

REGULATION OF BODY WEIGHT

BIOLOGICAL AND BEHAVIORAL MECHANISMS

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C. Bouchard
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Regulation Of Body Weight Biological And Behavioral Mechanisms

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Regulation Of Body Weight Biological And Behavioral Mechanisms:

Regulation of Body Weight Claude Bouchard, G. A. Bray, 1996-06-19 The fact that about 30-40% of the adults in the Western world are overweight or obese testifies to the frequency of the disturbances in body weight regulation. Scientists have established that caloric intake, macronutrient composition of the diet, basal and resting metabolic rate, thermic response to food, energy expenditure associated with movement and physical activity, and preferential storage of the surplus of calories as fat or lean tissues are critical determinants of energy balance and body weight. While much has been learned, the field is poised for major advances with the advent of a variety of imaging techniques, progress in quantitative and molecular genetics, use of transgenic rodent models and of breeding experiments with informative inbred strains, availability of stable isotopes for metabolic and behavioral studies, and a growing number of useful experimental animal and human models. This volume takes an integrative approach to obesity. It is structured around four major topics: 1) the animal and human models currently available for the study of body weight regulation with their strengths and limitations; 2) the molecular and genetic basis of the regulation of body weight; 3) the metabolic and physiological mechanisms involved; and 4) the behavioral and social determinants. The 13 background papers provide a critical overview of the present knowledge base, while the group reports summarize the extensive deliberations of 38 international experts. Particular emphasis has been given to promising research areas and on the advances needed to ensure a better understanding of the biological and behavioral mechanisms of the regulation of body weight, with a particular emphasis on overweight and obesity.

Neural and Metabolic Control of Macronutrient Intake Hans-Rudolf Berthoud, Randy J. Seeley, 1999-10-25 When an excessive proportion of the human energy requirement is derived from fat, the likelihood of obesity increases. Any such individual is at risk for diabetes and cardiovascular disease, grave and costly health hazards. The selective control of fat ingestion is a promising solution to these concerns. Existing data suggests that macronutrient intake can be manipulated. Further research is working to create pharmacological tools that will suppress fat consumption. It will also be possible to fight obesity, heart disease, and diabetes.

Neural and Metabolic Control of Macronutrient Intake systematically discusses the known physiological mechanisms involved in macronutrient selection, including their molecular, genetic, and neurochemical aspects. The book is also a critical review of the hypothesis that ingestion of the three nutrients is regulated by separate neural control mechanisms, leaving open the possibility that strategies could be devised to intervene in bodily control systems and alter the proportion of fat in the diet. This reference provides three types of information: First, the basic background of the biochemical and physiological systems as they relate to macronutrient selection. Second, opinions and data concerning to what degree animals and humans show evidence of macronutrient selection. And third, evidence about how the central nervous system might be involved in the choices animals make among macronutrients.

Obesity Management and Redux Stylianos Nicolaidis, 1996-11-21 Redux is a revolutionary new anti-obesity drug that has just been approved July 1996 by the FDA. It is the first weight management drug

treatment to be launched in the United States in 20 years and is not addictive unlike earlier drugs used for this purpose

Obesity Management and Redux includes a brief introduction which leads up to its discovery and includes an overview of new trends in obesity management The book lists the pharmacological profile of the drug given by experts involved in monitoring the effects of the drug on the brain neurotransmitters as well as detailing the results including safety data of the various clinical trials Covers all aspects of a revolutionary new drug Lists pharmacological profile of the drug Includes safety data Projects future trends in weight management **Handbook of Obesity** George A. Bray, Claude Bouchard, 2003-12-09

Offering perspectives on the history prevalence and genetics of obesity this book examines the origins and etiology of obesity It considers the relationship between behavioural neuroscience and obesity Overweight and Weight Management Sharron Dalton, 1997 Health Professions *The HALO Affect* Tim Atkinson, 2005-03

Scientist Tim Atkinson through his experience of personal fitness and specialist knowledge of obesity tackles the thorny issue of successful weight reduction and offers a new insight into the dieting realm that combines nutrition exercise and psychological factors The HALO Affect should inspire educate and motivate people to reduce food intake and increase activity output whilst showing how these actions will improve and benefit health Explains the nature of fat and obesity Tells us how to lose weight with easy simple and practical steps Explodes the myths of dieting regimes and why they don't really work for the majority Gives a scientific basis to nutrition and fitness Provides a holistic approach to reducing fat Practical tips on how to resist cravings Offers a recipe for success to lose and maintain weight loss Offers practical work out tips and advice *Metabolic Issues of Clinical Nutrition* S. P. Allison, V. L. W. Go, 2004-08-27

As widely spread health problems related to over and undernutrition have grown nowadays to an epidemic extent and even prevail over infectious diseases a better knowledge of the metabolic basis of clinical nutrition has become essential The extremes of the nutritional spectrum undernutrition and obesity are no longer considered as isolated opposites with different effects on separate risk groups but paradoxically prove to be interacting in a setting of rapidly changing lifestyles as is presently the case worldwide Recurring issues such as insulin resistance changes in intermediary metabolism fluid and electrolyte physiology genetic and non genetic inheritance are highlighted as well as the biological linkage between maternal undernutrition and the development of obesity diabetes and cardiovascular disease in later life The problems at stake present a new and enormous challenge for future healthcare policies and therefore are better tackled today This book will be an interesting source of knowledge for internists family physicians pediatricians dieticians endocrinologists gastroenterologists and public health officers Endocrinology of Aging John E. Morley, Lucretia van den Berg, 1999-11-05

Distinguished physicians critically review the clinical consequences of the endocrinological changes that occur with aging in both men and women and examine the use of hormonal therapy to reduce them Topics range from bone disease and water balance in all older people to androgen deficiency in aging males gynecomastia and menopause The authors also discuss Type II diabetes in persons over 65 emphasizing the cognitive benefits of good glycemia control and the

interaction of nutrition and metabolism focusing on hypocholesterolemia obesity the anorexia of aging trace elements and vitamins The aging of the sympathetic nervous system and its impact on hypertension in the elderly is also covered Timely and authoritative Endocrinology of Aging offers endocrinologists geriatricians and primary care physicians critical insight into the endocrine problems of our rapidly growing elderly population

The Origins and Consequences of Obesity
Derek J. Chadwick, Gail Cardew, 2008-04-30 This volume examines obesity disorders which can lead to diabetes hypertension and hyperlipidaemia It offers an interdisciplinary and international look at all aspects of the origins consequences and treatment of obesity

Obesity Epidemiology David Crawford, 2010 Obesity has now taken over from smoking as the number one public health issue This is a new edition of a successful book on the topic expanded to form part of a new public health and epidemiology series

The Cambridge World History of Food Kenneth F. Kiple, Kriemhild Coneè Ornelas, 2000 A two volume set which traces the history of food and nutrition from the beginning of human life on earth through the present

Child and Adolescent Obesity Walter Burniat, Tim J. Cole, Inge Lissau, Elizabeth M. E. Poskitt, 2006-06-01 This book addresses the ever increasing problem of obesity in children and adolescents the long term health and social problems that arise from this and approaches to prevention and management Aimed at doctors and all health care professionals it will be of interest to all those concerned with the increasing prevalence of obesity in both the developed and developing world It covers all aspects of obesity from epidemiology and prevention to recent developments in biochemistry and genetics and to the varied approaches to management which are influenced by social and clinical need A foreword by William Dietz and a forward looking future perspectives conclusion by Philip James embrace an international team of authors all with first hand experience of the issues posed by obesity in the young This comprehensive survey of an important and growing medical problem will help inform influence and educate those charged with tackling this crisis

Handbook of Obesity Treatment
Thomas A. Wadden, Albert J. Stunkard, 2004-07-01 The contemporary successor to the editors earlier Obesity Theory and Therapy this comprehensive handbook guides mental health medical and allied health professionals through the process of planning and delivering individualized treatment services for those seeking help for obesity Concise extensively referenced chapters present foundational knowledge and review the full range of widely used interventions including self help behavioral and cognitive behavioral approaches pharmacotherapy and surgery Provided are state of the art guidelines for assessing obese individuals for health risks and for mood and eating disorders treatment algorithms for tailoring interventions to the severity of the client's problem details on adjunctive interventions for improving body image and self esteem recommendations for working with child clients and much more

Obesity World Health Organization, 2000 This report issues a call for urgent action to combat the growing epidemic of obesity which now affects developing and industrialized countries alike Adopting a public health approach the report responds to both the enormity of health problems associated with obesity and the notorious difficulty of treating this complex multifactorial disease With these problems in

mind the report aims to help policy makers introduce strategies for prevention and management that have the greatest chance of success The importance of prevention as the most sensible strategy in developing countries where obesity coexists with undernutrition is repeatedly emphasized Recommended lines of action which reflect the consensus reached by 25 leading authorities are based on a critical review of current scientific knowledge about the causes of obesity in both individuals and populations While all causes are considered major attention is given to behavioural and societal changes that have increased the energy density of diets overwhelmed sophisticated regulatory systems that control appetite and maintain energy balance and reduced physical activity Specific topics discussed range from the importance of fat content in the food supply as a cause of population wide obesity through misconceptions about obesity held by both the medical profession and the public to strategies for dealing with the alarming prevalence of obesity in children the volume is clearly written and carries a wealth of summary information that is likely to be invaluable for anyone interested in the public health aspects of obesity and fatness be they students practitioner or researcher *Journal of Biosocial Science* **The Challenge of Affluence** Avner Offer, 2006-03-09 Since the 1940s Americans and Britons have experienced rising material abundance but also a range of social and personal disorders including family breakdown obesity and addiction Drawing on the latest cognitive research Avner Offer presents a detailed and reasoned critique of the modern consumer society **Physical Activity, Exercise, Sedentary Behavior and Health** Kazuyuki Kanosue, Satomi Oshima, Zhen-Bo Cao, Koichiro Oka, 2015-07-09 The aim of this book is to present current views about physical activity and the benefits of physical activity in preventing and ameliorating various health conditions that are of worldwide concern This book was developed as a compilation of the accomplishments of the five year Global COE Center of Excellence Sport Sciences for the Promotion of Active Life Program at the Faculty of Sport Sciences of Waseda University Saitama Japan The first part establishes the research methodology and discusses the current status of physical activity Topics covered include the prevalence of physical inactivity and highly sedentary behavior in different populations as well as strategies that can be adopted to promote physical activity The second part focuses on the physiological effects of physical activity Topics covered include physiological responses to exercise by the autonomic nervous system the endocrine system vascular functioning postprandial blood glucose control and inflammatory processes The relationship between exercise and appetite is discussed as is the influence of exercise on food intake and weight regulation Additionally the influence of exercise on protein regulation and posttranslational modifications is introduced The final part discusses the role of physical activity in preventing lifestyle related health issues and improving the quality of life especially for the elderly The contents should be of interest to anyone who is concerned with the human physiologic response to exercise and the promotion of healthy lifestyles including sports and exercise science researchers as well as those involved with medicine public health physiology nutrition and elder care **Food, Eating and Obesity** David J. Mela, P. J. Rogers, 2013-11-11 Although the exact prevalence of overweight and obesity are dependent upon the definition used these

conditions are generally accepted to be widespread and increasing problems by health authorities and the public in most western nations The proportion of the UK and US populations which are overweight or obese by any measure has substantially risen over the past decade and similar increases have been observed in other western nations as well as rapidly modernizing societies Hodge et al 1996 The physiological psychological and social environmental factors which may be implicated in the aetiology maintenance and treatment of these conditions have been the subject of an extraordinary volume of human and animal research scientific conferences and technical and popular literature This book focuses specifically on the role of food and eating in overeating and obesity emphasizing the relationships between people and food which may give rise to positive energy balance and the potential contributions of specific components foods or groups of foods The intent is to integrate the psychobiological and cognitive psychological aspects of appetite food preferences and food selection with physiological and metabolic outcomes of eating behaviours The ingestion of a particular quality and quantity of food is a voluntary behaviour and that act its determinants features and sequelae are explored here considering wider academic thought but guided by potential practical implications

Endurance in Sport R. J. Shephard, P.-O. Astrand, 2008-04-30
Endurance in Sport is a comprehensive and authoritative work on all aspects of this major component of sports science The book also embraces medical and sport specific issues of particular relevance to those interested in endurance performance The scientific basis and mechanisms of endurance physiological psychological genetic and environmental are all considered in depth Measurement of endurance is extensively reviewed as is preparation and training for physical activities requiring endurance

Molecular Mechanisms of Hormone Actions on Behavior Anne M. Etgen, Donald W. Pfaff, 2010-03-16
A single volume of 31 articles Mechanisms of Hormone Actions on Behavior is an authoritative selection of relevant chapters from the Hormones Brain and Behavior 2e MRW the most comprehensive source of neuroendocrinological information assembled to date AP June 2009 The study of hormones as they impact the brain and subsequently behavior is a central topic in neuroscience endocrinology and psychiatry This volume offers an overview of neuroendocrinological topics approaching the subject from the perspective of the mechanisms which control hormone actions on behavior Female male and stress hormones are discussed at the cellular behavioral and developmental level and sexual differentiation of the development of hormone dependent neuronal systems neuropeptides neuromodulators and steroid induced neuroplasticity are addressed There is simply no other current single volume reference with such comprehensive coverage and depth Authors selected are the internationally renowned experts for the particular topics on which they write and the volume is richly illustrated with over 175 figures over 50 in color A collection of articles reviewing our fundamental knowledge of the mechanisms of neuroendocrinology the book provides an essential affordable reference for researchers clinicians and graduate students in the area The most comprehensive single volume source of up to date data on the mechanisms behind neuroendocrinology with review articles covering x y z Chapters synthesize information otherwise dispersed across a number of journal articles

and book chapters thus saving researchers the time consuming process of finding and integrating this information themselves Offering outstanding scholarship each chapter is written by an expert in the topic area and approximately 35% of chapters are written by international contributors Provides more fully vetted expert knowledge than any existing work with broad appeal for the US UK and Europe accurately crediting the contributions to research in those regions Heavily illustrated with 175 figures approximately 54 in color Presents material in most visually useful form for the reader

Research Grants Index National Institutes of Health (U.S.). Division of Research Grants,1975

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