
Preface

Obesity and its associated diseases are a major and growing worldwide public health problem of our century. Recent studies have suggested that obesity prevalence is seriously increasing mostly due to depression- and anxiety-related eating disorders, which may deeply affect quality of life.

Although behavioral improvements are aimed at promoting lifestyle changes, multidisciplinary interventions should be based on biochemical and immunological pathways. Either only conservative methods or only surgical approaches have limited efficacy, in part due to the involvement of counter-regulatory multiple metabolic pathways in obesity. Consequently, multidimensional analysis of adipose tissue-derived signaling would provide greater benefit. In this context, the book covers many critical and complex topics that trigger obesity. We are aware that many subjects have not yet come to light about obesity. Nevertheless, this book may encourage and further the research of scientists and practitioners who are interested in obesity.

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