

PREFACE

Obesity and diabetes are reaching epidemic proportions in developed countries in the 21st century while, at the same time, they are also becoming disturbingly more prevalent in developing countries. In the United States alone, one-third of the population is obese and another third is overweight, more than 10 million people have been diagnosed with diabetes mellitus, and another 5 million remain undiagnosed. Similar numbers have been reported in other Western nations as well. Because these disease states are closely linked with the development of serious complications, including cardiovascular disease and several malignancies, their impact from a public health perspective is enormous and continues to increase. As the population ages and becomes more sedentary, the morbidity and mortality associated with obesity and diabetes will continue to escalate.

Thus, it is imperative to focus our research efforts on trying to understand the etiology of obesity and diabetes as well as the mechanisms underlying the development of the complications associated with these conditions. It is also critically important to focus our public health efforts on the prevention and our clinical efforts on the treatment of these disease states. *Obesity and Diabetes* furthers these goals by presenting a comprehensive review of both the research and clinical aspects of obesity and diabetes to scientists and practicing clinicians alike.

Part I (Chapters 1 and 2) is a review of the history and epidemiology of these conditions. Part II (Chapters 3–7) focuses on the genetics and pathophysiology of obesity and diabetes, reviewing known mechanisms and interactions. In Part III (Chapters 8–23), the diagnosis, clinical manifestations, and complications associated with obesity and diabetes are discussed in detail. Finally, Part IV (Chapters 24–31) presents state-of-the-art approaches (lifestyle and pharmacological) to the treatment of these conditions.

I am indebted to the many people, all leading experts in their respective fields, who have contributed to *Obesity and Diabetes*. I certainly hope that our efforts will not only serve as a stimulus for further research in this increasingly important field of medicine, but also provide cutting-edge and clinically vital information to our students and practicing colleagues that will enhance the quality of care that we provide to our patients.

Christos Mantzoros, MD, DSc



<http://www.springer.com/978-1-58829-538-5>

Obesity and Diabetes

Mantzoros, C.S. (Ed.)

2006, XVII, 555 p., Hardcover

ISBN: 978-1-58829-538-5

A product of Humana Press