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## Preface to Second Edition

Since the publication of the first edition of *Treatment of the Obese Patient*, the US population prevalence rates for obesity in youth and adults have appeared to level off but remain unacceptably high, signifying the ongoing challenge of tackling obesity as a public health problem. Clinically, the recognition of obesity as a disease by the American Medical Association and other organizations has brought increased focus on the need to provide a range of medical interventions to advance obesity treatment and prevention. Scientifically, multiple advances have occurred that deepen our understanding of appetite regulation and the pathophysiology of obesity and its associated complications. These challenges and progress in knowledge of the complexity of obesity have prompted us to edit a second edition of this book.

Continuing what we believe is the practical format of the first edition, we chose to retain the two major sections for the book: Part I addresses physiology and pathophysiology while Part II focuses on clinical management. Part I has been fully expanded to ten chapters to capture the exciting developments in the science of obesity. Only two of these chapters, Neuroregulation of body weight (Chap. 1) and Gut hormones and the regulation of body weight (Chap. 3) provide updates from the first edition. The other eight chapters are entirely new and the topics covered were chosen to update readers on the latest advancements in the fundamental aspects of obesity and its complications. Chapter 2 reviews the hedonic neural pathway responsible for reward, reinforcement, and impulsivity. The critical importance of the perinatal period in development of obesity is addressed in Chap. 4. Three new exciting areas of obesity research that have evolved over that past 5 years, the importance of the gut microbiome, the role of brown adipose tissue, and the impact of restricted sleep time, are fully covered in Chaps. 5, 6, and 8, respectively. In Chap. 7 we turn our attention to the physiological adaptations that occur with weight loss and make weight maintenance difficult for our patients. Finally, the last two chapters in Part I address two topics that are particularly relevant to the practicing clinician, the pathophysiology of nonalcoholic fatty liver disease (Chap. 9) and the metabolic mechanisms of bariatric surgery (Chap. 10).

Part II has been reduced to 11 chapters that cover the most important aspects of clinical care of the patient with obesity. This section begins with recent advancements in the epidemiology of obesity (Chap. 11) following by a chapter on the assessment of the obese patient (Chap. 12). All subsequent chapters systematically and thoroughly review each component of treatment,

beginning with lifestyle management therapies, followed by pharmacotherapy and bariatric surgery. Behavioral strategies are addressed in Chap. 13, while dietary approaches and physical activity are covered in Chaps. 14 and 15, respectively. Recent advancements in pharmacotherapy and medications on the horizon are considered in Chap. 16. Newer surgical approaches and clinical outcomes are discussed in Chap. 17 while management of micronutrient deficiencies that occur following bariatric surgery are addressed in Chap. 18. The last three chapters of the section include treatment of obesity in the primary care clinic (Chap. 19) and the assessment and treatment of the child or adolescent with obesity (Chaps. 20 and 21).

We hope you will find the second edition of *Treatment of the Obese Patient* as useful and informative as the first edition. Whether you are a researcher in the field or a clinician who cares for overweight and obese patients, this edition is intended to be a valuable resource to keep you up to date in this rapidly evolving and exciting area of medicine.

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