

Editorial

Recent Progress in the Management of Obesity

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Obesity represents the most prevalent metabolic disease nowadays, posing a significant public health risk. This situation has led to a better understanding of the systems that regulate body weight and energy homeostasis. Obesity shortens life expectancy by increasing the risk of developing comorbidities such as type 2 diabetes (T2D), cardiovascular disease, fatty liver disease, and several types of cancer, among other conditions [1]. Reduced calorie intake and increased energy expenditure have traditionally been the cornerstones of the therapeutic strategy for patients living with obesity. Obesity-related comorbidities can significantly improve even with a small amount of weight loss [2]. This Special Issue includes some of the most notable progress achieved in recent years in the treatment of patients with obesity.

A better understanding of the etiopathology of obesity should represent the pillar on which to base a good management for this condition. In this sense, in recent years, we have expanded our knowledge about the wide array of drivers that can facilitate or contribute to the development of obesity. Compiling most of these factors, the review by Catalán et al. summarizes many of the obesogens that may explain the increasing prevalence of obesity worldwide [3]. Besides “classical” direct causes, such as genetic and behavioral determinants of energy intake and expenditure, the review includes some less appreciated drivers of the excess adiposity epidemic, such as the microbiota, infectoobesity, the influence of chronobiology, and the roles of endocrine disruptors, urban planning and climate change. Their review evidences the relevance of the “exposome” in the development and perpetuation of the obesity epidemic [3]. Archer and Lavie bring an interesting perspective according to which effective management strategies need a personalized approach that takes into account the subtyping of obesity phenotypes. They distinguish between acquired and inherited obesity. The former refers to the development of excessive adiposity after puberty; because acquired obesity is behavioral in origin, it can be responsive to dietary and exercise-based therapies. On the other hand, inherited obesity includes all types of obesities that occur before pubescence (infancy and childhood) and are present at birth, which would be less susceptible to treatment [4]. Having accessible tools that allow us to properly phenotype patients with obesity considering their cardiometabolic risk is essential to establish the most appropriate treatment [1]. In this sense, Sanchez et al. [5] describe the use of the measurement of skin autofluorescence (SAF), a non-invasive estimator of advanced glycation endproducts (AGEs), in patients with obesity. Although SAF correlates with body fat percentage estimated with the CUN-BAE [6], it is not increased in individuals with obesity, being more related to the presence of cardiometabolic risk factors. The authors suggest that SAF may represent a useful tool for the identification of individuals with unhealthy obesity, opening the door to new approaches to managing obesity in clinical practice [5].

A change in dietary habits is still the first step in the treatment of obesity. With a focus on components of the Mediterranean diet (MD) that may help to maintain proper mitochondrial function, Portincasa’s group extensively reviews the benefits of this diet,



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Progress In Obesity

Raffaela Di Napoli



Progress In Obesity:

The Enigmatic Realm of **Progress In Obesity**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Progress In Obesity** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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