Managing Patients with Obesity

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México DF
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I dedicate this text to my mother, Mirella, who has always supported and encouraged me to realize my dreams and to whom I owe my life, my professional career, and my accomplishments.

I thank my mentors, Dr. José Luis Martínez and Dr. Amado Athié, who influenced my medical and nutritional career and who trusted me to grow every day in this exciting area of medicine. I also thank Dr. Alexis Bolio who trusted me to write this book.

I thank Dr. Gilberto Romero, MD who collaborated with the last chapter in this book and who always been a great friend.

Preface

Obesity is a worldwide epidemic that can lead to conditions such as type 2 diabetes and cardiovascular disease, two of the principal five causes of death worldwide. Obesity is a preventable and treatable disease and every physician must be qualified to diagnose and treat it during a routine visit. Anthropometric assessment is already an obligatory component of the medical clinical record, but even when physicians detect increased weight or a high body mass index, they are often unprepared to initiate a first-line approach to treatment.

In this book, I suggest an easy and comprehensive approach to the treatment of obesity, including a general overview of the pathophysiology, clinical diagnosis, and medical-nutritional treatment, which can provide medical professionals with a basis for managing patients. If every health care provider is aware of and qualified in the diagnosis and treatment of overweight and obesity, we can expect to have an impact on bringing this epidemic under control.

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