



Contents

Title	Page
Introduction	1
Aim of the Work	7
Review of Literature	8
Chapter (I): Epidemiology, Causes and Complications of Obesity	8
- Epidemiology of Obesity	8
- Aetiology of Obesity	13
- Pathophysiology of Obesity	23
- Complications	36
Chapter (II): Methods of Diagnosis of Obesity	39
- Body Mass Index	39
- Waist Circumference	42
- Waist/hip ratio	43
- Skin-fold Measurement	43
- Bio-Electrical Impedance	44
- Hydrostatic Weighing	44
- Imaging	45



Title	Page
Chapter (III): Treatment of Obesity	47
- Attitudes Toward Obesity.....	47
- Dietary Therapy.....	55
- Physical Activity.....	71
- Behavioral Therapy.....	82
- Pharmacological Therapy.....	94
- Surgical Management.....	113
- Alternative Treatments for Obesity.....	126
I- Acupuncture	126
II- Hypnosis	128
III- Herbal Supplements	128
Summary and Conclusion	138
References.....	144
Arabic Summary	–
