



# Practical Manual of Clinical Obesity

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## Description

*Practical Manual of Clinical Obesity* provides practical, accessible and expert advice on the clinical diagnosis and management of obesity and will be your perfect go-to tool in the management of your patients.

Information is clear, didactic and attractively presented, with every chapter containing plenty of engaging text features such as key

points, pitfall boxes, management flowcharts and case studies to enable a rapid understanding of obesity diagnosis and management. Key clinical trials and major international society guidelines are referred to throughout.

Topics covered include:

- Assessment of the patient, including patient history, examination and investigations
- Patterns, risks and benefits of weight loss
- Evaluation of management options: diet, exercise, drugs, psychological treatments, and surgery
- Management of obesity related co-morbidities

*Practical Manual of Clinical Obesity* is ideal reading for endocrinologists of all levels, as well as all other health professionals who manage obese patients such as specialist nurses, dieticians, and GP's with an interest in obesity **Table of Contents**

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