



Obesity (Biographies of Disease)

Kathleen Y. Wolin, Jennifer Petrelli

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What makes obesity a disease instead of just a matter of overeating? What are the genetic and environmental factors behind it? What new breakthroughs are being developing to combat it? This concise, information-rich volume looks at these and other important questions, clearing away misconceptions about this devastating condition.

Obesity explains what scientists now know about the causes and consequences of being overweight, including the latest on the links between obesity and heart disease, diabetes, some cancers, asthma, and sleep difficulties. The book pays specific attention to the problem among obese young people, who more and more are being diagnosed with chronic illnesses that used to only be seen in adults. It also reports on promising efforts to battle obesity, from medical treatments to community awareness programs.

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