria Bueno

COVID-19 and Behavioral Sciences Liz Steed 2022-02-21

Archives of Medical Research 2004

The Aging Immune System and Health Valquiria Bueno 2020-01-15 The world population presents an increased percentage of individuals over 65 years old and the fastest growing subgroup is over 85 years old. The increase in life expectancy observed in the last century has not been synonymous with extra years lived in good health (disability-free years). Population studies have shown that as individuals age, they can present a great heterogeneity of ability and health. Therefore, aging has been associated for some individuals with disabilities and hospitalizations. Deaths related to infectious pathogens are increased in the aging population mainly due to pneumonia and influenza whereas Cytomegalovirus, Epstein-Barr virus, among other viruses seem to contribute to the low-grade inflammatory process observed (inflammaging). Aging is a complex and multifactorial process in which functions of the organism are adjusted (remodelled) in order to deal with damaging events during life. One of the most important changes in aging individuals occurs in the immune system (innate and adaptive responses) with consequences such as poor response to new infections and vaccinations; increased susceptibility to cancer development and autoimmune diseases; frailty, and organ dysfunction. In addition, it has been proposed that immunosenescence not only reflects the aging of the organism but also contributes to this process. Bone marrow presents decreased hematopoiesis, the thymus undergoes involution and lymphoid organs (lymph nodes, spleen) also present reduced functionality. Therefore, cells derived, matured, or residing in these tissues decline in number and function. These changes have been identified in experimental models, in vitro conditions, peripheral blood, and biopsies via biomarkers such as cell phenotype, stimulus-induced proliferation, cytokines and antibodies levels. Telomere length and telomerase activity also decline in bone marrow-derived and peripheral blood cells and have been shown to play a role in immunosenescence. More recently, the investigation of short non-coding RNA molecules (microRNAs; miRNAs) pointed to this system as a possible control of aging-related mechanisms. Data obtained on these markers for aging individuals could lead to the generation of a marker panel for pathology prediction, to indicate interventions, and to evaluate the efficacy of interventions. Interventions such as nutrition supplements, exercise, vaccination (different dose, concentration of antigen, adjuvants) have been proposed to circumvent age-related diseases. Considering the heterogeneity in the aging process, further investigation is vital before the indication of interventions for aging individuals. As the extension of life expectancy is a reality, it is a challenge to understand how the aging population copes with the remodelling of the organism and how interventions could provide longevity in good health.

Fruit and Vegetables International Agency for Research on Cancer 2003 This handbook shows that approximately one in ten cancers in western populations is due to an insufficient intake of fruit and vegetables, a finding that should encourage all organizations as well as governments to continue efforts to increase or maintain fruit and vegetable intake as an important objective of programs to improve

nutrition to reduce the burden of cancer and other chronic diseases. The clearest evidence of a cancer-protective effect of eating more fruits is for stomach and esophageal cancers. Similarly, a higher intake of vegetables probably reduces the incidence of cancer of esophagus and colon-rectum. Fruit and vegetables contain many nutrients; they also contain other bioactive compounds that may influence many aspects of human biology and related disease processes.

Oncology Alfred E. Chang 2007-12-08 Title consistently uses the evidence-based approach Evidence-based tables make documentation of care plan easy Interdisciplinary orientation – all aspects of patient care are covered Only book that involves experts from the entire range of cancer treatment in the fields of medical, surgical and radiation oncology Includes hot topics such as prevention and breast cancer Offers ground-breaking sections on the latest research and clinical applications in cancer survivorship Chapter on PET addresses imaging issues and how to get the best results Most comprehensive sections on the biology and epidemiology of cancer as compared to competitors

Handbook of Life Course Health Development Neal Halfon 2017-11-20 This book is open access under a CC BY 4.0 license. ?This handbook synthesizes and analyzes the growing knowledge base on life course health development (LCHD) from the prenatal period through emerging adulthood, with implications for clinical practice and public health. It presents LCHD as an innovative field with a sound theoretical framework for understanding wellness and disease from a lifespan perspective, replacing previous medical, biopsychosocial, and early genomic models of health. Interdisciplinary chapters discuss major health concerns (diabetes, obesity), important less-studied conditions (hearing, kidney health), and large-scale issues (nutrition, adversity) from a lifespan viewpoint. In addition, chapters address methodological approaches and challenges by analyzing existing measures, studies, and surveys. The book concludes with the editors' research agenda that proposes priorities for future LCHD research and its application to health care practice and health policy. Topics featured in the Handbook include: The prenatal period and its effect on child obesity and metabolic outcomes. Pregnancy complications and their effect on women's cardiovascular health. A multi-level approach for obesity prevention in children. Application of the LCHD framework to autism spectrum disorder. Socioeconomic disadvantage and its influence on health development across the lifespan. The importance of nutrition to optimal health development across the lifespan. The Handbook of Life Course Health Development is a must-have resource for researchers, clinicians/professionals, and graduate students in developmental psychology/science; maternal and child health; social work; health economics; educational policy and politics; and medical law as well as many interrelated subdisciplines in psychology, medicine, public health, mental health, education, social welfare, economics, sociology, and law.

Public Health Bibliography Series United States. Public Health Service 1988

Handbook of Epidemiology Wolfgang Ahrens 2007-07-26 The Handbook of Epidemiology provides a comprehensive overview of the field and thus bridges the gap between standard textbooks of epidemiology and dispersed publications for specialists that have a narrowed focus on specific areas. It reviews the key issues and methodological approaches pertinent to the field for which the reader pursues an expatiated overview. It thus serves both as a first orientation for the interested reader and as a starting point for an in-depth study of a specific area, as well as a quick reference and recapitulatory overview for the expert. The book includes topics that are usually missing in standard textbooks.

Cancer Nursing Connie Henke Yarbro 2016-09-19 Cancer Nursing: Principles and Practice, Eighth Edition continues as the gold

standard in oncology nursing. With contributions from the foremost experts in the field, it has remained the definitive reference on the rapidly changing science and practice of oncology nursing for more than 25 years. Completely updated and revised to reflect the latest research and developments in the care of patients with cancer, the Eighth Edition includes new chapters on the biology of cancer, sleep disorders, and palliative care across the cancer continuum. The Eighth Edition also includes significant updates to the basic science chapters to reflect recent increases in scientific knowledge, especially relating to genes and cancer. Also heavily revised are the sections devoted to the dynamics of cancer prevention, detection, and diagnosis, as well as treatment, oncologic emergencies, end of life care, and professional and legal issues for oncology nurses.

Clinical Preventive Services in Substance Abuse and Mental Health Update Joel L. Nitzkin 2004 This report has been prepared to summarize the most promising preventive interventions of a behavioral nature intended to impact mental and substance use disorders, or in some cases, medical outcomes. This review focuses on prevention interventions that are primarily delivered by health care systems. Interventions provided in schools, worksites, communities, and criminal justice systems were excluded, as were population-based interventions.

Drug Abuse and the Elderly Douglas H. Ruben 1984 787 references primarily to journal articles and books published between 1932 and the present (greatest documentation from 1960's on). Topical arrangement. Each entry gives bibliographical information and annotation, and descriptors. Journal, author, and subject indexes.

Journal of the National Cancer Institute 2005

Clinical Obesity in Adults and Children Peter G. Kopelman 2008-04-15 Highly Commended in the 2006 British Medical Association Book Awards (Endocrinology) This Second Edition brings together more than 20 internationally recognized experts in the field to provide a timely review of current knowledge. The text remains an invaluable resource for all healthcare professionals involved in the care of patients who are obese. New features of this Second Edition include: Addition of two new co-editors – Professor Bill Dietz, USA and Professor Ian Caterson, Australia Increased number of contributors from around the globe – providing a truly international perspective Includes new information about the causes of obesity, its complications and new (and novel) methods of prevention and treatment Reorganized into sections that address obesity and its social and cultural aspects, biology, associated diseases, life stages (pediatric and adult), management, and environmental and policy approaches