Fast Facts: Obesity

Packed with practical advice on how best to support patients to improve their nutrition and levels of physical activity, and change their habits, with simple and achievable goals tailored to individual needs and concerns.

This highly readable handbook also provides a comprehensive overview of:
- Causes and consequences of obesity
- Latest information on pharmacological and surgical options
- Issues specific to the management of obesity in children, pregnant women and the elderly

Publication Year 2014
Edition 2nd
Author/Editor Haslam, David; Wittert, Gary
Publisher S. Karger
ISBN 978-1-908-54159-8
Platform Ovid
Product Type Book
Speciality Community Health & Disease Prevention
Primary Care/Family Medicine/General Practice
Language English
Pages 144
Illustrations 19
Included In Health Press Fast Facts Book Collection 2019