



Obesity

Barry Gumbiner

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Obesity is an all too common medical condition, frustrating to both patients and practitioners. In 1998, the National Institutes of Health published "Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults." Obesity uses this evidence-based report as an authoritative foundation for its own recommendations. The current state of knowledge is placed in a clinical context relevant to physicians in their everyday practice. It is never too late to begin treating obesity and to have a favorable impact on patient health. Ultimately, individuals suffering from this condition must be ready to address the problem. Physicians can encourage these patients by taking a dispassionate and objective approach and by setting achievable goals. Based on the latest research, Obesity provides pragmatic strategies practitioners need for successful outcomes.

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