

# ABC of Obesity

## ABC of Obesity

Edited by Naveed Sattar and Mike Lean



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著者:Sattar, Naveed (EDT)/ Lean, Mike (EDT)

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Obesity is a hugely expensive and increasing problem worldwide, leading to disability, reproductive problems, depression and accelerated metabolic and vascular diseases in a large proportion of men, women and children. The ABC of Obesity is a new guide which will aid its effective management, addressing issues such as dieting, exercise,

self esteem, drug treatment and surgery. Recent evidence is used to highlight frequent problems, successful treatment options, and the most common causes. Written by leading experts, this is a widely accessible text and an indispensable guide for all general practitioners, junior doctors, nurses, and other healthcare professionals who are involved in the treatment and research of this common condition.

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